

MEMBER ONLY EVENTS IN JUNE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|--------|-----------------------|---------------------------------|-----------------------------|---------------------|--|
| 1 | 2 | 3 Farmers' Market | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 Farmers' Market | 11 | 12 Bingo In the Lobby | 12 | 14 FAMILY FUN DAYS! FAMILY PLAY DATE |
| 15 | 16 | 17 Farmers' Market | 18 Breakfast MEMBER MIXER | 19 | 20 | 21 FAMILY FUN DAYS! FAMILY PLAY DATE |
| 22 | 23 | 24 Farmers' Market | 25 | 26 | 27 GUESS THE TEA | 28 |
| 29 Summer Days AT THE POOL | 30 | | | | | |



Summer Days at the Pool

Sunday, June 29
1:30 - 4:00 PM | Outdoor Pool Deck
Looking for some cool summer fun? Join us for Summer Days at the Pool at the PJCC! Bring your family for an afternoon of sun, water, & laughter featuring a giant inflatable water slide.



Breakfast Member Mixer

Wednesday, June 18
9:00 - 11:00 AM | Lobby
Join us for breakfast and connect with other members & fellow workout buddies! We've got a spread of breakfast treats & coffee. Plus, all attendees are entered into a raffle.



Bingo

Thursday, June 12
11:00 AM - 12:00 PM | Lobby
Fun & prizes at Lobby Bingo! Enjoy snacks, great company, & the chance to win exciting rewards. RSVP for a free guest pass or just drop in & join the fun!



Family Fun Days

Saturday, June 14 & 21
10:00 AM - 2:00 PM | Basketball Court 1
Join us for family fun! Kids 2-8 can enjoy games, a bounce house, crafts, & more while parents connect.



Guess the Tea

Friday, June 27
11:30 AM - 1:00 PM | Hamlin Garden
Join us for "Guess the Tea," an interactive tea party where your taste buds are put to the test! Sip mystery teas, fill your Tea Passport with guesses, & enjoy tea sandwiches and snacks. Fun & surprises await - who will be the ultimate tea taster?



Farmers' Market

Tuesdays
9:00 AM - 1:00 PM | Outside Main Entrance
A delightful mini farmers' market featuring seasonal produce & goods from local vendors located in front of the PJCC main entrance.



THE FIRST Summer Day AT THE POOL

SUNDAY, June 29

1:30 - 4:00 PM | PJCC Outdoor Pool Deck

Looking for some cool summer fun? Join us for Summer Days at the Pool at the PJCC! Bring your family for an afternoon of sun, water, and laughter. **Drop in! No registration required.**



NEWSLETTER

JUNE 2025

Need help with your account?

Contact: Member Services
memberseices@pjcc.org | 650.378.2715

Want to add someone onto your membership?

Contact: Membership Office
membership@pjcc.org | 650.378.2701

PJCC HISTORY

The PJCC is proud to be celebrating **21 years in Foster City on May 24th**. As we reflect on the past two decades, we are thrilled to say that we continue to be delivering on our mission in new and exciting ways; our mission being, to positively impact people's lives, foster belonging and meaningful connections with a diverse community grounded in Jewish values and traditions.

From our award-winning fitness facility, to our fantastic Jewish and arts programming, as well as a wide range of fun events to participate in, there is something here for everyone—and everyone is welcome.

MEMBER SHOUTOUT: JEANETTE



Since joining in December of 2022, Jeanette has shown incredible dedication by completing an impressive **605 yoga classes!** We congratulate her on this outstanding achievement and recognize the commitment and effort she has put into her practice. Her journey is a true inspiration, reminding us of the power of consistency and self-care. As Jeanette wisely shares, "Choose something you really enjoy—not because it's supposed to be good for you or because of some expectation. It should feel good in your body, and continue doing it for as long as it feels good." Jeanette's story beautifully reflects that philosophy.

FAMILY FUNDAY SHOUTOUT



Congratulations to Noam for getting the highest score in the Star Wars™ bean bag toss at our Star Wars™ themed Family Funday on May the 4th. He won the Yoda LEGO® set!



Claire's Message

Dear Members,
Happy June!

Camp Keff is Coming!

Every summer Camp Keff brings energy and excitement to the PJCC. This year, Camp Keff will have an even bigger presence in the center.

Where & When?

- ▶ June 16 to August 27, Monday - Friday
- ▶ Koret Hallway Classrooms; Gym Back-Court (9:00 AM - 3:00 PM)
- ▶ Indoor & Outdoor Pools Shared Open Swim Areas (10:30 AM - 2:00 PM)

A Soundtrack of Summer

Expect the joyful hum of summer camp life! With the increased presence of happy children, please feel free to use the Adult Lounge and garden for quieter spaces where members are welcome to relax or catch up with friends.

We appreciate your partnership in making the PJCC a welcoming community for all ages.

Claire Greason
Member Experience Manager
cgreason@pjcc.org | 650.378.2667

ENGAGEMENT RX® MESSAGE & CHALLENGE



Step Into Summer: June's Outdoor Movement Challenge!

This June, we're taking wellness outside! Join us all month long as we soak up the sunshine, boost our mood, and move our bodies in the great outdoors. Whether it's a walk in the park, yoga on the lawn, a beach workout, or simply stretching under the sky — every step, stretch, and breath of fresh air counts.

Why join?

Exercising outdoors improves not just physical health, but mental clarity, energy levels, and emotional well-being. It's the perfect way to welcome summer while staying active, grounded, and connected to nature.

Join June's challenge and...

- ▶ Energize your workouts
- ▶ Try something new in a beautiful setting
- ▶ Get your daily dose of Vitamin D
- ▶ Build strength and resilience

Let's move more, stress less, and enjoy the fresh air—**together!**

Questions? Contact the PJCC Concierge, Lauren Pereira, at lpereira@pjcc.org



ELECTROLYTE DRINKS

CLASSIC CITRUS (SINGLE SERVING)

Ingredients:

- ▶ 2 cups water
- ▶ 1/4 tsp Celtic salt or Pink Himalayan salt
- ▶ 1/4 cup orange juice
- ▶ 1 tbsp lemon juice
- ▶ 1 tbsp honey or maple syrup
- ▶ Optional: pinch of magnesium powder

Instructions:

Mix all ingredients well. Serve cold. Store unused portions in fridge up to 2 days.

COCONUT-LIME (SINGLE SERVING)

Ingredients:

- ▶ 1 cup coconut water
- ▶ 1 cup water
- ▶ 1 tbsp lime juice
- ▶ 1 tsp honey
- ▶ 1/8 tsp Celtic salt or Pink Himalayan salt
- ▶ Optional: magnesium powder

Instructions:

Combine all ingredients, stir/shake, and chill before serving.

BERRY CITRUS (SINGLE SERVING)

Ingredients:

- ▶ 2 cups water
- ▶ 1/4 cup mixed berries
- ▶ 2 tbsp lemon/lime juice
- ▶ 1 tsp honey
- ▶ 1/4 tsp Celtic salt or Pink Himalayan salt

Instructions:

Blend berries with water, strain (optional), and mix in other ingredients.