



January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	3	4 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	5	6 Teen Pickup Basketball in Gym from 3 to 6:30 pm	7 Teen Camp Reunion Night
8	9 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	10	11 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	12	13 Teen Pickup Basketball in Gym from 3 to 6:30 pm	14 Dodgeball Hip Hop Dance
15 Teen Yoga 11:45 to 12:45 pm \$50 Mem/\$75 Guest 8 week session	16	17	18 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	19	20 Teen Pickup Basketball in Gym from 3 to 6:30 pm	21 Ultimate Frisbee Trivia Night
22 Teen Yoga 11:45 to 12:45 pm	23 Sanshou Kickboxing 6:30 to 7:30 pm \$95 Members \$135 Guest 8 week session. Volunteer— Senior Dinner at 4:45 pm	24	25 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	26	27 Teen Pickup Basketball in Gym from 3 to 6:30 pm	28 Kickball Zumba
29 Teen Yoga 11:45 to 12:45 pm	30 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer— Senior Dinner at 4:45 pm	31				

NEW Teen Programming at Albany JCC!

Saturday Nights after Shabbat

Sports & Fitness Programs
7 pm to 9 pm for
Ages 13 to 17

Trivia Nights from 7 to 9 pm
Ages 13 to 17

FREE for JCC Members - Must RSVP by Wednesday preceding Saturday Night Event

JCC Guests - \$10 per night and must register by Wednesday preceding Saturday Night Event

TEEN CAMP REUNION!
January 7 from 6 to 9 pm
Fun event planned by teens!
Get a Teen Camp DVD!

**To register, contact
Drew Katz at
518-438-6651 x113 or
Andrewk@saajcc.org
www.saajcc.org**



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	2	3 Teen Pickup Basketball in Gym from 3 to 6:30 pm	4 Dodgeball Swim In Movie Night
5 Teen Yoga 11:45 to 12:45 pm	6 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer—Senior Dinner at 4:45 pm	7	8 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	9	10 Teen Pickup Basketball in Gym from 3 to 6:30 pm	11 Snow Tubing Trip at West Mountain 6:30 to 10:30 pm
12 Teen Yoga 11:45 to 12:45 pm	13 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer—Senior Dinner at 4:45 pm	14	15 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	16	17 Teen Pickup Basketball in Gym from 3 to 6:30 pm	18 Kickball Trivia Night
19 No Yoga today	20 No Sanshou Kickboxing today	21	22 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	23	24 Teen Pickup Basketball in Gym from 3 to 6:30 pm	25 Enjoy rest of February Break!
26 Teen Yoga 11:45 to 12:45 pm	27 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer—Senior Dinner at 4:45 pm	28	29 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm			

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Trivia Nights from 7 to 9 pm
Ages 13 to 17

FREE for JCC Members - Must RSVP by Wednesday preceding Saturday Night Event

JCC Guests - \$10 per night and must register by Wednesday preceding Saturday Night Event

Snow Tubing Trip
February 11 for Ages 13 to 17
At West Mountain
Bus leaves at 6:30 pm
Bus returns at 10:30 pm

Cost - \$20 per JCC Member and \$30 per JCC Guests

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March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Teen Pickup Basketball in Gym from 3 to 6:30 pm	3 Ultimate Frisbee Trivia Night
4 Teen Yoga 11:45 to 12:45 pm	5 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer— Senior Dinner at 4:45 pm	6	7 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	8 JCC Purim Carnival Volunteers Needed 5:30 to 8 pm	9 Teen Pickup Basketball in Gym from 3 to 6:30 pm	10 Dodgeball Tournament Swim in Movie Night
11 Teen Yoga 11:45 to 12:45 pm	12 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer— Senior Dinner at 4:45 pm	13	14 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	15	16 Teen Pickup Basketball in Gym from 3 to 6:30 pm	17
18	19 Sanshou Kickboxing 6:30 to 7:30 pm Volunteer at Model Seder from 4 to 6 pm	20	21 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	22	23 Teen Pickup Basketball in Gym from 3 to 6:30 pm	24
25	26 Volunteer— Senior Dinner at 4:45 pm	27	28 Volunteer Help Needed for JCC Senior Dinner 4:45 to 6 pm	29	30 Teen Pickup Basketball in Gym from 3 to 6:30 pm	31

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Saturday Nights after Shabbat

Sports & Fitness Programs
7 pm to 9 pm for
Ages 13 to 17

Trivia Nights from 7 to 9 pm
Ages 13 to 17

**FREE for JCC Members - Must
RSVP by Wednesday preceding
Saturday Night Event**

**JCC Guests - \$10 per night and
must register by Wednesday
preceding Saturday Night
Event**

Dodgeball Tournament
March 10th from 7 to 9 pm
(two age brackets - 13 to 14 year
old and 15 to 17 year old)
Six teams of six people per team
maximum; 5 minute rounds;
single elimination; 1st place prize
Cost - \$5 per JCC Member and
\$10 per JCC Guest

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