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# SHAMES JCC CONNECTED SHAMES JCC VIDEO-ON-DEMAND

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**Shabbat Shalom and Happy Mother's Day!** Let's try to make Mother's Day even more special than usual this year because most moms, grandmas, aunts, caregivers, and besties are working overtime. If your kids want to do something special and they're short on ideas, our experts put together a guide of super easy and fun activities. We published it yesterday; click [here](#) if you missed it.

If you are looking for a virtual Mother's Day event that families can attend together, the New York Botanical Garden is bringing the beauty and ambiance of its annual Garden Party online. Sunday, May 10; 11:00 AM. Click [here](#) for details.



## **The Last Dance—Michael Jordan Documentary Discussion with former ESPN Reporter Roy Firestone. Sponsored by the JCC of Scottsdale, AZ**

*Thursday, May 14; 3:00 PM EST*

Are you watching this captivating show? Join former ESPN reporter, Roy Firestone, as he discusses the players and situations surrounding the documentary. He will be with us live from his home, where he will also do a “show and tell” of his

many photos and memorabilia. Register [here](#).



## **TED Connects: Rabbi Lord Jonathan Sacks**

Rabbi Lord Jonathan Sacks offers thoughts on how we can navigate the coronavirus pandemic with courage, hope and empathy. With wisdom and clarity, he speaks on leadership, fear, death, hope and how we could use this moment to build a more just world. Watch for a special, impromptu prayer about halfway through the conversation. (This virtual conversation is part of the TED Connects series, hosted by head of TED Chris Anderson and head of curation Helen Walters. Recorded March 30, 2020).

Click [here](#).



**Live Fitness with Kaplen JCC on the Palisades**

Our friends at the Kaplen JCC on the Palisades are inviting our community to join their live fitness classes and view their recorded fitness classes. You do not need an account or to register—just simply click on the Zoom link in the schedule. You will find a variety of strength, cardio, Barre, Pilates, and more! Zumba fans (and we know you are out there!) can join their Tuesday class at 10:30 AM. Click [here](#) for the full schedule and their library of on-demand classes.

**For Families, a Live Camp Event: Flagpole, JCCA of North America**

*Wednesday, May 13 at 8:00 PM*

Let’s sing and rally with camp communities around the country at the very first “JCC Camps of North America Flagpole” gathering of solidarity and song. The weekly Flagpole series is hosted by nationally touring Jewish artist Rick Recht—featuring inspiring news from JCC Camp community leaders, directors, counselors, campers and alumni. The Flagpole series is part of a nationwide initiative launched by the Staenberg Family Foundation. Click [here](#) for more information on their Facebook Page.



**Family Stretching with Sensei Bob Chillemi of American Goju Karate**

*Saturday, May 9; 10:00 AM*

Please join Sensei Bob Chillemi and his staff for a fun, free, LIVE Family Stretch class on Zoom. The mind/body/spirit connection is particularly valuable in times of hardship—all ages are welcome, bring the whole family! Join Zoom Meeting [Here](#); Meeting ID: 838 2709 5848; Password: Stretch



**PJ Library Podcast—Have I Got a Story for You**

Every episode of "Have I Got a Story for You" takes a classic Jewish folk tale and gives it a modern twist. You can explore episodes [here](#). And if you find one you really like, be sure to click on the episode page to find activities and book lists, and keep the fun going. Produced by PJ Library, a program of the Harold

Grinspoon Foundation, PJ Library sends great, expertly-curated books to families raising Jewish children – every month, for free! Learn more and sign up at [pjlibrary.org](http://pjlibrary.org).



**LIVE: Laila Tov with Camp Twelve Trails—Superheroes**

*Wednesday, May 13 ; 5:30 PM*

Next week's Laila Tov will be Pajama Day, build your pillow/blanket fort and keep your pajamas on to sing together. Look out for some explanations from Explore Dan on our instagram [@camptwelvetrails](https://www.instagram.com/camptwelvetrails) for advice on how to build your perfect pillow/blanket fort! Please see their [Facebook Event](#) for Zoom information and details.



**Broad River Women's Networking: Be Present, Resilient, Productive in Uncertain Times with Jeanette Sandor**

*Tuesday, May 19; 7:00 PM – 8:30 PM*

This experiential workshop will introduce you to the basics of mindfulness and self-compassion. You will learn how to bring formal and informal mindfulness practices easily into your daily routine at home and at work. Jeanette Sandor, RN, MA is the founder of The Westchester Center for Mindfulness and Wellbeing. Click [here](#) for event details and registration and to learn more about Jeanette.



**KLEZMER FIDDLE PROJECT — ‘A NIGN A DAY’**

*Through May 27, 4:00 PM*

A stellar line-up of 35 klezmer string players from 12 countries — including New York City’s own Jake Shulman-Ment and Alicia Svigals — resuscitates the ancient Jewish nign tradition with melodies from Vol. 4 of Moshe Beregovski’s “Old Jewish Folk Music” collection. Every day during the lockdown a fiddler (or cellist) from the project will do a live broadcast featuring nignim, chat and sometimes even a guest. (A nign is a form of Jewish religious song or tune sung by groups. It is vocal music, often

with repetitive sounds such as "Bim-Bim-Bam", "Lai-Lai-Lai", "Yai-Yai-Yai" or "Ai-Ai-Ai" instead of formal lyrics.) For more information, see their [Facebook event page](#) and see the full line-up at [here](#).



## Previously Published in Case You Missed it

### **COVID-19 Times Capsule**

We are living in historic times and at some point, our children may want to share with their children their experiences, feelings, challenges, and triumphs. The JCCA North America shared this fantastic printable journal for kids to document their experiences at this time. Click [here](#) to download the document.

### **Resources for Seniors**

The Center for Aging in Place offers an informal senior services/referral directory and online resources for Westchester County amid the COVID-19 pandemic, with thanks for the help of DOROT Westchester, RSVP of Westchester, Volunteer New York! and Nonprofit Westchester. You will find resources for health & social services, food resources, transportation, and arts & entertainment resources. Click [here](#) for the guide.

### **Virtual JCC Workouts**

Craving a good workout? Some of our partners are offering their live and prerecorded classes to our community. You are sure to find a great HIIT, Pilates, Zumba, or strength class—and maybe even find something totally new that you haven't tried before! Click [here](#) for the details and the full list.

### **Circus at Home—yoga, stretching, hula-hooping classes**

We previously shared that our partners at Westchester Circus Arts are offering virtual classes for free! Many will get you moving, keep you fit, and help you have fun! WSA offers yoga, stretching, hula-hooping, and other circus-focused classes. Click [here](#) for the current schedule.

Check out our online platforms [Shames JCC Video-On-Demand](#) and [Shames JCC Connected](#). JCC Video-on-Demand houses all of our livestream events and video content; JCC Connected features resources and links. They can be accessed from the homepage of our website. Also, be sure to follow us on Facebook and Instagram for even more content and updates (links below).

## **The Rivertowns Jewish Consortium and Beyond**

The Shames JCC is a part of the Rivertowns Jewish Consortium, a group that includes [Greenburgh Hebrew Center](#), [Mishkan Ha'am](#), [Rosh Pinah Chavurah of the Rivertowns](#), [Temple Beth Abraham](#), [Temple Beth Shalom](#), and [Woodlands Community Temple](#), as well as the [Westchester Jewish Council](#). The Shames JCC is also pleased to be a key network agency of the [UJA Federation of New York](#). Please check with the congregation websites (links above) for updates on closures and programs.

### **Mishkan Ha'am**

**Shabbat Morning Service**

*Saturday, May 9, 10:00 – 11:15 AM*

Join us for a Shabbat morning service of music, meditation, reflection and a discussion based on the Torah portion. Click [here](#) for more info.

**Just for Fun Zoom Social Hour**

*Sunday, May 10, 10:00 – 11:00 AM*

Let's stay connected with some fun social time, to share a joke, short anecdote, poem, recent arts/crafts/home improvement project, book/movie recommendation, funny dog photos...whatever! Contact [Susan Adler](#) with questions. Click [here](#) for more info.

**Shabbat Morning Service with She'arim**

*May 16th, 10:00 AM - 12:00 PM*

Join us for a Shabbat morning service of music, meditation, reflection and a discussion based on the Torah portion. She'arim will join us, and have their own experience in a "breakout room" during the service.

Visit [www.mishkanhaam.org](http://www.mishkanhaam.org).

**Adult Ed - Discussion of the Netflix series, Unorthodox**

*May 17th, 10:00 AM - 1:00 PM*

The Netflix series Unorthodox, loosely based on the earlier novel by Deborah Feldman of the same name, has captivated many with its striking portrayal of the Satmar Hassidic community and the challenges of leaving it. We will explore our reactions to the series as Jews who live just miles from this community. For those that are able to access the book, you are welcome to read it instead of or in addition to the series. The Netflix documentary One of Us is also good supplemental viewing. For assistance accessing the series through Netflix, please reach out to Penny: [prpennyrose5@gmail.com](mailto:prpennyrose5@gmail.com). Click [here](#) for more info.