



October 9, 2020

Shabbat Shalom! Our phased in re-opening continues to evolve and this week we're happy to announce that **reservation spots in the Fitness Center will now be in 90-minute blocks beginning Monday, October 12** (with a deep 30-minute cleaning in between spots). Now everyone can get as complete as a workout they want! We're also **introducing Half Days, Flex Day, and extended Stay & Play hours to our Almost School program**. And don't forget, we are **now open Sundays**...have a great weekend!



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.

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.



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

Various Days, see [website](#) for details.

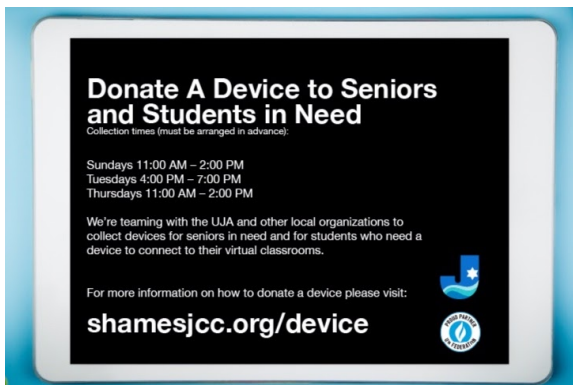
Burn twice the calories in half the time! Open to adults, members and non-members, of all swimming abilities and fitness levels. Aqua cycling takes spinning on land to a whole new level! Aqua cycling places stationary bikes underwater at waist level, allowing you to pedal against the resistance of the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



Fun for Teens: Westchester Teen Alliance Kick-off!

Sunday, October 18; 2:00 – 4:00 PM

Join like-minded teens from Westchester for a day of socially distanced outdoor fun! The Westchester Youth Alliance is building a diverse community of teens committed to peace, equality, climate justice & social justice! You'll be playing games and building community through dialogue and collaboration. Teens will be tasked with team building games, a campfire, and a collaborative art activism project. Teens will also get the opportunity to join our teen leadership group. The registration fee is \$10. Click [here](#) to download the flyer for more information and [here to register](#).



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.

Virtual Graffiti Tour of Israel with Tzahal Shalom

October 18th, 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. Next Sunday, learn about Israeli history, culture and society during this interactive graffiti tour and workshop with Niro Taub and our delegates. [Register](#) in advance for this meeting. Click [here](#) for the flyer with more information and the full line-up of events.

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

Tuesday, October 13; 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 Racial Justice and the film 13, followed by Q&A with Marshall Rountree of the National**

Religious Campaign Against Torture and the American Friends Service Committee. Click [here](#) for details and registration information.



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](#).

Fitness: HIIT & Cycling on Sundays!

Sundays, beginning October 4

We now have some of your favorite classes on Sunday! Get a good workout in a cycling class or get strong in a HIIT class. Click [here](#) to reserve.

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.

Mishkan Ha'am

Shabbat Services with She'arim *October 17, 10:00am - 11:30am* Join us for a Shabbat morning service of music, meditation, reflection and a discussion based on the Torah portion. She'arim will join us for the beginning of the service and then have their own programming with Rabbi Lori in a breakout room! Visit www.mishkanhaam.org

Shabbatpalooza *October 17th, 11:20 - 12:00* Shabbatpalooza is the Rivertowns and Riverdale Shabbat service for 1.5-4.5 year olds and their grown-ups. We meet once a month on Saturdays from 11:20-12 and on some Friday nights on Zoom. Songs, stories, dancing, crafts and Mindy Moose! Together we build community through laughter and fun! Register here. Contact Rabbi Lori Feldstein-Gardner with questions: mishkanhaam.shearim@gmail.com

Zoom Dance Party! *October 10, 8:00pm - 9:00pm* Due to the pandemic, we are not able to gather for Simchat Torah this year. We look forward to returning to this ritual as a community next year! Since we can't be together in person, the Holiday Committee has organized a Mishkan Ha'am zoom dance party! Join us for an intergenerational evening of fun and connection. Visit www.mishkanhaam.org

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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