



FALL ENRICHMENT CLASSES AT THE MARJCC

The Michael-Ann Russell JCC is excited to offer this engaging enrichment class for ages 12+ with special needs. This class is designed to work with participants in developing their gross motor and social skills in a fun-filled and yummy environment. Advance registration is required.



WHAT'S COOKING • Ages 12+

**Wednesday, from 4:15–5:15 p.m.
September 14–December 14, 2022**

Create delicious dishes with Chef Susie Goldberg while learning measurements, utilizing gross motor skills, and working in a setting that promotes concentration and teamwork.

Taste “the fruits of your labor” as you prepare an assortment of dishes that may include omelets, pancakes, challah, muffins, assorted salads, and recipes coinciding with popular foods associated with the Jewish holidays.

**Fee: \$120 for 12 classes
(no class on 10/5 and 11/23)**

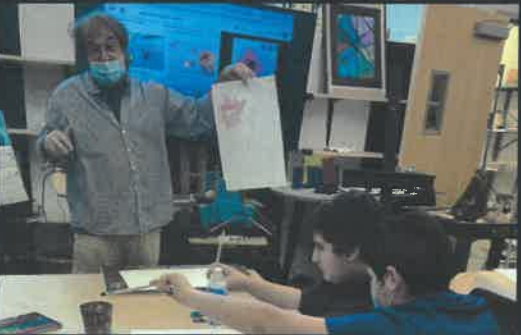
Financial assistance available to qualifying families.

For information regarding this class and other special needs programming, please contact Susie Goldberg at 305.588.6818 or shg576@gmail.com or David Surowitz at 305.932.4200 x127 or DavidS@marjcc.org.



FALL ENRICHMENT CLASSES AT THE MARJCC

The Michael-Ann Russell JCC is excited to offer this engaging enrichment class for ages 12+ with special needs. This class is designed to work with participants in developing their verbal, fine motor, and social skills in a fun-filled environment. Advance registration is required.



GET INTO THE ACT • Ages 12+

Sunday, from 9:00–10:00 a.m.

October 23, 2022–January 22, 2023

An interactive class combining theatre, art, and music. Participants design their own marionettes while working in a team environment to stage their very own end-of-semester show.

Serving as "director" and "producer" of this class is Gustavo Scarrone, the MARJCC's Visual Arts Coordinator, who, throughout his career in his native Uruguay and later Miami, has acquired an extensive background in working with special needs populations.

Fee: \$100 for 10 classes

(no class on 11/27/22, 12/25/22, and 1/1/23)

Financial assistance available to qualifying families.

For information regarding this class and other special needs programming, please contact Susie Goldberg at 305.588.6818 or shg576@gmail.com or David Surowitz at 305.932.4200 x127 or DavidS@marjcc.org.



FALL ENRICHMENT CLASSES AT THE MARJCC

The Michael-Ann Russell JCC is excited to offer this engaging enrichment class for ages 12+ with special needs. This class is designed to work with participants in developing their fine motor and social skills in a relaxing environment. Advance registration is required.



YOGA WITH A TWIST • Ages 12+

**Monday, from 4:15–5:00 p.m.
October 24–December 19, 2022**

Reduce stress and anxiety; enhance breathing techniques; increase focus, flexibility, and strength; and engage in fun-filled activities. Participants should wear comfortable clothing.

Leading the class is Iris Kohn, MARJCC yoga instructor, a 200-hour registered Yoga Teacher with the Yoga Alliance.

**Fee: \$80 for 8 classes
(no class on 11/21)**

Financial assistance available to qualifying families.

For information regarding this class and other special needs programming, please contact Susie Goldberg at 305.588.6818 or shg576@gmail.com or David Surowitz at 305.932.4200 x127 or DavidS@marjcc.org.



FALL ENRICHMENT CLASSES AT THE MARJCC

The Michael-Ann Russell JCC is excited to offer this engaging enrichment class for ages 14+ with special needs. This class is designed to work with participants in developing their gross motor and social skills in a non-competitive environment. Advance registration is required.



STAYING FIT • Ages 14+

**Monday, from 7:15–8:15 p.m.
November 7, 2022–January 30, 2023**

Pump iron, hustle on the treadmill, and run through an obstacle course as the class gets your adrenaline flowin' in the MARJCC's Fitness Center with Certified Fitness Trainer, John Interian.

A great way to enhance stamina, strength, and flexibility. Participants should wear loose fitting clothing and sneakers.



**Fee: \$100 for 10 classes
(no class on 11/21/22, 12/26/23, 1/2/23, 1/16/23)**

Financial assistance available to qualifying families.



For information regarding this class and other special needs programming, please contact Susie Goldberg at 305.588.6818 or shg576@gmail.com or David Surowitz at 305.932.4200 x127 or DavidS@marjcc.org.

MAR | SPECIAL NEEDS

FALL CLASSES AT THE J

The Michael-Ann Russell JCC is excited to offer four exciting and engaging enrichment classes for tweens/teens and young adults with Special Needs.

These classes are designed to work with participants in developing their academic and social skills while enjoying fun-filled activities! Advance registration is required. Financial assistance is available to qualifying families.



YOGA WITH A TWIST • Ages 12 & Up

Enhance breathing techniques, reduce stress and anxiety, and increase focus, flexibility, and strength. Engage in fun movement activities. Participants should wear comfortable clothing.

Monday, from 4:15–5:00 p.m.
October 24–December 19, 2022

Fee: \$80 for 8 classes (no class on 11/21)

Instructor: Iris Kohn, a MARJCC Fitness Department yoga instructor and 200-hour Registered Yoga Teacher with the Yoga Alliance.

WHAT'S COOKING? • Ages 12 & Up

Create delicious dishes while learning measurements, utilizing gross motor skills, and working in a setting that promotes concentration, and teamwork. Taste “the fruits of your labor” as you prepare an assortment of dishes that may include omelets, pancakes, challah, muffins, assorted salads, and recipes coinciding with popular foods associated with the Jewish holidays.

Wednesday, from 4:15–5:15 p.m.
September 14–December 14, 2022

Fee: \$120 for 12 classes (no class on 10/5 and 11/23)

Instructor: Chef Susie Goldberg, MARJCC Special Needs Coordinator.



GET INTO THE ACT • Ages 12 & Up

This class combines theatre, art, and music. Participants design their own marionettes while working in a team environment to prepare for the staging of an end-of-semester show.

Sunday, from 9:00–10:00 a.m.
October 23, 2022–January 22, 2023

Fee: \$100 for 10 classes (no class on 11/27/22, 12/25/22, and 1/1/23)

Instructor: Gustavo Scarrone, Anita Hausmann Visual Arts Academy Coordinator, has worked with the special needs population throughout his career.

STAYING FIT • Ages 14 & Up

“Pump iron” and hustle on the treadmill as you get your adrenalin flowin’ in the MARJCC’s Fitness Center. Participants should wear loose fitting clothing and sneakers.

Monday, 7:15-8:15 p.m.
November 7, 2022–January 30, 2023

Fee: \$100 for 10 classes (no class on 11/21/22, 12/26/23, 1/2/23, and 1/16/23)

Instructor: Certified fitness trainer John Interian.



For information regarding these classes and other special needs programming, please contact Susie Goldberg at 305.588.6818 or shg576@gmail.com or David Surowitz at 305.932.4200 x127 or davids@marjcc.org.