



Shabbat Shalom! Hard to believe that November starts on Sunday and Thanksgiving is just around the corner. We've got some great ways to kick off the holidays with **two special events—a family “Friendsgiving” picnic and a Thanksgiving Zumba Dance Jam (18+)**. Both events will have strict COVID-19 protocols for safety but also a lot of fun! If dancing or picnicking aren't your things, **we are also launching a meditation class** next week (in-person at the JCC and virtual via Zoom), which is invaluable as the

holiday season begins.

And as a reminder, the clocks “fall back” on Sunday so if you have any reservations here, please make sure you set your clocks and come here on time (and don't forget **we are moving the Health Screening Station inside**, click [here](#) for detailed directions.).

And, finally, don't forget to vote! Some local polling places have changed this year so be sure to [check your polling location](#) before you head out. [Or vote early until Sunday](#). Have a great weekend everyone!



Celebrate the Thanksgiving Season with Us!



“Friendsgiving” Picnic, sponsored by Shames JCC's Special Needs Department
Sunday, November 15; 12:30 – 2:30 PM (outside at the Shames JCC)

Because we had such a blast at our Summer Picnic Dance Party, we've decided to host another picnic for fall! Come celebrate the holiday season at your home away from home. The Shames JCC's Special Needs Services Department invites you to share in the joy of making seasonal crafts, enjoying lunch al fresco, spending time with friends, and other fun activities. Families must bring their own food, beverages, and

utensils, for a socially distanced picnic and will be seated at their own outdoor table. Register [here](#).



Save the Date: Pre-Thanksgiving Zumba Dance Jam!

Sunday, November 22; 10:00 AM – 12:00 PM

Come join us for a dance party like no other! This two-hour event will get the holiday season started. The party will be in the gymnasium (full basketball court, plenty of room for social distancing). It's going to be a blast! Tickets are limited to allow for COVID-19 protocols and safety so get yours today! Click [here](#) for more information.



Meditation in the 4 Worlds: in-person at the JCC or virtual via Zoom

Thursdays, 12:00 – 12:45 PM

In these challenging times, it is important to take time to stop, center ourselves, breathe, and be mindful of the gifts of the present moment. Kabbalah (Jewish mysticism) teaches that we live in four dimensions or “worlds” —body, heart, mind, and spirit. Join Rabbi Ben Newman, in-person at the JCC or virtual live in Zoom, on a meditative journey towards relaxation and balance in each of these dimensions. You do not need to be a member to sign up for this class. Click [here](#) for details.



We're Hiring for the Aquatics Center!

Know any lifeguards, swim coaches, or swim instructors? We are looking to hire some superstars! So if you are, or someone you know might be interested, please see our [website](#) for details.



Flu Shot Vouchers (ages 15+)

We had a very successful Flu Shot clinic here on campus, administering 101 vaccines! If you couldn't make it but still need a flu shot, Marinelli's Village Pharmacy of Elmsford, located at 31 E Main St, Elmsford, is offering our community vouchers to go to the pharmacy at their convenience. 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 are available.

Contact Marinelli's at (914) 592-8211 to arrange for a time to come in. Please [click](#) here for more information and for required forms.



The National Jewish Community Celebration of Veterans Day

Wednesday, November 11; 2:11 PM

Veterans Day is a time to recognize and honor the men and women who have served our country in both war and peace. Like Americans of many faiths and backgrounds, Jews have served our country in uniform since the Revolutionary War. Join us for the live premier of “The National Jewish Community Celebration of Veterans Day” on our [JCC Association of North America Facebook page](#). Tune into this event, hosted by JWB Jewish Chaplains Council®, a

signature program of JCC Association, as we come together as a community to honor Jewish veterans and hear their personal stories of service in the U.S. military.



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

Thursday; 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. This upcoming webinar will explore what ancient Jewish texts teach us about racism in America

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



Holocaust Education Week (Toronto)

November 2 – November 9

The Neuberger Holocaust Education Centre in Toronto is having their first-ever digital Holocaust Education Week. It is free and our community is welcome to participate. The programs and online activities will inspire, educate, and recognize the remarkable contributions of Holocaust survivors. Holocaust Education Week will feature an online film series, book talks, Neuberger curated films, a wide array of scholars, experts, and well-known personalities including Star Trek's George Takei and Yair Rosenberg, senior writer at Tablet Magazine. Click [here](#) for full line-up and details.

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

Previously Published In Case You Missed It

Almost School: Remote/Hybrid Learning Childcare

Recent local school closures, changes in school schedules, and what we are hearing from parents and schools has prompted us to reevaluate what our program offers and are evolving it to meet 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 (for registered families only); and Stay & Play which extends a child's time at the JCC and includes specialist-led enrichment activities. Click [here](#) for more details and enrollment forms.

River Friends Day Camp 2021 is on! (ages 3 – 6)

The Shames JCC is thrilled to announce that this summer, River Friends Day Camp will be back in action, keeping campers safe and engaging them with fun activities all day. Over the past few months, we have been working closely with the NYS DOH and have implemented strict COVID-19 mitigation protocols throughout our facility that we will readily adapt to fit River Friends' specific needs. We are proud to serve the River Friends community and can't wait to see your children's smiling faces again! Click [here](#) for more details and stay tuned for more details!

Sibling Swim Lessons

Have your children learn how to swim together! Two participants can sign up for semi-private swim lessons, keeping your household together and safe. You do not need to be a member to take swim lessons. Click [here](#) for more details and pricing. Reach out to [Ryan Manahan](#) to arrange for lessons.

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.

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

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. 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.

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.

Mishkan Ha'am: Details are on their [website](#)

She'arzoom November 5, 4:00 PM - 6:00 PM

Havdallah November 7, 7:30 PM - 9:00 PM

She'arim Thanksgiving Seder November 12, 4:00 PM - 6:00 PM. Meet outside (picnic style)

Services with She'arim and Shabbatpalooza November 21, 10:00 AM - 12:30 PM

Adult Ed – Book Discussion on “Ten Myths about Israel” November 22, 11:00 AM - 12:30 PM

We will continue with our series of discussions on books/films about Israel/Palestine. "Ten Myths about Israel" is written by an Israeli historian, Llan Pappé. The book challenges ten of the most contested ideas concerning the origins of the state of Israel. It explores the history of Zionism, and the Israeli/Palestinian conflict. The author does not pretend that this is a balanced book, but it is an important perspective by a respected scholar. The book is available in libraries and can be obtained from Amazon and other online stores. It is 182 pages long.



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



Shames JCC on the Hudson | 371 S. Broadway Tarrytown, NY 10591
914.366.7898

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