



January 29, 2021

Shabbat Shalom! As we wrap up January we are excited to share with you some great programs for February! **February begins JDAIM (Jewish Disability Awareness Acceptance and Inclusion Month) so we have opened up on our Special Needs spring programming for registration** and have a few highlights below. We have in-person programs and virtual programs for youth, teens, and young adults. To see all of our Special Needs programming, click [here](#).

Also check out our events with Temple Beth Shalom, one for families and one for adults...come get to know this synagogue, connect with other families! We also have exciting news for young swimmers. **We are introducing a Jr. Swim Team! New sessions for the Hammerheads are also opening for registration. And adults—we have a new pool program— Cross Training.** No membership is required for any Aqua Programs not included in all-inclusive membership. We'll see you soon!

Featured: Special Needs Programming



Social Adventures Ages: 13 – 25 years old*

Select Sundays in spring; beginning March 14

Participants build friendships and experience new adventures through field trip experiences. From activities such as trips to the Bronx Zoo, mini golf, nature walks and visits to nature preserves, picnics, and more! Participants have a blast and revel in their sense of freedom. For more information and to register, please reach out to specialneeds@shamesjcc.org. Please note that transportation to and from events are not provided by the JCC. **Participants are divided into two age groups: teens, ages*

13-17 years and young adults, ages 18-25 years.



Sunday Social Kids Club (ages 8 – 12)

Select Sundays in the spring, beginning March 14; 10:00 AM – 1:00 PM

Kids will have a blast on Sundays getting together at the Shames JCC for some outdoor fun such as sports, STEAM activities, games, a group lunch, and other activities. Activities will focus on developing kids' social and gross motor skills in ways that are age-appropriate and entertaining. For more information please contact specialneeds@shamesjcc.org.



Virtual Social Skills

Various Days and time depending on age group

In partnership with the Seaver Center for Autism, each group (youth, teens, and young adults) will target specific social communication skills. For instance, social skills in the workplace, maintaining a topic, recognizing verbal and non-verbal social cues, and problem-solving. For more information, please reach out to specialneeds@shamesjcc.org.

New in Aquatics for Children, Teens, and Adults



***NEW: Jr. Swim Team**

Tuesdays & Thursdays; 4:00 PM – 4:45 PM

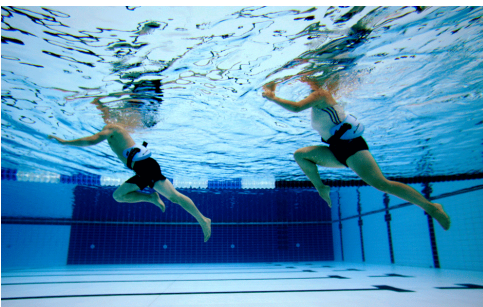
Does you have a child or teen who is ambitious, loves swimming, and eventually would like to join the Hammerheads? New to spring is a Jr. Swim Team! Jr. Swim team is for swimmers that are interested in joining the Hammerheads but need help developing strokes and skills required for Swim Team. Practices are structured to help swimmers prepare swimmers for the next level. **Registration opens Monday, February 1; 9:00 AM.** Click [here](#) for more information and registration links.



Hammerheads Swim Team New Practice Sessions (no tryouts required)

Various Days and Times

Com join the Hammerheads swim team! Teams will meet in a non-competitive environment (no meets and competitions) and anyone interested in improving their skills in a supportive team environment may join (no tryouts are required but children must be comfortable swimming independently, have an understanding of different strokes, and swim 50 yards at one time). Click [here](#) for schedule and registration links. **Registration opens Monday, February 1; 9:00 AM.**



***NEW Aqua Cross-Training**

Wednesdays, 6:00 PM – 6:45 PM; Beginning February 3rd

Train three different ways in the pool—lap swim, aqua cycle, aqua jogging belts, and running on aqua treadmills for a maximum workout. Utilize different muscle groups and improve cardiovascular performance with no impact on your joints. Beginners and serious athletes are welcome and would benefit! **There is also still space available in our Aqua Cycle class for February.** Click [here](#) for registration details for Aqua Cross-Training and Aqua Cycle.

Jewish Life: Special Events with Temple Beth Shalom



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.



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.

Don't Forget to Register for Camp! Last Weekend to Save Big at Camp 12 Trails!



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.

Arts & Culture



THIS MONDAY! Renard Lecture (via Zoom): Memorials to Slavery, Lynching and The Holocaust: Paths to Reconciliation by 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.



Touring Westchester: Historic Treasures in Our Own Backyard with Patrick Raftery (Renard Lecture—via Zoom)

Monday, February 8; 10:00 – 11:30 AM

Historic Treasures in Our Own Backyard discusses the sites on the National Register of Historic Places in Westchester County that are open to the public. Some are well-known, such as Lyndhurst and Sunnyside, but others are not so well-known, such as the Greeley House in New Castle and the Thomas Paine Cottage in New Rochelle.” Patrick Raftery is the Associate Director and

Librarian at the Westchester County Historical Society in Elmsford, NY. Register [here](#).

ReelAbilities Diversity & Inclusion Festival with Weinstein JCC of VA *Various Events, Dates & Times in February*

Monday, February 8: Keep the Change: About an upper-class charmer struggling to hide his high-functioning autism. Click [here](#) to register.

Wednesday, February 10: Once a Girl, Always a Boy: Join Jo Ivester, who will present her book *Once a Girl, Always a Boy: A Family Memoir of a Transgender Journey*. Click [here](#) to register.

Thursday, February 11: Film screening for Crazy, a documentary about a man struggling with schizophrenia. Click [here](#) to register.

Previously published in case you missed it!

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).

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.

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](#).

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

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. Download flyer [here](#).

Mishkan Ha'am (more information and registration for events can be found at www.mishkanhaam.org)

Friday Night Service - Revelation *February 5th, 7:30pm - 9:00pm* Join us as we welcome Shabbat with music, poetry and reflection. We will discuss the Torah portion of the week, which recounts the Israelites experience of revelation at Mount Sinai. We will explore how this text might inspire us to look for "revelation" in our own lives?

Adult Ed: Israeli Book Group *February 7th, 11:00am - 12:30pm* For the February Israeli Book Group, the committee has decided to discuss the article "[Yavne: A Jewish Case for Equality in Israel-Palestine](#)" by Peter Beinart. This extensive and well written article makes the argument for a one-state future for the land of Israel/Palestine. This will continue the conversation that began at our last meeting, when we discussed Ilan Pappé's Ten Myths About Israel. Community members have expressed interest in further exploring

what a one-state option might look like. We will supplement it with an article by Palestinian-American scholar Yousef Munayyer "[Waking Up to the One-State Reality](#)". Please feel free to do your own research and come ready to discuss the pro's and con's of the articles.

Temple Beth Abraham: All activities take place on Zoom. Please contact the office to register at 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

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

Book Club *February 17, 7:30pm* Miss Burma by Charmaine Craig: Miss Burma tells the story of modern-day Burma through the eyes of Benny and Khin, husband and wife, and their daughter Louisa. Based on the story of the author's mother and grandparents, Miss Burma is a captivating portrait of how modern Burma came to be, and of the ordinary people swept up in the struggle for self-determination and freedom.

Women's Circle *February 19, 5:00-6:00pm* Bad Girls: In honor of Purim, we'll use Vashti as a starting point for so-called wicked women in Judaism, some Biblical, some contemporary, and why, just maybe, they aren't so wicked. 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.