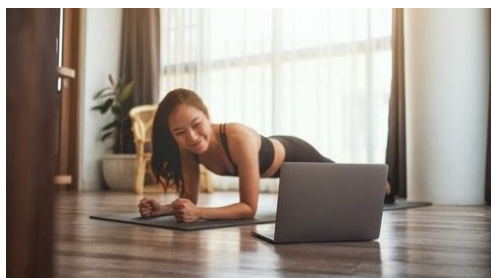




February 5, 2021

Shabbat Shalom! We know it's cold and the snow made it difficult to get out of the house (and who really wants to lose their spot after two hours of digging?)—**so just in time, we have added more Zoom classes to Group Exercise!** See our new classes featured below and the full schedule can be found [here](#). We also have some programming for families coming up: a Family Havdalah ceremony (via Zoom), additional Family Swim during February break, and the UJA is hosting an Anti Racist Child workshop (and families, don't forget to register for camp!). We hope to see you soon at the J—virtually or in-person!

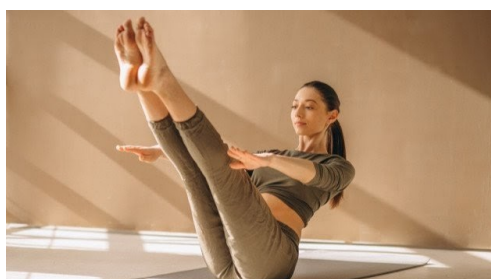
Featured: *NEW Group Exercise Zoom classes (these classes are also offered at the JCC)



HIIT

Sundays, 9:30 – 10:15 AM

This high intensity interval training class incorporates intense bursts of exercise followed by short recovery periods. Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to Lisa Bruskin.



Mat Pilates

Mondays, 8:00 – 8:45 AM

Pilates is a challenging but low impact exercise that improves flexibility, tones muscles, helps balance the body while strengthening the spine and core. Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).



Zumba & Zumba Gold

Zumba: Mondays, 9:30 – 10:15 AM; Zumba Gold: Fridays 10:30 – 11:15 AM

Have a dance party in the morning! Join us for Zumba, a Latin-inspired, cardio-dance workout at an upbeat tempo pace. Zumba Gold is modified for lower intensity. This is NO boring workout! Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).



Define

Tuesdays, 9:30 – 10:15 AM

This strength only class incorporates weights and body weight exercises to strengthen your bones. If you do not have weights at home—you can simply use body weight or use household items like cans of soup. Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).



Hatha Yoga

Wednesdays, 8:15 – 9:15 AM

Join us online for an hour of Hatha Yoga that incorporates the breath, body, and mind. You will simply need a mat! Modifications will be given during the class for those just starting their yoga practice and seasoned yogis. Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).



Yogalates

Thursday, 8:00 – 8:45 AM

Get the best of both worlds! Yogalates is a combination of yoga and Pilates that focus on developing muscular and core strength while improving your flexibility. Click [here](#) to register. This class is for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).

Upcoming for Families



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.



Family Swim during February Break

Monday, February 15 – Friday, February 19, 3:00 – 6:00 PM and Sunday, February 21, 7:00 – 9:00 AM

Just in time for school break, families with children of all ages can reserve time to swim and play in our Training Pool. In compliance with local regulations and the JCC’s strict COVID-19 related protocols, each 45-minute reservation slot will allow for only one family at a time. Membership required. Click [here](#) to reserve. Reservations open 24 hours in advance of the program.



How to Raise an Anti-Racist Child with UJA Westchester Young Families

Sunday, February 7; 11:00 AM (families) & Wednesday, February 10; 8:00 PM (parents)

Join UJA Westchester Young Families and UJA grantee Repair the World for a two-part workshop designed to guide parents in proactively raising children to understand racism and discrimination, modeling kindness and tolerance, and helping our children be a force for anti-racist change in the world. Click [here](#) for more details and to register.

Also coming up at the JCC and important reminders!



***NEW Masters Swim Coaching (includes weekly lane time, a private swim lesson, and customized workouts**

Improve your swimming technique or learn how to swim! This 6-week program is for adult swimmers beginners through advanced. Each swimmer will meet with a Swim Coach and together develop a training plan. Then, throughout the 6 weeks, swimmers book lane reservations through the Aquatics Staff and receive 2 personalized workouts a week. Additionally, participants receive a private lesson.

This is for members only. Click [here](#) to reserve or If you have any questions please

contact Danny DePippo, Ddipippo@shamesjcc.org. **Also, for children, there is still some space available on our Jr. Swim Team!** (the Hammerheads Swim Team practices are fully booked except for one spot on the [Monday/Wednesday team](#)). Enroll your child to improve his or her strokes and techniques and get them fit to compete! Click [here](#) to register for the Jr. Swim Team.



Reminder: River Friends Day Camp is on for 2021! (Spots are limited due to COVID-19 policies & procedures)

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.



Reminder: Camp 12 Trails Registration is open! (some age groups and sessions have sold out so be sure to reserve today!)

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.



Reminder: Special Needs Programming Registration is Open!

The Shames JCC will offer a variety of in-person and virtual experiences for children, teens, young adults, and parents. These include: **Social Adventures Ages: 13 – 25 years old** where participants build friendships and experience new adventures through field trips and special outings; **Sunday Social Kids Club (ages 8 – 12)**—kids will have a blast on Sundays getting together at the Shames JCC for some outdoor fun; and **Virtual Social Skills** that that helps participants build specific social communication skills. Click [here](#) for more information and reach out to specialneeds@shamesjcc.org for intake and registration information.



THIS MONDAY! 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](#).

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.

UJA Federation NY

Tech Helpline, a free phone call center for the 60+ community

In a world filled with online programming, we know that many older adults are looking to connect online for tele-med visits, social programs, family zoom calls, etc. We also know that many older adults face real challenges mastering the technology -- owning a

computer or smart phone doesn't mean they're comfortable using it! And, when issues arise, seniors want to turn to someone they know and trust for help and support. Questions: Please be in touch with Briana Hilfer at hilferb@ujafedny.org

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 VPadulteducation@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.



Click [here](#) to see our complete COVID-19 Policies and Procedures
Connect with us at www.shamesjcc.org



Support the Shames JCC

