



December 18, 2020

Shabbat Shalom! As we dug our cars out and plowed our parking lot, our minds immediately went to summer! Just in time too because Camp Twelve Trails registration opened this week. Kids will have the summer of their lives on the beautiful campgrounds in the woods (all day outside!). There will be plenty of safety protocols in place so be sure to read up on them (details below). And coming soon in January, plans for River Friends will also be released. Finally, if you're looking for things to do as a family over the next two weeks, we are opening more Family Swim and Family Basketball throughout the week! Have a great weekend everyone and stay warm and cozy.



Family Swim & Family Basketball for December break (all ages)
Multiple hours throughout the day Monday – Friday & Sundays, beginning Monday, December 21

Staying in for the holidays this year? Come spend some quality, healthy family time at the JCC! Just in time for the break, we will be adding time for Family Swim (in our heated training pool!) and Family Basketball, Monday – Friday (plus the usual weekend times). Click [here](#) for details.



Additional Lap Swim Lanes (18+)
December 21 – January 8; multiple hours throughout the day Monday – Friday

Our Swim Team is off so that means we have extra lanes open throughout the afternoon! Escape from the cold and into our heated pool for a good workout and de-stress this holiday season. Click [here](#) for the pool schedule.



Renard Lecture: Digital Community in the Age of Covid-19
Monday, January 4; 10:00 – 11:30 AM

From weddings and bar mitzvahs to exercise classes and family Thanksgiving, how we gather together in the community has changed in the age of COVID-19. Never before have we been more reliant upon the wonders of the internet and video conferencing technology. Join the Shames' JCCs own Rabbi Ben Newman as he helps us navigate this “brave new world” of

virtual social interaction, from its challenges to its promises. There will also be an opportunity to learn some practical tips and tricks for Zoom. Click [here](#) to register.



Save the Date: MLK Day of Service

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

ZOOM with us on MLK Day 2021 to pitch in and push for a better world. With your help, we can combat local food insecurity, made worse by the COVID-19 pandemic. Participants will register to pick up Blizzard Box Kits in which you will pack emergency non-perishable meals. 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. More details to come!



Camp 12 Trails Registration is open!

Though the difficult decision to cancel camp in summer 2020 was made, we are happy to let our camp families know that the team at Camp 12 Trails has been working diligently to ensure camp runs for 2021 with proper COVID-19 safety protocols in place. Please check out the COVID-19 plans [here](#), which will be updated throughout the year as things evolve. Space will be very limited both at camp and on the buses this year, so please register early to secure your spot. In addition, a number of parent town halls will be hosted in the new year where all these new measures will

be discussed and questions will be answered to the best of our abilities. And for our younger campers, plans for River Friends will be released in January. Stay tuned for details!



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](#).

[Previously published in case you missed it!](#)



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 (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!

Personal Training

By appointment only

Health is on our minds more than ever. While there are many issues we can't control, we can commit to doing the things we can control. Together we create a powerful team to help improve and enhance your quality of life. We are offering all members a complimentary training session and orientation so we can determine what types of training you may benefit from and how to use our equipment in the Fitness Center. Click [here](#) for more information on our expertise, our COVID-19 prevention protocols, and package prices. Email lbruskin@shamesjcc.org to set up time with a trainer.

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.

Special Needs Caregiver Schmooze

Monthly on Wednesday; 7:00 – 8:00 PM

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.

Virtual Fitness

Multiple Days and times

Can't make it into the facility? Join us 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. Register [here](#) up to 24 hours in advance. Included with membership.

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](#).

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.

[GREENBURGH HEBREW CENTER](#)

Comedy Night Saturday, December 19, 8 pm - 11pm Join us for a virtual night of hilarious stand-up comedy featuring Jon Fisch and Moody McCarthy, both often seen on late night TV. All adults are welcome! Cost is \$50 per household. For more information or to RSVP, please contact vpfundraise@g-h-c.org or call 914-693-4260 (synagogue office). Information on attending the event via Zoom will be sent upon receipt of payment.

Show, Tell & Kvell: Sisterhood presents a special Hanukkah celebration Wednesday, December 16, 7:30 pm: a virtual candlelighting, contest (door prizes will be awarded) and an opportunity for participants to share a story about a special possession or family heirloom that is particularly meaningful. Zoom link will be sent out prior to the event. If you have an item to show, tell and kvell about, or you want to RSVP, please contact Robin at Sisterhood@g-h-c.org.

[Mishkan Ha'am](#)

Chanting and Meditation Shabbat Service

December 19th, 10:00 AM-11:00 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. 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-nj.org/live-service-streaming

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

Join our conservative minyan for services Saturday on Zoom.