



December 25, 2020

Upcoming Holiday Hours:

Thursday, December 31: the JCC closes at 6:00 PM

Friday, January 1: the JCC opens at 12:00 PM

Shabbat Shalom! The Shames JCC is closed today and we hope everyone is spending quality time with family or celebrating safely at home with loved ones. We did want to let you know about some upcoming programs so we got this newsletter out to you! We will be publishing much of this information next week as well to make sure those that miss this one catch it next week. The JCC will be back open on Sunday for normal hours so if you're in need of a workout, please come in or bring in the family for Family Swim or Basketball!! We hope to see you soon!



Spotlight on Woodlands Community Temple and Rabbi Mara Young:

Get to know Rabbi Mara Young at two great events!



Challenging Times, Ageless Insights & Family Havdalah with Rabbi Mara Young of Woodlands Community Temple

Friday, January 8, at 9:30 AM – 10:30 AM

Rabbi Mara Young will discuss “Pandemics and the Jewish Response” at our Challenging Times, Ageless Insights series, a series geared toward adults that offers participants the opportunity to explore contemporary issues through a Jewish lens—providing insights, discussion, debate, and if we are successful, even more questions. This event is virtual via Zoom. Click [here](#) for more info and to register. Also, be sure to stay for [Coffee Talk](#) where we will explore the topic further!

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.

Upcoming Aquatics Programs for January



Specialized Swim Clinics for breaststroke, butterfly stroke, and flips/turns (7 years+)

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. Registration opens January 1 at 9:00 AM. 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.

Registration opens January 1 at 9:00 AM.

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](#).



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. Please join us for this informative presentation to better understand

which speech and language evaluations properly assess and identify speech and language and reading disorders. Click [here](#) for more details and to register.

Previously published in case you missed it!

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!

Enrollment for January's Almost School program is open

Have peace of mind leaving your child in the professional care of the Shames JCC’s Almost School program while he or she engages in online/remote learning. Drawing on best practices from the JCC’s licensed childcare programs and COVID-prevention procedures, Almost School provides a safe, comfortable, and supportive environment. The program offers flexible options—School Days, Half Days, and Flex Day for unexpected school closures and life events. Click [here](#) 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](#).

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.

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.

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.

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.

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.

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 6, 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!

Book Club: Reader's Choice

January 8, 10:00

Choose your own Jewish-themed book and come prepared to discuss it! Would you recommend it? Why did you choose it? What did you love about it? What didn't you like about it?