



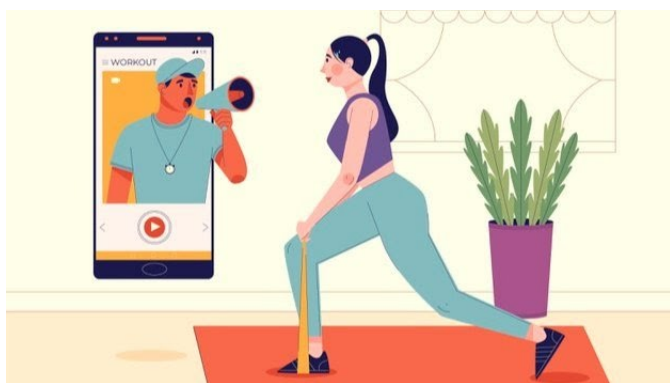
January 8, 2021

Shabbat Shalom! We hope everyone's new year is off to a good start and your goals for the year are underway. If you have resolved to help the community more, please participate in our MLK Day of Service. Normally this is an in-person but this year we will be packing boxes of non-perishable food for local food banks. See details below. **And if you want to get in your top shape, we have options for personal training**—we are now introducing virtual personal training! Already a hit (and HIIT) with clients, we are now offering it to all members. And since many triathlons are coming back (many virtually), Joann is back to help you get in shape! Of course, you can also workout in our Fitness Center or take a GroupEx class. Many options to help you get healthier in 2021. Hope to see you soon!



Spotlight on Personal Training:

Virtually, or in-person, get in the best shape of your life!



Virtual Personal Training

How does virtual training work? Virtual training is easy to set up and only requires you to have Zoom, a smart device with camera and microphone. You do not need any equipment or a lot of space. The trainer will develop an effective program using bodyweight and minimal movements that won't disrupt your living space—we promise we won't disturb your neighbors or wake up the baby! The trainer will carefully demonstrate moves and watch you as you perform them to ensure your form is correct for safety and to maximize your efforts.

Together we create a powerful team to help improve and enhance

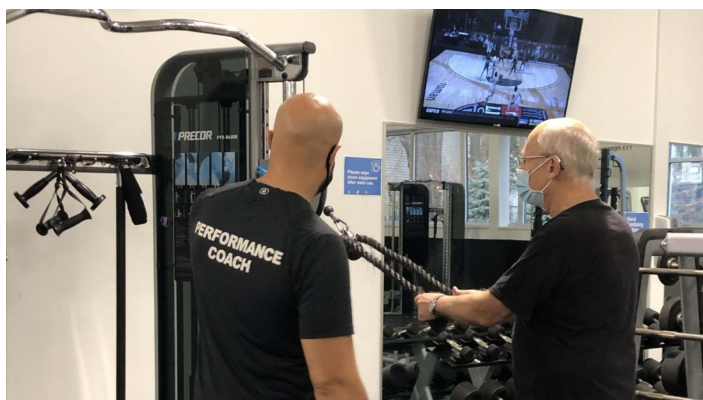
your quality of life while staying in the comfort of your own home. Contact [Lisa Bruskin](#) for details.



Triathlon Training

Triathlons are back and have gone virtual! (and maybe if the health situation permits, some in-person events later in the year) and our world-class trainer, triathlete Joanne Dondero is here to get you in top form! Coach Joanne Dondero is a veteran triathlete with 30 years' experience. Joanne has completed 8 Ironmans, and qualified 4 times for World Championships in Kona. She has 2 Masters Degrees in Physical Education and Health and has taught for over

32 years. Coach Joanne's certifications include USAT L2 Coaching for over 10 years, USMS Masters in Swim Coaching for over 5 years and ACE Certified Personal Trainer for over 20 years. Contact [Lisa Bruskin](#) for details.



In-person Personal Training

And as always, our personal trainers are ready to get you in top form at the JCC, utilizing our spacious fitness center and state-of-the-art equipment. 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 and or help heal an injury, they can help you help improve your health and enhance your quality of life. All members qualify for a complimentary orientation and consultation. Contact [Lisa Bruskin](#) for details.

Upcoming Arts & Culture



“Schmooze and Musical Entertainment with Shlomo” (a Renard Lecture via Zoom)

Monday, January 11; 10:00 – 11:00 AM

Come hear American pop standards from the 1940s – 1970s, as well as some international hits. Shlomo is a versatile and accomplished singer, musician, and humorist and his delightful and exciting performance has been enjoyed by many throughout the US, Canada, and Israel. Click [here](#) for more details and to register.



Special MLK Day Renard lecture with Tamara Fish (via Zoom)

Monday, January 18; 10:00 – 11:30 AM

Tamara Fish (Harvard U., AB; Union Theo. Sem., MA; Columbia U., MPhil, ABD) is one of the leading voices on Jews of Color and the immediate past president of the Jewish Multiracial Network (JMN), the immediate past president of Congregation Tehillah, Riverdale, NY, and former Assistant Director of the Office of the University Chaplain at Columbia University. She enjoys assisting Jewish communities in actively including Jews of Color and investigating internal race relations constructively. Click [here](#) for details and to register.

Special Events



Registration is now open for our MLK Day of Service: Packing Blizzard Boxes to Address Food Insecurity

Monday, January 18, 2021; 1:00 – 2:00 PM

It's been a tough year of extraordinary challenges. Let's come together as a community—and take action to make the world a better place. With your help, we can address local food insecurity, made worse by the COVID-19 pandemic. In previous years, this was a large in-person event at the Shames JCC but this year, participants will register for Blizzard Box kits to be picked up and then, on MLK Day, we will gather

on-line together, as a community, to pack our boxes and learn about social justice, Judaism, and Dr. King. While we will miss seeing everyone in-person, the spirit of the event will be as high as ever. For more information, please click [here](#).



Family Havdalah with Rabbi Mara Young (via Zoom)

Saturday, January 9; 5:30 PM

Connect with the community and your friends for a Havdalah ceremony, which marks the end of Shabbat. Together on Zoom with Rabbi Mara Young, 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. Click [here](#) for more

information and to register.



Going Beyond the School Evaluation (Virtual Presentation)

Wednesday, January 13; 7:00 PM – 8:30 PM; Free

Schools do their best to detect speech/language issues. However, the district might not have all the resources to be able to perform all evaluations necessary to detect speech/language and reading issues. Dr. Diane Slonim, Speech and Language Pathologist, P.h.D. will explain how to obtain a comprehensive speech and language evaluation to identify—and advocate for—your child's specific needs. Click [here](#) for more details and to register. Families can also connect with other families at our **Virtual Parents & Caregivers**

“Schmooze” (parent support group) that meets montly on Zoom. The next meeting is January 20; 7:00 – 8:00 PM. Click [here](#) for details.

Camp



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.



River Friends Day Camp

Ages 3 – 6

The Shames JCC is thrilled to announce that in the summer of 2021, 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! Look out for registration information VERY soon! Click [here](#) for details.

Upcoming Aquatics Programs for January (VERY limited space left in all programs)



Specialized Swim Clinics for breaststroke, butterfly stroke, and flips/turns (7 years+) Please note that flips/turns has sold out and there is only 1 spot left in each of butterfly and breaststroke!

Multiple days in January

Looking to improve specific areas of your swimming? Join the Hammerheads Swim team for specialized training in January. You do not have to be a member of the Hammerheads Swim team to participate. Click [here](#) for details and to register.

American Red Cross: Blended Learning Lifeguarding Course (ages 15+)

Saturday, January 16, Sunday, January 17, and Sunday, January 24

Here's your chance to begin a career as a lifeguard! The American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies, and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel arrive and take over. Click [here](#) for details (you will find the information below the entry on the Hammerheads swim clinics).





Aqua Cycle Classes

Tuesdays OR Thursdays, 11:00 – 11:45 AM; beginning January 12

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. You do not need to be a member to register for this class. Click [here](#) for details.

Previously published in case you missed it!

Vote for us in Best of Westchester for Westchester Magazine!

Are we your favorite Fitness Center? The best Early Childcare Center in Westchester? Let your voice be heard in Westchester Magazine's "Best of Westchester" awards! Also, there are many categories so please vote for your other local favorite restaurants, stores, florists, and more! Click [here](#) for the Health & Fitness category, [here](#) for children's programs, and explore all of the categories [here](#).

Westchester Circles with the UJA (small group classes & social groups)

If you're looking for new and interesting ways to meet people, you're not alone. Join us for Westchester Circles, a 60+ community. This program offers a variety of small virtual groups created around common interests. Topics include current events, Jewish studies, cooking, architecture and many more! Groups will be starting this January and are designed to both meet your interests and build new friendships.

To see the full list and to register, click [here](#). It's a wonderful new way to meet your Westchester neighbors from the comfort and safety of your own home.

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

Mishkan Ha'am

Friday Night Service - Setting our 2021 Intentions *January 8th - 7:30pm - 8:45pm* While we celebrated the Jewish new year back in September, this will be our first Shabbat service in 2021. We will discuss how our experiences of the Jewish and secular New Years compare and contrast, and set intentions together for 2021. Join us for conversation, song, poetry and more.

Visit www.mishkanhaam.org

Adult Ed - Different Voices in the Torah *Sunday January 10th - 11am-12:30pm* Richard Elliot Friedman is one of the modern Biblical scholars who addressed the question of the Torah's authorship in his 1987 book, "Who Wrote the Bible?" His work demonstrates how the Torah weaves together the perspectives of four distinct traditions, referred to as the "documentary hypothesis." We will explore how these traditions reveal fascinating discrepancies and distinctions within the Torah, and offer different answers to questions about the nature of God, holiness and community. Join us as we dissect and discuss Judaism's most ancient and revered text.

Visit www.mishkanhaam.org

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.

Racial Justice Learning Group *January 14, 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 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.

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.

Mendelsohn'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 adulted@tba-ny.org for more information.