



February 12, 2021

Shabbat Shalom! We know schools are off next week so come to the JCC for quality family time! We are offering longer hours for Family Swim in our heated training pool and our regular Family Basketball hours. Or bring your teen for training in our Fitness Center (13 years+) to help build healthy lifelong habits. **Also, we are ready to announce our spring programming soon!** We are finalizing details but will have more next week. Finally, **we have opened enrollment for our Early Childhood Center for the 2021-22 school year!** See details below. We hope everyone stays warm and safe on this long weekend with yet more snow in the forecast (but if anyone is counting, there are only 36 days until spring!)



Registration for 2021 – 2022 Early Childhood Center programs is now open!

We will be offering programming for 2's, 3's and 4's and children in all age groups will have the ability to attend school from 9 to 12 or 9 to 3. We plan to continue to build on the success of this school year with our outdoor learning environments and will continually review guidance from the CDC, the NY State Office of Children and Family Services and the NY State Department of Health as we plan ahead. Please read more about our educational philosophy [here](#) and reach out to [Ann Zarider](#) for more information and enrollment. Registrations will be taken on a first come, first served

basis.



Help your neighbors in need! Personal Product Pouches for Purim

Registration is open; kit pick-up begins February 22

Join us in collaboration with the Rivertowns Jewish Consortium to fill pouches with personal care products and distribute to those in need. Kits will be picked up here and will include: a pouch, a list of care products for those in need, a kid's Purim activity book, and educational material. Pouches will be distributed to the following organizations: The Coachman Family Center (White Plains), The Oasis Shelter (New Rochelle), and Midnight Run (Dobbs Ferry). Then use Zoom and/or Facebook live to join

Rabbi Ben Newman and others for a community event on February 28; 2:00 PM. Click [here](#) for more information and to register.



Fitness Center for Teens

Ages 13+ with adult supervision, 15+ without adult supervision but with prior orientation
 Want to work out with your teen and help them build lifelong habits? Need something for them to do over February break next week? Come train in our Fitness Center together! And if your teen is old enough to train alone, reach out to Lisa Bruskin to schedule an orientation. Check out our safety measures [here](#) and register [here](#).



Reminder: 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.



Nutrition Counseling

We are pleased to introduce Nutrition Counseling for 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), where they eat out, 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.



Latin and Caribbean Music with Manny (via Zoom)

Monday, February 22; 10:00 – 11:00 AM

Singing, conga drums, and music! Manny explains the different types of Latin and Caribbean rhythms and the music's origins. Growing up in NY, Manny comes from the original NYC Latin Music scene and is the band leader of a fabulous Latin 10-piece Band: Boogoloo Crew. Growing as a Latino from NYC a few blocks from the Apollo Theater, Manny was exposed and interested in the smooth and upbeat rhythms that were popular. Register [here](#) (please note that you must register for each Renard lecture

individually. If you have registered for a previous lecture but want to attend this, you must register).

Also coming up at the JCC and important reminders!

Virtual Fitness: Live Via Zoom

Various Days and Times, mornings, afternoons, and early evenings



As we announced last week, we have expanded our virtual Group Fitness classes to include more morning classes. Please join us for Pilates, Yoga, Zumba, HIIT, and more! Click [here](#) to register. These classes are for active members only. If you are interested in reactivating your membership or joining, please reach out to [Lisa Bruskin](#).



***NEW Masters Swim Coaching (includes additional 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. Please contact Danny DePippo, DDePippo@ShamesJCC.org.



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. 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! 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. Click [here](#) for more information and reach out to specialneeds@shamesjcc.org for intake and registration information.

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

How Can I Move and Make an Impact and Save Money While Greening my Home? *Sunday, February 28, 11:00* Learn about NYS Tax Incentive and Tax Credit Programs, and Energy Suppliers (ESCO's). Speakers are: Keith Bohling (NYS Energy Research & Development Agency), Dan Welsh (Director of Westchester Power, Sustainable Westchester) and Michel Delafontaine (Director of Virtual Power Plant & Grid Rewards, Sustainable Westchester). For more information, contact greening@g-h-c.org. Zoom link is: <https://zoom.us/j/95578903853?pwd=VDZMZGZxaTZqWVlvYzJBbW1CemZndz09>. Flyer can be downloaded [here](#).

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

Mishkan Ha'am Intergenerational Purim Celebration *February 25th, 5:30pm - 6:30pm* We'll celebrate Purim as a community by joining our She'arimers at 5:30 for the premiere of their annual Purim video! Come wearing your favorite silly hat and bring an improvised grogger (noisemaker) to share. We'll play Purim trivia as a group. Then at 6pm our She'arimers will sign off, and adults will be welcome to stay for a brief text study on the Book of Esther and an excerpt of Megillah reading. Visit www.mishkanhaam.org

Chanting and Meditation Shabbat Service *February 27th, 10:00am - 11:00am* This alternative Shabbat morning service will allow for contemplation and reflection about the week that has passed, and help us reset for the week ahead. 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-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.