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FREE

MJCCA News

NEW YEAR'S RESOLUTIONS THAT WORK. How are you doing on your New Year's resolutions? Wait — don't stress out yet. Work on your body and mind at the MJCCA. Set yourself up for success by understanding how to make resolutions stick. The Marcus Jewish Community Center of Atlanta (MJCCA) shares advice from fitness and wellness experts to help you discover a healthier you in the New Year.

"Resolutions that require hard work, like a resolution to lose weight, produce a lot of situations that make it easy to give up," says MJCCA Group Fitness Director DeAnne Jacobson. "The key is to establish habits that counteract the most commonly encountered pitfalls." The MJCCA helps community members achieve their health goals every day by encouraging these healthy habits:

1. **Dress Out and Show Up.** A critical step towards fulfilling your New Year's resolution is to be ready to do your chosen activity. "You're not going to get anywhere with your resolution if you don't show up," says Valerie Chambers, MJCCA wellness coordinator. "Getting dressed and going to the gym is half the battle for most people. Make it easy on yourself by setting out your clothes the night before or putting your gym bag in your car." Structure your schedule to prevent excuses, Chambers advises, and you'll set yourself up for success.

2. **Knowledge is Power.** "If you don't know where to start, you probably won't," advises Jacobson. Familiarize yourself with any equipment you might need to meet your resolution. For example, if your resolution is to get fit, do some research, take stock of your equipment, and set benchmarks. "We equip every one of our members with the knowledge they need to have a successful workout through our JCC FitPlan program," explains Jacobson. "We talk about their goals, tour our facilities, show them how to use our state-of-the-art equipment, and set benchmarks so they can measure their progress. We do this for free for our members, because it's the best way to see results." The MJCCA also offers Fitness 101, a three-month program that is open to the community, teaching participants the ins and outs of the fitness center.

3. **Find Accountability.** "If you know someone is waiting for you to show up, you're more likely to get up and go there," advises Chambers. If your resolution is to get fit, a personal trainer can provide both guidance and accountability on your fitness journey. Another option is a small group class, like the MJCCA's FitLine Functional Fitness or STOTT PILATES classes. "You get to know the other people in the class and start being accountable to one another, which is what we love to see at our community center," Chambers shares. With more than 100 group fitness classes at the MJCCA, you have plenty of opportunities to find your own fitness community.

4. **Take Care of Yourself.** "Don't try and do too much at once," advises Chambers. Avoiding injuries and burnout are essential to a sustainable routine, whether your resolution is to learn to code or run a marathon. Steady progress is more likely to produce the results you want. "Don't forget to take care of your mental and emotional health during this time of change in your life," says Chambers. MJCCA's Mindful Meditation for Stress Management course emphasizes how reflection and meditation can improve your ability to cope with everyday stressors.

5. **Have Fun.** Celebrate your successes and enjoy your gains! "If you've gotten in great shape, come join our Heart Healthy Zumbathon, and dance the night away," says Jacobson. Share your success with your trainer or classmates. "That's the wonderful thing about a community center, especially the MJCCA," Jacobson says. "Everyone here knows you and is ready to celebrate you for who you are and what you've accomplished."

Find your fitness community at the MJCCA by visiting atlantajcc.org or calling the membership office, at 678-812-4060. For more information about wellness, call 678-812-

4063 or visit atlantajcc.org/wellness. For more information about fitness, call 678-812-4022 or visit atlantajcc.org/fitness.



Fitness at the MJCCA



Meditation at the MJCCA

REDEDICATION CEREMONY. The MJCCA Schiff School held a special *Chanukat HaBayit* rededication ceremony, in memory of Ed Schiffer's late wife, Shirley, who was a visionary for the school. Rabbis Max Miller and Rachael Klein Miller, from Temple Emanu-El, led the preschoolers, teachers, and special guests in the



Rabbi Rachael Klein Miller and student



Jared Powers (from left), Kim Sucan, Stephanie Lampert, Rabbi Max Miller, Rabbi Rachael Klein Miller, and Ed Schiffer

prayers, as a new *mezuzah* was placed on the doorframe of the main office. Then, each class hung a special *mezuzah* on its classroom door with Mr. Schiffer and the rabbis. The scrolls were sponsored by the Schiff School Parent Group. It was a meaningful day as a result of the partnerships between the various communities and all who participated in this rededication ceremony.

MJCCA DAY CAMPS. Summer is just around the corner, and MJCCA Day Camps is ready with amazing camps and adventures for every age and interest. One of the most popular summer day camp programs in metro Atlanta, MJCCA Day Camps runs from May 28-August 9, offering more than 100 camp options at three locations: Dunwoody, Intown, and East Cobb. Camps are for rising Pre-K to 10th grade.

"Our camp options are as endless as your child's growing interests," says MJCCA Days Camps Director Meryl Rindsberg. "Here, our campers will try new activities and sports, play in nature, strengthen social skills, and build self-confidence and independence. This is where connections to Jewish identity are strengthened and where lasting friendships are made."

At Camp Isidore Alterman, campers can unplug for the summer and enjoy being in the moment with archery, boating, rock wall climbing, arts and crafts, swimming, fishing, ropes course, outdoor cooking, and more.

New this year is the CIA *Shuk* (market), where campers can shop for treats. Strengthening decision-making skills and social skills, once a week, campers will exchange *shekels* (coins) for goodies such as toys, fresh fruit, granola bars, animal crackers, fruit juices, and more.

During *Kehillah* Time, twice a week, CIA campers can select fun camp activities to engage in with their group mates, as well as campers their age from other groups. *Kehillah* Time will help campers strengthen their sense of community and enhance their social skills — without them even knowing it!

MJCCA Specialty Camps include:

- **Sports Camps** — From Atlanta Hawks Basketball Camp, Flag Football, and Krav Kids to World Cup Soccer, Tennis, and Gymnastics, campers become all-stars in training. And for those who just can't pick one sport, Maccabi Sports Camp provides campers the opportunity to try a different sport each week (or try them all in) on fields and courts and in gyms.
- **MJCCA Performing Arts Camps** — At these camps, the thrill of live performance takes center stage. Drama Camp is a two-week theatrical extravaganza through which campers will experience every element of the theater. This summer, campers will perform *Mary Poppins Jr.* and *Aladdin Jr.* Stagecraft Camp is for those who prefer to be behind the scenes. MJCCA also offers a wide array of dance camps.
- **Theme Camps** — MJCCA Day Camps offers a wide range of theme camps, such as LEGOLAND, Princess Camp, and Digital Builders. Theme campers spend the majority of their day ensconced in the magic of their theme camp, but also can cool off during daily free swim.
- **Travel Camps** — Campers will enjoy fun and exciting trips every day to various destinations throughout Atlanta and beyond. Each week has a different destination theme and travel itinerary. MJCCA Day Camps offers numerous travel camps that cater to every age and interest, such as Taste of Atlanta, Need for Speed, Animal Lovers, Sports Travel, Adrenaline, Georgia Trailblazers, All Around Atlanta, and more.
- **Teen Camps** — With several teen-specific camps, such as travel, cooking, and art, teens can grow as individuals while creating friendships and memories. Offerings include Drone Camp, Take the Cake, EA Sports, 3D Modeling, and more. For more adventurous campers, MJCCA Day Camps also offers Adventure Challenge, Expedition Atlanta, Georgia Trailblazers, and more.

Additional MJCCA Day Camp Highlights include Camp Late Nights, with new themes such as Color War Night, Club J Night, and Group Games and Movie Night.

Free bus transportation will be provided

from 19 locations in Sandy Springs, Brookhaven, Norcross, Dunwoody, Alpharetta, Johns Creek, Roswell, Intown, Toco Hills, Midtown, and East Cobb to the Dunwoody day camp location.

Before Camp Care (7:30-8:15 a.m.) and After Camp Care (4:00-6:00 p.m.) are available in Dunwoody, East Cobb, and Intown.

There is a multi-week discount for campers attending four weeks or more.

"Our campers come back year after year to reconnect with their summertime friends and build summer camp memories that they can hold throughout the year," says Rindsberg. "We look forward to another wonderful summer filled with fun, friends, and adventure."

For more information, visit mjccadaycamps.org, or call 678-812-4004. Online registration is open for both returning and first-time families.



MJCCA Day Camp is where the magic begins (photos: courtesy of MJCCA)



Having a blast at MJCCA's Day Camp

SOLAR PANELS INSTALLATION BEGINS IN 2019. The Marcus Jewish Community Center of Atlanta (MJCCA) has announced that it will embark on its first installation of solar panels, in cooperation with Solarize Atlanta and its partner Hannah Solar. This effort is made possible by the MJCCA's continued relationship with the Community Foundation for Greater Atlanta and its ongoing support of the MJCCA's green initiatives.

"The solar panels will be installed on the roof of the MJCCA's Besser Gymnastics Pavilion," explained MJCCA CEO Jared Powers. "We are grateful to the Community Foundation, which facilitated an anonymous \$50,000 donation, allowing us to embark on this first installation of solar panels. We will begin the installations in 2019 and complete them within the year. We look forward to expanding this solar initiative and identifying additional high-impact opportunities for reducing operating costs and environmental impact."



Jared Powers and Trey Gibbs, Hannah Solar (photo: Jennifer Sami)