

SHAMES JCC CONNECTED

SHAMES JCC VIDEO-ON-DEMAND



May 29, 2020

Shabbat Shalom and Chag Sameach! We hope you are finding Shavuot to be meaningful and joyous. Wishing you a weekend filled with good health, joy, and comfort.



A virtual evening with Thomas Friedman on Covid: The Global Challenge

Thursday, June 4; 6:00 PM

Please join *Jewish Week* and the UJA-Federation NY for a powerful virtual evening with Pulitzer Prize-winning *NYT* columnist Tom Friedman. They will discuss, and take your questions, on the global ramifications of this age of uncertainty: the impact on globalization, the role and challenges of leadership—and where we will wind up when the storm clouds of the coronavirus pass. Click [here](#) for more details and to register.



American GoJu Karate Family Stretch

Saturday, May 30; 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! Click [here](#) for the Zoom link; Meeting ID: 882 4382 8842; Password: stretch



Virtual Streicker: The Women of 'Shtisel'

Monday, June 1; 11:00 AM – 12:30 PM

Their heads covered by wigs and scarves, the ultra-Orthodox women of Jerusalem's Geula neighborhood were invisible to outsiders...until "Shtisel" pulled back the curtain on their lives, their hearts and their strengths. Now hear from the actresses who embodied Giti (Neta Riskin), Libbi (Hadas Yaron), Ruchami (Shira Haas) and Elisheva (Ayelet Zurer) and from the female producer behind the unlikely global sensation. Moderated by Abigail Pogrebin. Click [here](#) for more details.



***NEW Live Circus Classes at Home with Westchester Circus Arts**

Westchester Circus Arts Circus-at-Home program is evolving and growing—be sure to check it out if you haven't already or see what new classes they added. They are offering a variety of classes for all ages and interests like juggling, hip-hop dance, Hula-Hooping, and more! Class specials and guests (like magicians, Circus Math, and even pirates) are added weekly so be sure to follow them on [Instagram](#) and [sign up for their newsletter](#) to get the latest. Try something new! Click [here](#) for the schedule.



Live with the Sheva Center: Parenting through the Pandemic—Summer Edition

Three-part series; beginning, Wednesday, June 10

In partnership with the Union for Reform Judaism (URJ), The Sheva Center is thrilled to announce an exciting opportunity from our friends and partners at Ayeka: The Center for Soulful Education. Dasee Berkowitz, Director of Ayeka's Becoming a Soulful Parent program, will lead a three-part Zoom series for parents of young children entitled: "Parenting through the Pandemic—Summer Edition" Participants can choose to participate in a single session or all three! Click [here](#) for more information and details on

sessions.



Live with Camp Twelve Trails: Laila Tov—Character Day

Wednesday, June 3; 5:00 PM

Come dressed as your favorite superhero, tv show, book or movie character. Also please note that Laila Tov has been moved to 5:00 PM. Click [here](#) to register.



Live with JCC Memphis: An Evening with Liel Leibovitz

Join us for an evening with Liel Leibovitz, Co-host of the Unorthodox podcast and Senior writer for Tablet Magazine. Click [here](#) for the Zoom link and [here](#) for the Facebook event.



Opening Night of the Israeli Film Festival: Screening and Q&A: Peaches & Cream

Sunday, June 7; 4:00 PM

Zuri Shostack (a neurotic film director played by the film's director, Gur Bentwich) experiences a breakdown on the night his new film is released. His fears of failure, death and losing control lead to a wild night of hijinks and a series of unforgettable encounters. The film, part of the [Israel Film Center Festival](#) (June 7-14), will be available for streaming by ticketholders for 24 hours beginning Saturday, June 6, 8:30 PM. The live virtual Q&A with actor/director Gur Bentwich, actor-editor Maya Kenig and other cast members is on Sunday, June 7, 4:00 PM.



Live with NASA at the Kennedy Space Center: SpaceX Demo-2 Launch

Saturday, May 30; Launch time 3:22 PM but coverage begins 4 hours prior

SpaceX launches its Crew Dragon capsule, carrying NASA astronauts Doug Hurley and Bob Behnken to the International Space Station. The Demo-2 test flight marks the first time in nearly a decade that a crewed journey into space is lifting off from a launch pad in the US. Note that the first launch attempt on May 27 was scrubbed for weather. Click [here](#) for details.

Previously Published in Case You Missed it

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.

Food Assistance for People in the Tarrytown, Sleepy Hollow, and Irvington Communities from the Tarrytown/Sleepy Hollow Food Pantry

Free Food Pick Up Every 2nd and 4th Thursday of the Month

The Community Food Pantry of Tarrytown and Sleepy Hollow serves community residents who are hungry with monthly grocery distributions. Anyone who comes to a distribution is helped—simply bring a proof of residency in Sleepy Hollow, Tarrytown, or Irvington, and photo ID, such as a passport from any country. Even if you are not in need currently but know someone who is, please do not hesitate to attend the food distribution days and help ease the burden of a loved one, friend, family member, or neighbor. Please visit their [website](#) for more details and registration information.

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.

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.

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.

Greenburgh Hebrew Center

Sisterhood Shabbat

Friday, June 12: The Greenburgh Hebrew Center Sisterhood is honoring Cantor Janet Leuchter, Woman of the Year, during their annual Sisterhood Shabbat on Friday, June 12. The service and presentation will run from 6:00 – 7:00 PM, via Zoom. Join us for a very special participatory Kabbalat Shabbat Service. All are invited. For additional information, including the Zoom link, please contact Robin at: sisterhood@g-h-c.org.

Mishkan Ha'am

Last Day of She'arim

June 4, 4:00 - 6:00 PM: Join Zoom Meeting

Visit www.mishkanhaam.org

Kabbalat Shabbat

June 5, 7:30 - 9:30

Visit www.mishkanhaam.org

Shabbat Service

June 6, 10:00 - 11:15 AM: Join us for a Shabbat morning service of music, meditation, reflection and a discussion based on the Torah portion.

Visit www.mishkanhaam.org

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.