



February 19, 2021

Shabbat Shalom! We hope everyone is staying safe and warm in yet another winter storm. As a reminder, we will always keep you updated on any closures or delays on our [website](#) (there will be a message in a red box towards the bottom on the homepage) and by email. But, on a brighter note as promised, **we are starting to launch our spring programming! Here are a sample of programs below** and we will share registration links soon (by email and our website) and *much* more to come. And finally, we want to remind members that **masks must be worn at all times on our campus, including the locker room.** We appreciate everyone's efforts in keeping the Shames JCC a healthy environment for all. Have a great weekend everyone!



New for Spring: Youth Outdoor Cycle (ages 10 – 15)

Mondays, 5:00 – 5:45 PM, beginning April 5

Our spin bikes move under our spacious canopy for spring and we're bringing back Youth Cycle! Help your children and teens develop healthy habits at a young age in this 45-minute interval, hill, and spring class. Registration opens soon. Open to nonmembers.



New for Spring: Youth Basic Training (outdoors, ages 10 – 15)

Wednesdays 4:45 – 5:30 PM

If you've ever felt like sending your child to bootcamp, here's your chance! Get them off the screens and moving! This class is intense but it is also fun! This "bootcamp" style class will incorporate obstacles, aerobic and anaerobic drills, strength and core training. Registration opens soon. Open to nonmembers.



New for Spring: Teen Judaism and the Environment Action Initiative

Every other Sunday, 1:30 – 2:30 PM; beginning March 21

Are you looking for a way to make a positive impact on our world and help serve the community? Join other local teens to channel your passion for environmental action, education, and advocacy. Learn about environmental justice and engage in real concrete action to make a difference. (this group will count towards community service hours). Registration opens soon.



Healing & Hope: Community gathering to mark one year since the start of the pandemic (with the UJA Federation NY)

Tuesday, March 2; 5:00 PM

It's been one year since Covid-19 changed the landscape of the world as we knew it. Join us as the Jewish community gathers at this meaningful moment in time, both to commemorate the collective loss we've experienced and to honor our resilience and strength. The 30-minute program will include messages of hope and healing from

rabbinic leaders across our community; a memorial tribute led by Rabbi Menachem Creditor, UJA's Pearl and Ira Meyer scholar-in-residence; and music by Neshama Carlebach, international singer and educator, accompanied by singers of all ages. Click [here](#) to register.



This Sunday: Bubbie's Kitchen HAMANTASCHEN BAKE

Sunday, February 21; 4:00 PM

Please join us and our partners at the YM/YWHA of Washington Heights and Inwood this Sunday for a fun, engaging hamantaschen-making class, just in time for the Purim holiday! We will also be featuring a great raffle, sponsored by UrbanPops! [HERE](#) is where you will find all the ingredients you will need for this awesome recipe. Click this [LINK](#) to register.



The Promise of the Land: Greening Our Passover Seder

Tuesday, March 2; 6:00 PM

Join us and the Westchester Jewish Council Greening Roundtable with guest speaker Rabbi/author Ellen Bernstein of Boston. This event will provide innovative teaching and concrete ideas to taking your Seder to the "next" greening level. Please register in advance for this zoom meeting,

<https://us02web.zoom.us/meeting/register/tZAscOqqpjsrG9RCVVCV2phtLfuQ5CbJSuJvS>

This program is free and open to the community.

Also coming up at the JCC and important reminders!



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.

This Monday! 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).



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](#).



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 Make an Impact and Save Money While Greening my Home? *Sunday, February 28, 11 am:* 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>

Women's Seder, Sunday, March 7, 4 - 5:30 pm: Join us for a Virtual Women's Seder that is participatory, creative, contemporary, and spiritual, co-led by Cantor Anna May and members of the GHC community. All are invited. Please contact Robin at Sisterhood@g-h-c.org for more information or to RSVP. Zoom link will be published prior to Seder.

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.

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.