



December 4, 2020

**Shabbat Shalom!** Can you believe Hanukkah is next week? We hope everyone finds safe and joyous ways to celebrate this year. And if you were planning on going to our Drive-in Menorah Lighting, please reserve your tickets now as they are going fast! If tickets sell out, we will also open a waiting list should people cancel and spots open.

**And for those of you that miss our Renard Lectures, they are coming back the first week of January!** Details and calendar will be available soon. All lectures will take place via Zoom.



**Get Reacquainted with the Fitness Center with a complimentary consultation (ALL members)!**

*By reservation in 90-minute blocks*

When's the last time you took a visit to the Fitness Center? While you will still find our state-of-the-art equipment in our spacious facility, you will notice some changes for your safety such as: equipment is spaced for safe distancing, Merv-13 filters have been installed in the HVAC system, the layout has been redesigned for easier flow, capacity is limited to 33% and reservations are required, our staff is

continuously cleaning and the center is closed every 90 minutes for a deep cleaning, and everyone is wearing a mask! To help you get reacquainted, we are offering **ALL members a complimentary consultation, whether you are just starting or have been here for a while. Our trainers can show you how to use our equipment, review our current workouts, walk you through our COVID-19 protocols, and get you started on your wellness journey.** Click [here](#) for more details and to reserve a spot. To schedule your complimentary consultation or facilities tour, please reach out to [Lisa Bruskin](#).



**Limited tickets are still available! Drive-In Community Menorah Lighting & Havdalah Ceremony (outdoors)**

*Saturday, December 12; 4:30 PM*

Join us along with the Rivertowns Jewish Consortium, for a unique way to kick off Hanukkah at our Drive-In Hanukkah Menorah Lighting & Havdalah Celebration. Each family who wishes to attend will reserve a spot in the Shames JCC's parking lot and celebrate tailgate-style, in or around their cars. In addition to the menorah lighting, the Shames JCC will also mark the end of Shabbat with a Havdalah candle-lighting ceremony. Click [here](#) for more details and ticket information.

# RIVER FRIENDS DAY CAMP

even more details!



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

*Registration opens in January*

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

## Virtual Group Exercise Classes via Zoom

*Multiple Days and times*

Can't make it into the facility? Join us LIVE from our studio online for select Group Ex classes! Here is next week's virtual schedule: Monday: 5:00 PM Pure Strength; Tuesday: 4:30 PM Gentle Yoga and 6:00 PM Pure Strength; Wednesday 5:00 PM Define; Thursday 4:30 PM Slow Flow Yoga and 5:30 PM Belly Dancing. If you are interested in taking these classes, please reach out to [Anna Vazquez](#) for the Zoom information. Members only.

## Special Needs Caregiver Schmooze

*Monthly on Wednesday; 7:00 – 8:00 PM—next session on December 16*

While the love for our children is unwavering, raising a child with a disability offers a unique set of challenges. We understand the importance of parents and caregivers to have a network of people who can relate to them. Join us and connect with other parents & caregivers while having a bit of fun and still practicing social distancing. Facilitated by Amanda Gabel, LMSW, and Shames JCC's Director of Special Needs Services. For more information please contact [Amanda Gabel](#) and check out our [website](#) for more dates and other events.

## Support the Shames JCC when you shop on Amazon!

The holiday season is here and did you know you can support the JCC when you shop on Amazon? Shop at [smile.amazon.com](https://smile.amazon.com) (with the JCC on the Hudson as your selected charity) and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. Make a difference while you shop!



## Previously Published In Case You Missed It

### Jewish Meditation in the 4 Worlds

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.

### **Gymnasium Time for Families & Family Swim**

*Gym: Sundays, between 11:00 AM and 3:00 PM*

*Swim: Sundays, 7:00 AM – 9:00 AM and weekdays, 5:00 PM – 5:45 PM*

No matter the weather outside, come play in the JCC's beautiful gymnasium. With room to accommodate up to 3 families per reservation slot (one family per hoop and surrounding area), families can play basketball, work on skills, or just have fun shooting hoops! Click [here](#) for more information and to register.

### **Open Enrollment for spring 2021 Special Needs programming for Youth, 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 to the Bronx Zoo! We also have a picnic planned, which is open to everyone in the community. Intakes and IEP/504 are required for ALL programs with the exception of the 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.

### **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.

### **Open Enrollment for Almost School December**

Almost School is much more than a computer connection—we connect your children with other students and peers for fun and socialization; and with educators and childcare professionals who assist with remote learning and develop enriching activities during downtime or when a student has completed their work. We have a large campus with outside facilities and an indoor basketball gym for recess and other breaks during the school day. Our Almost School staff has extensive experience working with children and is well prepared to extend your child's experience in our program. Click [here](#) for details and enrollment information

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](#)*

**Chanukah Celebration and Shabbat Service** *December 11, 7:00 PM - 9:00 PM*

We'll gather at 7pm on zoom to connect and eat latkes together! At 7:30pm, we'll light the Menorah and have a combined Shabbat and Chanukah service. In the spirit of the holiday, throughout the service people will be invited to share short stories about "miracles" in their own lives. Children and Families are all welcome to join in. Come with a menorah, story and bring-your-own-latkes!

**Adult Ed - Kaplan and the Early Zionists** *December 13, 11:00 AM - 12:30 PM*

As a follow up to our November book discussion, we will explore the early Zionist visions that developed in the first half of the 20th century. Mordecai Kaplan, the founder of Reconstructionist Judaism, formulated his own ideas about what Israel might look like before its founding. We will look at how Kaplan's vision fits in with the other voices of his time, such as Martin Buber's, and how each of these constructs measures up to Israel as it is today.

**Chanting and Meditation Shabbat Service** *December 19, 10 AM-11 AM*

This alternative Shabbat morning service will allow for contemplation and reflection about the week, and the year, as we move toward the close of 2020. Join us for meditations that are grounded in the Shabbat morning liturgy and Torah portion.

**Temple Beth Abraham:** *All activities take place on Zoom. Please contact the office to register at [info@TBA-ny.org](mailto:info@TBA-ny.org)*

**Bible Study:** *Wednesdays, 10:00-11:00 AM*

Rabbi Holtz leads a class every Wednesday morning, which goes at its own pace through the Tanakh [Torah (Law), Nevi'im (Prophets) and Ketuvim (Writings)] in English. No previous knowledge is required, and you can join in at any point in the cycle.

**Kabbalat Shabbat (Welcoming the Sabbath) Reform Evening Services** *Fridays, 6:00 PM*

Join us for a warm and spiritual start to the weekend. The Service is available on our Livestream: [tba-ny.org/live-service-streaming](https://tba-ny.org/live-service-streaming)

**Shabbat Morning Conservative Services** *Saturdays, 9:00 AM*

Join our conservative minyan for services Saturday on Zoom.

**Israel's Current Standing in the Middle East: A Conversation with Chuck Freilich**

*December 13, 12:00 PM*

Recent events have changed the course of Israel's standing in the Middle East and the world. On the Israeli domestic side, another election is looming. Join Chuck Freilich as he unpacks things for us and brings to light some sensitive, and perhaps controversial, issues. Chuck Freilich is a former deputy Israeli national security adviser, an internationally renowned political analyst, strategist, and professor.