



Shabbat Shalom! It was a great first week of Back at the J! We were so excited to see so many smiling faces (even under the masks) and grateful to reconnect. For those of you who haven't been back to the J yet, there's lots more summer programming to come! Be sure to secure spots in your favorite fitness class, Mini Camp, or the Aquatics Center. Outdoor classes and much of camp are under a canopy so even with a little rain or a lot of sun, you'll still be comfortable. We are looking forward to lots more fun in the last few weeks of summer!



Special Event: Family Picnic and Dance Party with the Special Needs Department!

Friday August 14th; 4:30 PM – 6:30 PM

Learn the Electric Slide, the Macarena, the YMCA, and other party favorites in a fun and appropriate way for

children of all abilities at the Shames JCC for Family Picnic and Dance Party with Department of Special Needs Services. Families must bring their own food, beverage, and utensils, for a socially distanced picnic and will be seated at their own table, outdoors, under a spacious canopy. Our dance party will be led by one of our program specialists, Angela Defrancesco, and program staff will be invited to say their “hello’s”. We miss all the smiling faces and hope to see you there! [Sign up](#) now to reserve your spot. Reach out to [Amanda Gabel](#) with questions.



Outdoor Personal Training

Health is on our minds more than ever. While there are many issues we can't control, we can commit to doing the things we can control. Together we create a powerful team to help improve and enhance your quality of life. Let us create a customized training plan, hold you accountable and show you how to train smart – not just hard. We'll help you stay motivated and focused on your goals while you build a relationship with a professional trainer who cares! Reach out to [Lisa Bruskin](#) for more information.





Private Swim Lessons (all ages)

Lessons available between the hours of 11:00 AM – 2:30 PM

Want to improve yours or your child's swimming capabilities and beat the heat? We are offering no-touch, socially-distanced safe lessons for kids and adults. You do not have to be a member to schedule swim lessons. Click [here](#) for details for more information. Contact [Ryan Manahan](#) to arrange for lessons.



Outdoor Group Fitness: Hatha Yoga

Fridays 9:30 – 10:15 AM, Wednesdays 8:15 – 9:00 AM

This summer, we are offering a few different varieties of yoga. Have you ever tried Hatha yoga? Hatha yoga places special emphasis on controlled breathing and posture. Building your strength is another important

places special emphasis on controlled breathing and posture. Building core strength is another important aspect of this type of yoga. We also offer other types of yoga as well so be sure to check out the [full schedule!](#) Register [here](#).



Special Events: Family Fun Nights with Challenge Island

Thursday, August 13 (Activity: 5:00 PM – 6:15 PM, Stay 'til 7:00 PM to picnic!)

Thursday, August 20 (Activity: 5:00 PM – 6:15 PM, Stay 'til 7:00 PM to picnic!)

On Family Fun Night, your whole crew gets in on the action. Families will work together in tribes (teams) to tackle STEAM challenges using everyday materials. From designing roller coasters to building water pipelines to creating your very own mini golf fairway, each challenge will cultivate collaboration, communication, creativity and critical thinking skills among your family members. You do not have to be a member to join the fun so be sure to invite your friends and their families! Click [here](#) for details and to register.





High School Basketball Skills & Drills (ages 13 & up)

Every week in August, Monday – Friday; 3:00 PM – 4:30 PM

Missing high school sports? Take this time to learn some new skills and prepare you for the eventual re-opening of team basketball. Players age 13 and up will enjoy advanced training with Head Coach Mike Pearson to help players continually progress and enjoy high-level basketball with our brand new outdoor basketball hoops. Not only do we work on core skills—we also develop each player’s “basketball I.Q.” so that skills and strategy become embedded together. Participants will gain the tools and confidence to compete at a high level. All equipment will be regularly sanitized and social distancing protocols will be maintained. Private training is also available. Register [here](#).

THREE MORE WEEKS OF CAMP LEFT!



Sports of All Sorts Mini Camps: Now Open to Children 5 – 9! (children are split by age range)

Every week in August (you can sign up weekly or all!); 10:00 AM – 12:30 PM

Coach Mike and the JCC's sports specialists expand on the fan favorite class, "Sports of all Sorts" to bring you this mini camp! Young athletes and sports enthusiasts will gain exposure to a variety of sports and games that can be enjoyed in a safe and responsible environment. From dribbling a soccer ball, to practicing lay-ups on age-appropriate hoops, running relay races, and more, good times will be had by all. And, to round out the activity set, there will be sports trivia, coloring, stretching and other low intensity activities creating time for kids to rest and refresh. Click [here](#) for details and to register. We are also offering Mini Camps and private lessons for children's basketball. You do not have to be a member to register.



Basketball Skills & Drills (Ages 8 – 12)

Monday, August 17 – Friday, August 21

Monday, August 24 – Friday, August 28

1:00 PM – 2:30 PM

Players age 8 to 12 will practice and play in a fun, instructive outdoor environment with our brand new outdoor basketball hoops. Players will learn how to stretch, warm-up, and will engage in skills and drills. Players will learn the fundamentals as well as advanced techniques and skills of basketball from our knowledgeable coaching staff. All equipment will be regularly sanitized and social distancing protocols will be maintained. Click [here](#) for more information.





Art : Map-Making & Mandala Relief Prints with Renowned Art Educators

Monday, August 17 – Friday, August 21; 9:00 AM to 12:00 PM

With studios in Manhattan, California, and Westchester, Scribble Art Workshops are not your average kids' art camp—working with international artists, they'll complete two high quality & layered art pieces exploring a wealth of materials and artistic methods. In Map-Making & Mandala Relief Prints, kids will draw, ink, and paint our original maps and create on a mandala relief print, experimenting with color mixing using a variety of different types of paint. Click [here](#) for more details and to register.

Virtual Arts & Culture Content





ArtsWestchester Virtual Jazz Fest

Tuesday, Sept. 8 – Friday, Sept. 11

Plan to jazz up your calendar with the 2020 Virtual JazzFest White Plains! For its ninth year, JazzFest remains true to its roots, presenting jazz from an outstanding roster of Westchester and NYC musicians. From our ArtsBash Virtual Mixology Party on September 8 to a unique series of online JazzFest events through Sept. 11, we'll celebrate established jazz greats who have shaped the genre, as well as rising stars who are carrying jazz in new directions. Virtual programs will be held on Zoom and livestreamed on Facebook. Click [here](#) for more information and the full schedule.

JCC
Summer Dance Lessons
From the comfort of your
own living room!

Aug. 11, 18, 25 & Sept. 1
\$40 per couple
7 - 8 PM

Virtual Dance Classes from the Asheville JCC

4 Tuesdays, 7:00 – 8:00 PM, beginning August 11

Learn to dance from the comfort of your living room in this 4-week class. Each week will focus on a different style, such as the salsa, cha-cha, and swing. Click [here](#) for more information.





ABQ Virtual Jewish Film Fest: Celebrate the Jewish Experience through Cinema!

July 30 – August 25

Eight acclaimed films will be featured—from Argentina, Germany, Israel, Turkey, and the U.S.

Each film will have a 48-72 hour screening period during which time you may watch the film at your convenience. You will receive a link to watch the movie 24 hours before. The Fest curators research current films showing at Jewish film fests worldwide to select a representative line-up of the finest films. Click [here](#) for details.

Please also review all of our COVID-19 policies [HERE](#).

Previously Published In Case You Missed It

Outdoor Fitness: Slow Flow Yoga

Thursdays 4:00

This class will practice half the poses you might practice in a flow class with a more meditative approach with an emphasis on peace and calm in body and mind. **We also offer many more options for outdoor fitness, including Pilates, strength classes, and more.** These classes are included in your membership and have no additional fees. Click [here](#) for more information and to see the schedule. Personal training is also available, contact [Lisa Bruskin](#) to schedule a session.

Outdoor Fitness: Define

Mondays 9:15 AM; Tuesdays 10:00 AM; Wednesdays 5:00 PM

This strength only class incorporates weights and body weight exercises to strengthen your bones. **We also offer many more options for outdoor fitness, including yoga, Pilates, strength classes, and more.** These

classes are included in your membership and have no additional fees. Click [here](#) for more information and to see the schedule. Personal training is also available, contact [Lisa Bruskin](#) to schedule a session.

The Kansas City Jewish Film Festival

August 2 - 19, 2020

Join the KCJFF's first-ever Virtual Film Fest! KCJFF provides opportunities to encounter Jewish ideas and values by creating an open, inviting, and entertaining forum for films that explore issues of culture, identity, and history with a Jewish twist. This year, each of 12 films are available for 48-hours from the comfort of your own home! Tickets start at just \$12 for your whole household. [See the full lineup here.](#)

Westchester Library System

Great news for book lovers—most libraries in Westchester are now offering regular hold-filling for pick-up! Get that perfect book for the beach, poolside, or porch. Check [here](#) for details or with your local library.

A Jewish Anti-Racist Reading List for Children of All Ages

With the kids home for summer and with the George Floyd protests in the air, books for a time of reckoning. Our kids perceive race much earlier than we think. So we have to start the work early. Click here for a comprehensive list of books to help you educate your children on the topic of race and racism. Click [here](#) for the article from Jewish Week.

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.

Temple Beth Abraham

All in-person services and meetings have moved online. The schedule of online events is continually being updated, so check their [website](#) regularly. Here are some upcoming services:

Wednesdays: 10:00-11:00 AM.: [Bible Study](#) with Rabbi Holtz. This will take place on Zoom.

Shabbat Live Streams: [\(Zoom\)](#)

Torah Study (Zoom) Saturdays 10:00 - 11:00 AM [Please join us on Zoom.](#)

Congregation-Wide Read of White Fragility: Zoom Discussion Wednesday, August 12th; 8:30 PM [Via Zoom](#)

Mishkan Ha'am

Shabbat Service Friday, August 7, 7:30 - 8:45 PM

We'll welcome Shabbat with music, poetry and a discussion. Have your candles ready so we can light them together over zoom! Visit www.mishkanhaam.org.

Just for Fun Social Hour Sunday, August 9th, 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 Howard Heitner at docheitner@gmail.com with questions. Visit www.mishkanhaam.org

Shabbat Service and Adult Ed August 22, 10:00 AM - 10:15 PM

Shabbat Service and Adult Ed August 22, 10:00 AM - 12:15 PM

10:00 - 11:00 AM - Shabbat Morning Service

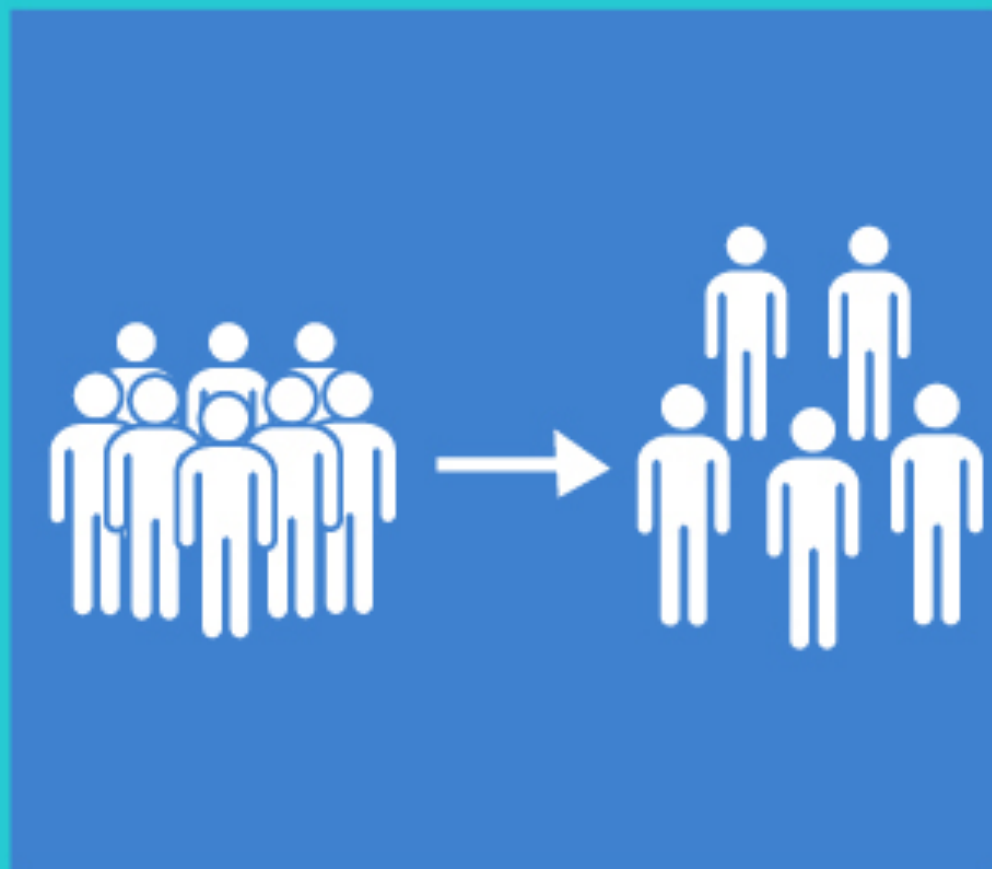
11:00 - 11:15 AM - Break

11:15 AM - 12:15 PM - Adult Ed: Jewish and Racial Justice Part II. Following our July adult ed, we will continue the conversation about how Jews in America have related to issues of racial justice, particularly post Civil Rights Era. We will parse this history to better understand the moment we are in today, and consider how white Jews, Jews of Color, and the Jewish community as a collective, might move forward in the work of racial justice.

Visit www.mishkanhaam.org

 **We are doing our part to help you stay healthy!**

**Providing hand sanitizing
stations throughout our campus**



Limiting the number of people
that can participate in programs
at one time





**Cleaning and disinfecting areas
between activity**



Cleaning and disinfecting temporary restrooms frequently

Click [here](#) to see our complete COVID-19 Policies and Procedures

Connect with us at www.shamesjcc.org



Support the Shames JCC



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