

SHAMES JCC CONNECTED SHAMES JCC VIDEO-ON-DEMAND



May 15, 2020

Shabbat Shalom! We hope you found safe ways to be outside today and enjoy the weather. Monday is National Museum Day and although most museums are closed, there is still plenty to do! We've been collecting ideas from some of our favorite places locally and abroad (not just museums but a variety of public spaces) that are offering interesting online programming and virtual tours. Maybe take a trip to the Musée d'Orsay in Paris and then see Yo-Yo Ma in concert at Lincoln Center! [This list](#) list is continually being updated but please share your favorites with us that aren't listed at marcom@shamesjcc.org, and we will share it.



Live: Weekly Film Conversation w/Daniel Hendler, co-writer of Unorthodox (Netflix), hosted by Stroum Jewish Community Center of Greater Seattle

Sunday, May 17; 4:00 PM

Are you as obsessed with *Unorthodox* on Netflix as we are? Please join the Virtual SJCC JCC for a discussion and Q&A with Daniel Hendler, one of the co-writers. It's this Sunday, at 4:00 PM EST (note the flyer is in PST) so you have time to binge this series! This event will air live on Facebook (it is also running on

Zoom but that has sold out). Click [here](#) for the Facebook event with details (you do not need a Facebook account to view this show).



Stress – Hydration Equation

by Lisa Bruskin, Director of Fitness

During this great pandemic it's important to try and manage our stress levels and take care of ourselves in a variety of ways. Proper hydration can help manage stress by aiding in digestion, absorption, circulation, it helps transport nutrients, maintains body temperature, creates saliva for breaking down. Lisa Bruskin shares her tips for easy and delicious ways to stay hydrated and also flags signs of dehydration. Click [here](#) for the article.



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 easily bring formal and informal mindfulness practices 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.



healthy cocktails! Click [here](#) for details.

Live: Party in Your Plants - Taking the "Hell" Out of Healthy

Thursday, May 21; 7:00 PM

Hosted by Mandell JCC of Greater Hartford, this Live Facebook event features Talia Pollock, who recently appeared on Good Morning America, is an award-winning podcast host, comedian, plant-based chef and CEO of the nationally celebrated wellness company Party In My Plants, and just released her NEW cookbook, 'Party in Your Plants.' She will show you how to be healthier without HATING your life and share recipes, including



Live: Family Stretching with Sensei Bob Chillemi of American Goju Karate

Saturday, May 16; 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: 882 4382 8842; Password: stretch



Live: Chair Fitness with Kaplen JCC "Sweat with Annette"

Monday – Friday 10:00 AM

Now it's possible to get a great cardio workout and increase your strength and flexibility right from your home in this chair exercise program. Good for all abilities. Click [here](#) for the Zoom link and [here](#) for more information on their senior virtual offerings (you will find the Sweat With Annette class information towards the bottom of the page). You do not need to pre-register for this class.



Boosting Mental Health Resiliency in the COVID Era

Jennifer Convisor, LCSW at the Shames JCC

Life has always been uncertain. The COVID-19 crisis, with its mandated social isolation and pervasive threat of infection, has created a kind of atomic fusion, a clash of mind-numbing monotony mixed with a steady undercurrent of existential crisis. Jennifer

Convisser, LCSW shares ways to boost mental health resilience during this time. Click [here](#) for the article.



Livestream Aquariums and Zoos this weekend!

Virtually swim with sharks, wave to penguins, roar at the lions, and see animals from all over the world! NY Metro Parent rounded up some of the best. Click [here](#) for the article.



Live: Virtual Presentation: Frank Lloyd Wright's Monona Terrace

Thursday, May 21; 12:00 PM

Heather Sabin and Megan Graffius will share the story of Frank Lloyd Wright's labor of love, Monona Terrace, a "dream civic center" project for his hometown of Madison, Wisconsin. As a museum educator, Heather Sabin has taught organic gardening at the Chicago Botanic Garden and organic architecture at Taliesin and Monona Terrace. Click [here](#) for details and to register.

Previously Published in Case You Missed it

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.

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.

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.

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](#).

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 nigunim, chat and sometimes even a guest. (A nigun 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](#).

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 more 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.

UJA-Federation NY

Covid Watcher from Columbia University and the UJA-Federation NY

Please share this important information with your friends and family in NYC. UJA recently signed on as a community partner, along with nearly a dozen organizations—including New York Presbyterian Hospital and the Health and Human Services Council—to Columbia University's new research tool called CovidWatcher. Designed to help all New Yorkers, its purpose is to track COVID-19's impact on New York City neighborhoods in real time, filling in critical gaps in knowledge of the virus to better understand the needs across our communities. Click [here](#) for more information about the project.

Greenburgh Hebrew Center

“Laughter Yoga” Wednesday, May 20: 8-9 pm

Enjoy Laughter Yoga via Zoom, Taught by: Lisa Berman, Certified Laughter Yoga Teacher, LMSW. It has been said that, "Laughter is the best medicine." Laughter Yoga is a unique concept where we laugh without jokes, comedy or humor. We initiate laughter as exercise, and add to it, yogic breathing stretching and childlike playfulness and the laughter becomes infectious and spontaneous. Laughter Yoga is suitable to any and all ages and fitness levels. No special clothing or mats are required- just a willingness to have fun. Please RSVP to Robin at: Sisterhood@g-h-c.org

in order to receive the Zoom link information. Zoom information will be sent out a few days prior to the event. Free!

All are invited!! See the [flyer](#).

Mishkan Ha'am

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.

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. Click [here](#) for more info.