MEMBER ONLY EVENTS IN JUNE

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



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.

MRER MIXER

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 FAMILY FUNDAYS!

2

GUESS

ГИЕ ТЕЛ

(?)

Saturday, June 14 & 21 10:00 AM - 2:00 PM | Basketball Court 1 FAMILY PLAY DATE 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.



Need help with your account?

Contact: Member Services membersevices@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



SPRING RAFFLE

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!

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.

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!

▶ 1 tbsp lemon juice

magnesium powder

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

CLASSIC CITRUS (SINGLE SERVING)

Ingredients:

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

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 ▶ 1/8 tsp Celtic salt or
- ▶ 1 cup water
- ► 1 tbsp lime juice
- ▶ 1 tsp honey

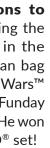
Pink Himalayan salt

► Optional: magnesium

Instructions:

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

Why ioin?







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@picc.org | 650.378.2667

BERRY CITRUS (SINGLE SERVING)

Ingredients:

Instructions:

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

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

