



**Shabbat Shalom!** What a community to a part of! Thanks to all who participated in the MLK Day of Service. With your help, we doubled the number of Blizzard Boxes we completed last year and are able to provide 1200 meals to those that need them—that’s 6000 items of food! And at a time when need has never been greater. We hope you are inspired to continue the work throughout the year—please let us know what you plan on doing by filling out this [survey](#).

And if the cold has got you down, we’d like to announce that River Friends Day Camp registration opens this Sunday at noon! (details below). Spots are limited due to lower capacity so be sure to reserve that spot. Also, there is just about a week left to take advantage of the early bird savings at Camp Twelve Trails! (K – 10) Have a great weekend and stay warm.



**Featured: Summer Camps**



**River Friends Day Camp. Registrations Opens Sunday at 12:00 PM!**

*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. We will offer a variety of engaging, developmentally appropriate activities and experiences. Sports and games, playground time, nature and gardening projects, yoga, water-play, and crafts are just a sampling of what’s in store for 2021—River

Friends is all of the adventure and excitement of big-kid camp with focus on the needs of young campers. Most kids don’t want to leave at the end of the day! Click [here](#) for more information and registration details.



**Camp 12 Trails Registration is open! Early bird discount that can save you up to \$600 ends January 31!**

*Entering K – teen programming*

Give your kids the great outdoors and the summer of their life in nature in the expansive Henry Kaufmann campgrounds! The Camp 12 Trails team has been working diligently to ensure camp runs for 2021 with proper COVID-19 safety protocols in place. Upon registration, campers select from different pockets of interest

(like sports, arts, adventure, and more!) we call “[Neighborhoods](#).” This concept allows campers to strengthen their skills in their favorite specialty while also encouraging them to explore new areas. Space will be very limited both at camp and on the buses this year, so please register early to secure your spot (spots are filling up and some groups close to capacity already). Members receive discounts. Click [here](#) for details. Comprehensive, albeit evolving, COVID-19 plans can be found on the website.

## Fitness & Wellness



### **New to the JCC! Nutrition Counseling**

We are pleased to introduce Nutrition Counseling to our members! You will work with our nutritionist over five sessions and assess your health history, lifestyle, cooking ability, how often you eat out (and where), and food preferences. A customized plan will be based on your needs and lifestyle. It's up to you to make the changes to your diet but our expert will get you on the right path. You will not regret your new healthy lifestyle! Fitness and working out are just a part of what contributes to your

health—good nutrition will lead to overall wellness, energy, health and happiness. Please reach out to [Lisa Bruskin](#) for details.



### **Yoga (Group Exercise class included in our all-inclusive membership)**

*Gentle Yoga: Tuesdays, 4:30 PM (virtual or in-person)*

*Hatha Yoga: Wednesday, 8:15 AM (in-person only in our spacious Basketball Gymnasium)*

*Slow Flow Yoga: Thursdays, 4:30 PM (virtual or in-person)*

*Hatha Yoga: Fridays, 8:30 AM (in-person only in our spacious Basketball Gymnasium)*

Achieve inner balance and strengthen and lengthen muscles. We offer multiple

varieties of yoga for all levels! Instructors will work with beginners on proper form and offer progressions for those more advanced.

Come try it today! Online or in-person. Click [here](#) to see the schedule and to register (registration opens 24 hours in advance, all-inclusive members only).



### **Aqua Cycle: New Sessions Begin February 2! Registration Opens Tuesday, January 26**

*Tuesdays OR Thursday, 11:00 – 11:45 AM, beginning Feb. 2*

Burn twice the calories in half the time! Open to adults 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 registration details.

## Jewish Life



### **Racism: What's Judaism Got to Do With it (part of the Challenging Times, Ageless Insights series)**

*Friday, February 5; 10:30 AM (via Zoom)*

Join Cantor Robin Joseph, Temple Beth Shalom (via Zoom) for her Challenging Times, Ageless Insights presentation of "Racism: What's Judaism Got to Do With it." 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. Click [here](#) to register. And be sure to join us for Coffee Talk after to continue the conversation.



# Family Havdalah

Select Saturdays, 5:30 PM

## Family Havdalah with Cantor Robin Joseph, Temple Beth Shalom

*Saturday, 6; 5:30 PM*

Please join us and Cantor Robin Joseph, Temple Beth Shalom! Connect with the community and your friends for a Havdalah ceremony, which marks the end of Shabbat. Together on Zoom we will sing songs, listen to stories, and do the traditional Havdalah ceremony of smelling spices and lighting candles. This event is perfect for families with children who are new to the Rivertowns, and for families who already live in the area but would love to connect with Jewish community. Every month we will welcome another clergy member from the Rivertowns to join us. Get to know your Jewish peers in the Rivertowns and learn new ways to express Jewish values and traditions! Click [here](#) to register.



## Renard Lecture (via Zoom): Memorials to Slavery, Lynching and The Holocaust: Paths to Reconciliation with the Montgomery Four

*Monday, February 1; 10:00 – 11:30 AM*

Memorials create emotional spaces to help us acknowledge and understand the abuses of slavery, lynching and genocide. They provide opportunities to inform the present and motivation to ensure peace and justice for all. The program focuses on The National Memorial for Peace and Justice, opened a year ago in Montgomery, Alabama and the Holocaust Memorial to the Murdered Jews of

Europe opened in 2015 in Berlin.

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

## Previously published in case you missed it!

### The Oldies, Jazz, Motown and Soul with vocalist Reginald

*Monday, January 25; 10:00 AM – 11:00 AM*

A super talented and exciting singer, Reginald brings you his gift in song and music. With a crisp and charming baritone voice, Reginald gets you moving and grooving to the Oldies, 40s-70s hits, Jazz standards, Soul, Motown, and Adult Contemporary. Influenced by the great Barry White, Smokey Robinson, and Luther Vandross, Reginald's intent is to motivate and uplift your spirits through all his performances! Click [here](#) for more details or to register.

### American Red Cross Trainers (\$30 – \$35/hr)

We're looking for an American Red Cross Instructor to lead all Health & Safety courses. The perfect candidate will create a fun, safe, and inviting learning environment to ensure a positive member experience in accordance with the JCC policy and American Red Cross guidelines. Please see our [website](#) for more details or email Ryan [Manahan](#).

### Coffee Talk

*Fridays; 10:30 AM*

Join our welcoming and friendly group Friday mornings to virtually socialize and chat about a variety of subjects—past subjects have included food, holiday celebrations, the pandemic, among others. Conversations are casual but facilitated by Rabbi Ben Newman.

Please email [Ben Newman](#) for more details and click [here](#) to register.

Personal Training: Virtual, In-person, or Triathlon

Our personal trainers are ready to get you in top form—at the JCC or virtually. And our trainers are certified to offer a variety of programs for all fitness levels and goals—so whether you want to pump iron like Arnold or work on balance, participate in a triathlon, or help heal an injury—they can help you help improve your health and enhance your quality of life. Please see our [website](#) for more information and rates. Contact [Lisa Bruskin](#) to discuss your health needs and schedule and orientation.

### **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**

**Renewable Energy in the Home: What Types of Renewables Can I Use in my Home? Sunday, January 24, 11:00 AM.** Experts in the field who will talk about Geothermal and Solar Energy options to help make your home more energy efficient and to help you curb use of fossil fuels. Free. To receive the Zoom link, please email: [Greening@g-h-c.org](mailto:Greening@g-h-c.org)

**Greenburgh Hebrew Center Green Team and Religious School PTA present Renewable Energy in the Home, a 2-part series. All are welcome! Sunday, January 24, 11:00 AM** On Sunday, January 24, experts in the field will talk about Geothermal and Solar Energy options to help make your home more energy efficient and to help you curb use of fossil fuels. Free. Presenters are: Darren Jones (from Dandelion), Andrew Horowitz (who has implemented renewables in his home), Nina Orville (Director of Solar Programs, Sustainable Westchester), and Lauren Brois (Director of Energy Smart Homes, Sustainable Westchester). To RSVP or for more questions, please email: [Greening@g-h-c.org](mailto:Greening@g-h-c.org). Zoom link is: <https://zoom.us/j/>. Meeting ID: 955 7890 3853. Passcode: 959476. Download the flyer [here](#).

**Dr. Sharon Keller, Professor of Classics at Hofstra U, is speaking on, "You Shall not Suffer a Sorceress to Live: Witchcraft & Magic in the Bible and its World". Sunday, February 7, 11:00 AM** Witchcraft and Magic are not the first things that come to mind when thinking about the Bible, yet each of these provocative topics is an essential part of some of the Bible's most familiar lessons and stories. All are invited for a fun, engaging hour as we study some often overlooked tidbits of ancient Israelite customs, biblical text, stories and laws in light of the ancient contemporary environment. To receive Zoom link, please email [VPadulthoodeducation@g-h-c.org](mailto:VPadulthoodeducation@g-h-c.org). Download flyer [here](#).

### **Mishkan Ha'am**

**Havdallah - Protest: Looking Back and Forward January 23rd, 7:30 – 8:45 PM** As has been the Mishkan Ha'am tradition, we will dedicate the Havdallah following Martin Luther King Jr. day to his legacy. In the past year, we have seen global protests for racial justice throughout the world, still seeking to make Dr. King's dream a reality in the face of continued racism. For this program, we invite attendees to bring a piece of protest to share with the group on zoom. It could be a story, song, image, piece of art etc. - connected to your own story, or something that struck you in the news. Each person will have a few minutes to share their contribution with the community. We will discuss how these contributions might inspire further protest in 2021. Visit [www.mishkanhaam.org](http://www.mishkanhaam.org)

**Shabbat Service/Tu B'shvat Green Fair with She'arim January 30 10:00-11:30 AM**

Following the holiday of Tu B'shvat, the Jewish holiday celebrating the birthday of the trees, we will focus our service on environmental themed liturgy and readings. Our She'arimers and Shabbatpaloozers will join us and present their Green Fair projects. Each student selects an environmental cause and shares it with the community. This is a highlight of the Mishkan Ha'am year and we hope you'll join us for this intergenerational morning.

Visit [www.mishkanhaam.org](http://www.mishkanhaam.org)

**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](http://tba-ny.org/live-service-streaming)

**Shabbat Morning Conservative Services Saturdays, 9:00 AM** Join our conservative minyan for services Saturday on Zoom.

**Racial Justice Learning Group January 20 and January 27, 7:30-8:30 PM**

For four weeks in January, participants will do 30 minutes of homework, and then we'll come together weekly for an hour to discuss what we've learned and how we feel about it. Please join our two congregant moderators on this important journey toward racial justice. Contact: [racialjusticelearninggroup@gmail.com](mailto:racialjusticelearninggroup@gmail.com) to sign up!

**Women's Circle January 22, 5:00-6:00 PM Mothers and Daughters:** Join us as Ilana Tolpin Levitt, LPC, LMHC, leads a discussion about the mother-daughter relationship. Ms. Levitt is certified by the National Career Development Association as a Certified Career Counselor (CCC). She is proactive, intuitive, practical, results-oriented, and has a holistic approach to career development. She is the author of "What's Mom Still Got To Do With It?: Breathe New Life into Your Career By Understanding Your Mother-Daughter Relationship." You do not need to be the mother of a daughter to participate.

Members and Guests are welcome. For women and those who identify as women. There is no charge for this program. For more information please email [tbawomencircle@tba-ny.org](mailto:tbawomencircle@tba-ny.org).

**Trivia Night III January 23, 2021, 7:00 PM** A family FUN-draiser! Back by popular demand! So much fun we're doing it again! New trivia categories and questions! \$20 per family or team (per Zoom link) First, Second and Third place teams will receive Amazon gift cards as prizes!

50/50 Raffle tickets: \$10/ticket, 5 tickets for \$40 Click [here](#) to register and/or buy raffle tickets.

**Michael Palmer, "Eric Mendelsohn's Synagogues in America" January 26, 2021, 7:30 PM**

Temple Beth Abraham's Adult Education Committee invites you to hear from Author Michael Palmer as he discusses his book, "Eric Mendelsohn's Synagogues in America." In the post-war and post-Holocaust climate, the duality of Jewish and American identity became more crucial than ever, and congregations were eager to express their integration into a modern America through their buildings. Between 1946 and 1953, the German-Jewish architect Eric Mendelsohn (1887-1953) designed and built synagogues that soon became the benchmark of modern American synagogue architecture.

Mendelssohn's work is recorded in exquisite detail by Michael Palmer, a photographer whose work has explored the architectural legacy and relevance of the German Jewish exodus from Germany in the 1920s and 1930s.

Registration required. Email [adulthood@tba-ny.org](mailto:adulthood@tba-ny.org) for more information.

