



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER
NATHAN & MURIEL GLANZ CAMPUS



FRIEDBERG JCC 5K RUN
SUPPORT ALZHEIMER'S SENIOR ADULT DAY CARE
SUNDAY • SEPTEMBER 8 • 8 AM
REGISTER AT FRIEDBERGJCC.ORG

Thank you so much for your participation in the Friedberg JCC 5K Run for a Cause. We are very excited to have you all be a part of our special day!

This year our run will benefit the JCC's Senior Adult Day Care program, a social model day care for adults over age 60 who have been diagnosed with Alzheimer's disease or related dementias. Participants engage in a variety of enjoyable and therapeutic activities in a safe, nurturing environment. Funding is crucial for this program to continue and grow to its full capacity.

Our run will start promptly at 8 am and will begin and end at the Friedberg JCC at 15 Neil Court in Oceanside. A course map is attached. Registration opens at 7 am. If you are accompanied by someone who has not registered, please make sure you arrive early to allow time for registration.

The JCC parking lot and Neil Court will be closed to thru-traffic. Parking will be available on Firemen's Memorial Drive at Firemen's Memorial Field, followed by a short walk to our building. Please allow ample time for parking.

We invite you join us for a complimentary breakfast and an awards ceremony in the JCC auditorium immediately following the race finish. Our Annual Open House will begin once the award ceremony is complete. All runners will receive 25% off JCC membership (new members only; you must keep your race bib). We will be offering wellness screenings from South Nassau Communities Hospital, open swim in our pool, free demos to our group exercise classes, pickleball and much more!! Stick around, it's going to be a great day!!

Again, from all of us at the Friedberg JCC and the Friedberg JCC Senior Adult Day Care program we thank you for your support. We hope you have a great run. See you Sunday!!



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South Nassau
COMMUNITIES HOSPITAL

Jeffrey Ziff and Associates, P.C.
Attorney and Counselor At Law

SOLOMON RICHMAN



www.friedbergjcc.org • 516-766-4341
15 Neil Court • Oceanside, NY 11572





Barry & Florence Friedberg JCC

START

FINISH

Oceanside Middle School

Marine Nature Study Area

Oceanside Park