



November 13, 2020

Shabbat Shalom! We're inching closer to the holidays and this weekend **we kick off the holiday season here with an outdoor "Friendsgiving" picnic!** Rain looks like it's holding off until later in the evening and with temperatures in the 50s we're sure to have a great time! **We're also hosting an outdoor (weather permitting) Zumba Dance Jam next weekend.**

As a reminder, since moving the **Health Screening indoors, we have resumed our previous traffic patterns. Please pay attention to the signs posted and the speed limits.** There are children walking and we want to maintain a safe environment for everyone. **And finally, be reminded that next week begins the [24-reservation system!](#)**



**Navigating Today's World with  
The Clergy of the Rivertowns Jewish Consortium**

## Challenging Times, Ageless Insights

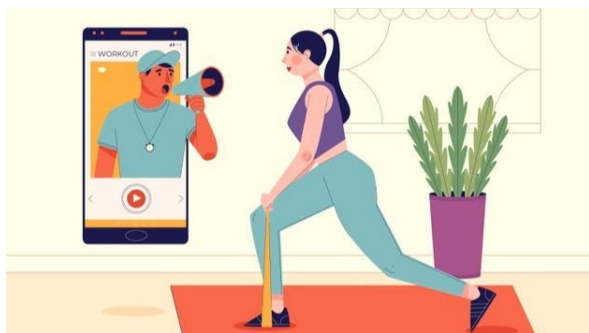
**Returning program (virtually): Challenging Times, Ageless Insights with the Rivertowns Jewish Consortium**

*Friday, December 4; 9:30 – 10:30 AM (with Rabbi Jay Stein of Greenburgh Hebrew Center)*

Please join us for the return of our popular series Challenging Times, Ageless Insights! Rabbi Jay Stein will discuss "The Most Challenging

Moments in the Torah: A Model for Living in Difficult Times." Sponsored by the Rivertowns Jewish Consortium, Challenging Times, Ageless Insights offers participants the opportunity to explore contemporary issues through a Jewish lens, providing insights, discussion, debate, and if we are successful, even more questions. Stay tuned for more dates!

Click [here](#) for more details and to register.



**Join Our Virtual Fitness Beta Group!**

Our fitness and facilities team has been hard at work installing and testing technology to deliver virtual fitness classes! We know there are many members who have requested this so we'd like to invite people to join our Beta Testing Group. We'd love your feedback on how we're doing and how we can improve the classes. Please contact [Anna Vazquez](#) for details (active members only please).



**THIS 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](#).



**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 outside (weather permitting) or 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.



**Youth Maccabi Basketball Challenge with top NBA draft pick Deni Avdija (ages 9 – 16)**

The JCC Association is teaming up with soon-to-be-NBA rookie Deni Avdija, NBA top draft pick and star of the Israeli national basketball team, on an active and virtual challenge for youth and teen basketball athletes ages 9 to 16. Athletes who participate in the challenge will have the chance to win tickets to cheer Deni on whenever his new NBA team plays their local NBA team! Click [here](#) for details.



**Warm Winter Gear Drive for the Native American Elders in the Navajo Nation**

*Ongoing until December 4*

Please join us and the Afya Foundation in this warm winter gear drive collecting material for Navajo elders in Arizona, Utah, and New Mexico, in partnership with CORE Response.

Native Americans have the highest rate of COVID-19 infection in the U.S. Already facing severe health disparities prior to the pandemic, the

Coronavirus Crisis promises to widen the gap, especially elders. As infection rates rise and the temperature drops, elders are in need of warm winter material, particularly single-person blankets, gloves, scarves, and socks. Click [here](#) for details on how you can help.

## Previously Published In Case You Missed It



### 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.



### **NEW PROGRAM!** Coffee Talk

*Weekly on Fridays, 10:30 – 11:30 AM*

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! Conversations will be casual but facilitated by Rabbi Ben Newman. Click [here](#) to register.



### **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.

### **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

### **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.

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

### **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

**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.