



February 26, 2021

Shabbat Shalom and Happy Purim! Purim is a very festive and fun Jewish holiday commemorating the saving of the Jewish people from the persecution of the Persian Empire. To celebrate, people of all ages wear masks and costumes, there are traditionally parades and parties (maybe next year?)—and our favorite, eating hamantaschen! If you plan on wearing a mask for Purim, don't forget to follow CDC guidelines and cover your mouth and nose! Also, if you wanted to help your neighbors-in-need this Purim (or even if you don't celebrate Purim), **we still have "Pouches for Purim" available. You will help fill pouches of personal care items (shampoo, toothpaste, soap) that will be distributed to the following organizations: The Coachman Family Center (White Plains), The Oasis Shelter (New Rochelle), and Midnight Run (Dobbs Ferry).** Please help if you can. Have a great weekend everyone and we will meet you at the J soon!



Challenging Times, Ageless Insights: Guess who is/not Coming for Dinner? Eating at the Table as a Metaphor for Inclusion with Rabbi Halina Rubinstein of Rosh Pinah Chavurah of the Rivertowns

Next Friday: March 5; 9:30 – 10:30 AM

Please join us and Rabbi Halina Rubinstein of Rosh Pinah Chavurah of the Rivertowns to discuss inclusion with the Passover story as a metaphor for inclusion. Sponsored by the Rivertowns Jewish Consortium*, "Challenging Times, Ageless Insights" offers participants the opportunity to explore contemporary issues through a Jewish lens, providing insights, discussion, debate, and if we are successful, even more questions. Click [here](#) to register. And please join us for [Coffee Talk](#) after to continue the discussion.



Family Havdalah

Family Havdalah: "Prepping for Passover" with Rabbi Halina Rubinstein

Next Saturday, March 6; 6:30 PM

Please join us (via Zoom) and Rabbi Halina Rubinstein for a special pre-Passover Family Havdalah! 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. Click [here](#) to register.



Coming back for spring! Parent & Child Group Swim Classes (ages 6 months – 3 years with parent or caregiver)

Thursdays, 4:15 – 4:45 PM; beginning April 8.

Get your toddler or baby comfortable in the water at an early age in our heated training pool! Our trainers will coach caregivers on skills needed in order to assist a child in feeling comfortable and confident in the water—as well as helping babies and toddlers with basic stroke movements and set them up for higher swim lessons and independent

swimming. Click [here](#) for more information. Priority registration for members opens March 15 at 9:00 AM and March 18 at 9:00 AM for nonmembers.

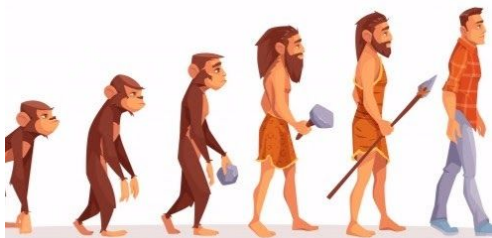


Youth Specialized Swim Clinics: Butterfly Stroke Development and Flips/Turns Clinic

Various Days/Times

Work on your butterfly stroke and/or improve your flips and turns! These two-day clinics will feature our Hammerheads Swim team coaches. Click here for more information. **Priority registration for members opens March 15 at 9:00 AM and March 18 at 9:00 AM for nonmembers.** (these clinics sold out in the winter so mark

your calendar for the registration date!).



Renard Lecture: Human Evolution: The Last 250,000 Years

Monday, March 1; 10:00 – 11:30 AM

With Eugene Bosche—an archeologist's view of archaeological sites and human evolution from Africa to the Near East. How well do you know your neighbors? Click [here](#) to register.



Coming back for spring: Jewish Meditation in the 4 Worlds with Rabbi Ben Newman

Thursdays, 12:00 – 12:45 PM; beginning March 25

Jewish Meditation in the 4 Worlds is back for spring! It is now included in our All-Inclusive Membership and members can simply register on the [Group Exercise schedule](#) and will open 24 hours in advance. In these challenging times, it is important to take time to stop, center ourselves, breathe, and be mindful of the gifts of the present moment. Kabbalah (Jewish mysticism) teaches that we live in four dimensions

or “worlds”—body, heart, mind, and spirit. The class will be held in-person and live-streamed.

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.



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](#).



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

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. Click [here](#) to register.



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. Registration opens soon.



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: 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=VDZMZGZxaTZqWWlvYzJBbW1CemZndz09>

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. Click [here](#) for the flyer.

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

Friday Night Service *March 5th, 7:30pm - 9:00pm*

Adult Ed: The Beginnings of Midrash and Rabbinic Interpretation *March 7th, 11:00am - 12:30pm* At our January Adult Ed program, we looked at the origins of the Torah and questions about its authorship. For our next session, we will shift our focus to the early Rabbis, who lived at the beginning of the common era, to see how they interpreted the Torah. We'll learn the origins of Midrash, including the rules and methods the early Rabbis employed to make sense of the Torah. We will explore, with a contemporary perspective, what meaning we can derive from these texts.

Shabbat Service - She'arim Shabbat/ Shabbatpalooza/ Passover Program *March 20th, 10:00am - 1:00pm*

Rosh Pinah Chavurah of the Rivertowns

Men's Tanakh Class *Tuesdays at 11:00 am* This class is dedicated to studying the books of the Tana"kh starting from Bereshit (Genesis) with a close reading of the text. We bring in commentary and interpretation as needed but we concentrate on contextual approaches. We have engaged in meaningful learning through text immersion and lively discussions. Led by Rabbi Halina Rubinstein. For more information please e-mail: rabbirubinstein@optonline.net

Women's Torah Class *Thursdays at 11:00 am* This group is now in its eighth year. We concentrate on feminist readings of Jewish classical sources (Bible, Midrash and Rabbinic literature) as well as focusing on Jewish women who have distinguished themselves through history by breaking barriers and being many of history's "firsts." This group meets on. Led by Rabbi Halina Rubinstein. For more information please e-mail: rabbirubinstein@optonline.net

Shabbat Morning services on Zoom. *9:30 to 11:30 am. (approx).* Rosh Pinah follows the Conservative custom and is completely member led. Each week we rotate daveners (prayer leaders), Torah and Haftarah readers as well as Gabbayim who conduct the service. The D'var Torah (sermons) are also delivered by our members and they usually elicit lively discussions. We are very community oriented, paying attention to our members that come to celebrate milestones or to say kaddish in observance of a Yahrzeit. Every six weeks instead of a D'var Torah we assemble after services for Torah study (we call it limmud) led by Rabbi Halina Rubinstein. For more information please e-mail: rabbirubinstein@optonline.net

Women's Rosh Chodesh Group This group meets once a month to share personal perspectives on aspects of Jewish text, culture, and practice. Join us for provocative conversation, exploration of Jewish ideas, brief meditations, and above all, community and friendship. The group is facilitated by Amy Gottlieb. Amy Gottlieb's debut novel *The Beautiful Possible* was a finalist for the 2017 Harold U. Ribalow Prize, a 2016 National Jewish Book Award and Edward Lewis Wallant Award. Her fiction and poetry have been published in *Other Voices*, *Lilith*, *Puerto del Sol*, *Ilanot Review*, *On Being*, *Zeek*, *Storyscape*, *The Bloomsbury Anthology of*

Contemporary and Jewish American Poetry. For more information and to be notified of the topic and location prior to each meeting please e-mail jkneb@aol.com.

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 *March 12, 10:00am* *Up From Orchard Street* by Eleanor Widmer: "The story of three generations of the Roth family, who live together in a crowded tenement at 12 Orchard Street on the Lower East Side. ... We live through the bittersweet world of these blunt, earthy, feisty people for whom poverty was endemic, illness common, crises frequent, and zest for living intense. Money may have been short, but opinions were not, and their tart tongues and lively humor invest every page. In this riveting story lies the heart of the American immigrant experience: a novel at once wise, funny, poignant, anguishing, exultant-and bursting with love." – Jewish Book Council Discussion led by congregant Linda Gerstman

Racial Justice Learning Group (RJLG)– Movie and Discussion *March 12-14* Watch the movie: "*Shared Legacies: The African American-Jewish Civil Rights Alliance*" and *March 17, 7:00pm-8:30pm* Discussion, led by Sharon DeLevie of RJLG

The crucial historical lessons of Black-Jewish cooperation are revisited and revived in this utterly fascinating, urgent call to action. Please register for the film and discussion [here](#). You will receive a link to view the film and for the Zoom discussion. There are a limited number of links available for the film, and priority will be given to members of Temple Beth Abraham. Links will be emailed to non-members, if they are available, on a first-come-first-served basis. There is no charge for this program.