



November 6, 2020

Shabbat Shalom! Since we opened over the summer, our goal has been to be as accommodating to as many members and guests as possible, while keeping our community safe with strict COVID-19 prevention protocols in place. When we relaunched our reservation system and technology earlier in the fall, we were happy that members adapted quickly and gave us valuable insights on how the system was working (and not working) for them. As a result of this feedback, **we are switching to a 24-hour reservation system.** Click [here](#) for details. And...we hope everyone gets outside and enjoys the summer-like weather in November this weekend!



NEW PROGRAM! Coffee Talk

Fridays, 10:30 – 11:30; beginning November 13

We are thrilled to have so many members back at the J! But we long for the days of building friendships and engaging in casual conversations like we used to—in lounge areas, after yoga, at a Member Mingle, or before a lecture. To help get the community back together again, we are introducing a new weekly program—Coffee Talk, where we will meet on Zoom (and hopefully in-person soon!) and chat about a

variety of topics and subjects, and importantly—socialize! Let’s meet next Friday and talk about what we are doing during the pandemic—our challenges, opportunities, and simply how we have spend our time (have you read any great books or discovered a new show on Netflix?). Conversations will be casual but facilitated by Rabbi Ben Newman. Registration details will be shared soon.



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.



NEXT SUNDAY! “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](#).



The Great Big Virtual Challah Bake 2020

Sunday November 8 – Friday, November 13

Join the JCC of Mid-Westchester from your own kitchen and bake along with others during The Great Big Virtual Challah Bake 2020! If you are a weekly challah baker, or if you have never baked one before, please join us and participate in this amazing, powerful, and inspiring event! Baking sessions will be offered via Zoom and include recipes for traditional, gluten-free, vegan, and a rainbow challah. We are also offering sessions designed for teens, families

with young children, and young professionals. We will also offer demo sessions with advanced challah techniques. Click [here](#) for more details.



Broad River Women's Networking Group Discussion: Community Service in the Virtual World

Tuesday, November 17; 7:00 – 8:15 PM

Broad River welcomes a panel of local leaders to discuss opportunities & strategies to engage with and strengthen our communities today. Our communities and the non-profits that support them need our brains, energy, capabilities and financial support now more than ever. Join this moderated conversation with panelists from Volunteer NY!, Girls, Inc Westchester, and ArtWare for Good and Mission Driven. Click [here](#) for details and registration.



With the Rockland JCC: Parents of Transgender Kids Share Their Experiences

Tuesday, November 10, 7:00 PM via Zoom.

There are over two million trans people in the United States. Whether or not you have a personal connection to anyone who is trans, please come learn more. Authors Mimi Lemay and Jo Ivester (who both wrote books about their transgender children) and a representative from the Rockland County Pride Center will talk about the different ways trans people experience their gender

identities, the process of transitioning, the emotional journey and the struggle for acceptance. Click [here](#) to register.



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.



Hatha Yoga with Markela

Wednesdays, 8:15 AM – 9:15 AM

Take a deep breathe...and join us for a multilevel strength-based yoga practice which incorporates a series of poses that flows through breathe and movement. We also offer several types of yoga classes throughout the week. Click [here](#) for full schedule and to register.



Shamayim Challenge: Converting traditional Jewish recipes to a plant-based version

Tuesday, November 24; 7:00 PM (via Zoom)

As we celebrate holidays and traditions throughout the year, we will explore vegan — plant-based—cooking with delicious recipes and discuss compassion for animals from a Jewish perspective, as well as plant-based alternatives to avoid food allergies. Converting traditional Jewish recipes to a plant-based version can be better for personal health and is better for the planet, while still being delicious and fulfilling. This session will focus on dessert for

Thanksgiving—Apple Pie Breakfast “Betty” and No Bake Pumpkin Dessert. Yum! Click [here](#) for details and registration information. This program is free and being offered by our partners at the YM & YWHA of Inwood and Washington Heights

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

Previously Published In Case You Missed It

Jewish 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. Online registration has closed but you can still register by calling our Welcome Desk at [914.366.7898](tel:914.366.7898).

We’re Hiring for the Aquatics Center!

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

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.

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](#)

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.



Connect with us at www.shamesjcc.org

Support the Shames JCC