



October 16, 2020

Shabbat Shalom! We are thrilled to be back and serving the community in many different ways. This Sunday **we're hosting an outdoor, drive-thru flu shot clinic on our campus** (we're also open on Sundays so be sure to reserve a spot for a workout too!). You do not need to be a member or book an appointment to get your flu shot. We are also extremely excited that **we have brought back our Special Needs programming!** We have a variety of offerings both virtual and in-person for children, teens, and young adults. Please find details below. Enjoy your weekend and we hope to see you soon!



Drive-Thru Flu Shot Clinic: Outdoor, Safe, and Socially Distanced (ages 15+)

Sunday, October 18; 10:00 AM – 1:00 PM

The Shames JCC is partnering with Marinelli's Village Pharmacy of Elmsford to bring our community a safe, outdoor, drive-thru flu clinic. Flu shots are free with most insurance and \$30 without insurance. No one in need of a flu shot will be turned away if they cannot pay the \$30 fee. Regular standard-dose shots for those ages 15 – 64 and Flud HD for people ages 65 and older will be available. There is no need to make an appointment. Simply drive to our campus on the day of and follow the signs for the flu clinic. The clinic will take place under a canopy on the JCC campus.

Please click [here](#) for more information and for required forms.



Info Session for Almost School & New Program Options

Tuesday, October 20; 7:30 PM – 8:15 PM

Please join us to learn more about Almost School—and new to the program: Half Days, Flex Days, and Stay & Play added enrichment hours. As the Almost School childcare program for remote/hybrid learning grows, the JCC is adjusting the program to fit the needs of the community. There is a new Half Day program for students attending school on an AM/PM schedule; Flex Days for families who need additional, occasional coverage when there is an unexpected school closure or life event; and Stay & Play which extends a child's time at the JCC and includes

specialist-led enrichment activities. Click [here](#) to register for this event.



Special Needs Programming (children, teens, and young adults)

This year's Special Needs programming brings individuals together in-person and online for programs that focus on specific skills (examples: workplace, maintaining a topic, recognizing verbal and nonverbal skills), as well as fun online games and field trips like minigolf! We also have a picnic planned for "Friendsgiving," which is open to everyone in the community. Intakes and IEP/504 are required for ALL programs with the exception of the Friendsgiving picnic and select special events. We offer an individual-to-staff ratio of 3:1 Please see details about our programming [here](#) and

reach out to [Amanda Gabel](#) for more information.



HIIT on Sundays with Cecilia!

Sundays; 9:30 – 8:15 AM

If you're looking for a tough Sunday morning workout, this is the class for you! This high intensity interval training class incorporates intense bursts of exercise followed by short recovery periods. Click [here](#) for the full schedule and registration details.



Reminder: Aqua Cycle: Registration Opens Monday, October 19; 9:00 AM, program begins November 3

Tuesdays OR Thursdays; 12:00 – 12:45 PM

Burn twice the calories in half the time! Open to adults, members and non-members, of all swimming abilities and fitness levels. Aqua cycling takes spinning on land to a whole new level! Aqua cycling places stationary bikes underwater at waist level, allowing you to pedal against the resistance of the water, creating a significantly better workout. Click [here](#) for more information.

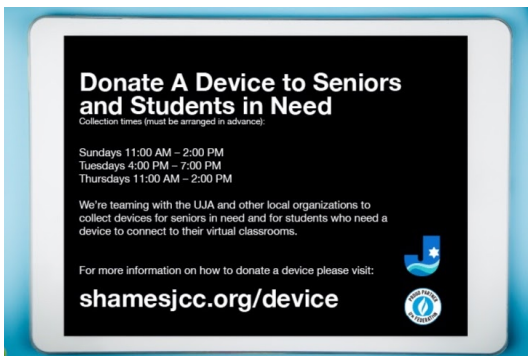


Reminder: Hammerheads Swim Team

Various days and times. Registration opens by phone and online Monday, October 19; 7:00 AM. Season begins November 2.

The Hammerheads swim team is opening up a new session of practices for November – December). The teams will meet in a non-competitive environment (no meets and competitions) and anyone interested in improving their skills in a supportive team environment may join (no tryouts are required but children must be comfortable swimming independently, have an understanding of different strokes, and swim 50 yards at one time). Contact [Ryan Manahan](#) for more questions and visit

our [website](#) for details.



Donate a Device!

Collections begin Tuesday, October 6

We're teaming with the UJA and other local organizations to collect devices for seniors in need and for students who need a device to connect to their virtual classrooms. Now more than ever, we all need to be connected virtually—especially seniors who are isolated at home or children who are unable to afford a device. Without a device, these vital connections are impossible. So we're stepping in to help. If you have an extra device or would even like to purchase a new one, please donate it to someone in need. Click [here](#) for more information on devices and

details on collection times. Please note at this time they are looking for tablets and laptops, not phones. You must make arrangements in advance to drop off your device. Reach out to [Tali Strom](#) at the UJA Westchester with any questions or to arrange for a drop-off.

Arts & Culture

Teen Film Series; Teens Care: A Social Justice Film Series

Every Tuesday in October; 6:30 PM

Join us, and teens from the Riverdale Y and the YM & YWHA of Washington Heights and Inwood, for the Teens Care: A Social Justice Film Series focusing on key areas chosen by this year's Manhigut Institute Interns—gun violence, racial justice, education reform, and global warming! After each film, we'll hear from a guest speaker and discuss how we can make a difference as a community and as individuals. **This Tuesday will focus on Education Reform and feature the film Teach all of Us about the 1957 Little Rock school desegregation.** Click [here](#) for details and registration information.

Cooking Demonstration & Market Tour with with Chef Shawna Goodman- a Tzahal Shalom delegates (virtual)



October 25, 11:00 AM - 12:00 PM

Each fall we look forward to welcoming the participants of Tzahal Shalom to Westchester—a delegation of seven reservists from the Israel Defense Forces who come to connect with the community bring a bit of Israel into our homes. Sadly because of COVID, Tzahal Shalom will be suspending the 2020 program but have planned some very interesting virtual programming to keep Israel and Tzahal Shalom forefront in our minds. **This Sunday focuses on food with a Machane Yehudah Shuk (a large open-air food market in Israel with over 250 vendors) tour and cooking demonstration with chef Shawna Goodman-Sone and our delegates.** Click [here](#) to register. Click

[here](#) for the flyer with more information and the full line-up of events.



Understanding the Image of God: A Candid Webinar Series on Human Dignity and Racial Justice, Based in the Jewish Tradition

Thursdays, October 22, 29, and November 5; 7:30 - 8:30 PM

Join Hadar and the Westchester community for a deeply important and timely webinar series on our responsibilities towards the broader world and our fellow human beings. The first seminar is Skin in the Game: A Conversation with Eric Ward who will lead a conversation on the intersection of anti-Semitism and white nationalism and seminars 2 & 3 is a two-part shiur and explore what ancient Jewish texts teach us about racism in America

today. Click [here](#) for more details and registration information.



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

Previously Published In Case You Missed It

Sundays at the JCC

Aquatics Center: 7:00 AM – 3:00 PM (last reservation is 2:00 PM)

Fitness Center: 7:15 AM – 3:00 PM (last reservation is at 2:15 PM)

The wait is over, Sunday hours are almost here! Be sure to secure your spots this Sunday for next Sunday! As a reminder, spots will open up the week before on that day and time (so the Sunday, October 3 10:00 AM reservation opens up Sunday, September 27 at 10:00 AM). Reserve [here](#). Also, if you are interested in reactivating your membership, please reach out to [Lisa Bruskin](#).

Half-days, Flex Days, and added enrichment hours for Almost School

Rolling enrollment for School Days & Flex Days remains open; registration is open for Half Days and Stay & Play with the program beginning in November

As our Almost School childcare program for remote/hybrid learning grows, we are happy to be evolving it to fit the needs of the community. We're now adding a Half Day option for students who follow the AM/PM model; Flex Days for families who aren't signed up for a particular day but there is an unexpected school closure or life event; and Stay & Play added enrichment hours for afterschool activities. Almost School provides a safe, comfortable, and supportive environment while children engage in their remote learning and offers the chance for students to socialize during recess and lunch with activities such as outdoor basketball, sidewalk chalk, soccer—or indoor safe, socially distanced games. Click [here](#) for more details. Email [Stacey Merchant](#) with any questions.

Family members can now share a pool lane! (18 years +)

Beginning Monday, October 5

We have great news about the pool! We have been working diligently with local and state agencies to do everything we can to accommodate as many swimmers as possible. Starting Monday, October 5, 2020, the JCC has been authorized by the Department of Health (DOH) to allow families in the same household to share a lane. Click [here](#) for details.

We're Hiring!

Know any lifeguards, personal trainers, swim instructors, or receptionists? We are looking to hire some superstars. If you are, or someone you know might be interested, [please see our website](#) for details and all the opportunities available.

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

Shul Stitchers will continue regular monthly sessions at GHC on Thursdays, from 1 – 2:30 pm. Please bring your own knitting needles. The next session is October 17. We're planning to build on the success of last year's program, Shul Stitchers and Friends, which we did in conjunction with teens at the Mann Center, a residential treatment center in Hawthorne. You can work at home as well as in shul. You can bring/buy your yarn or we can furnish it. More information to follow regarding the schedule of sessions with the students at Mann.

Connect with us at www.shamesjcc.org

