



Important Regarding JCC Mask Policy:

The CDC issued new guidance on May 13 regarding the use of masks for fully vaccinated individuals. Currently, the NYS Department of Health has not changed any policies to reflect the new CDC guidance. The JCC will continue to follow the regulations set by NYS and masks must be worn at all times while using our facility. Thank you for your cooperation and we will keep you updated on any changes.



Shabbat Shalom! This Sunday marks the beginning of the Jewish holiday of Shavuot. Shavuot celebrates the revelation of the [Five Books of the Torah](#) by [God](#) to [Moses](#). This year, we wanted to share a special message of peace from Rabbi Ben Newman. From the book of Proverbs (3:16-18) it says regarding the Torah: "Her ways are pleasant ways, and all her paths, peace. She is a tree of life to those who grasp her, And whoever

holds on to her is happy." On this holiday of Shavuot on which we celebrate the giving of the Torah, we pray for peace.



Top 10 Reasons Why Your Preschooler needs Camp this Year

Published on Westchester Moms NY, written by Helen Berni & Stephany Olivieri, Co-Directors of River Friends Day Camp
Looking for a reason to send your child to camp? We've got 10 reasons! Check out our article published on Westchester Moms NY! Can you guess what's on the list? Think we missed anything? Read the article [here](#) and reach out to

[Stephany and Helen](#) for any questions about [River Friends Day Camp](#). There is still time to sign your 2 – 6 year up for this summer!



Basketball Camp with Northeast Elite Basketball (co-ed, grades 3 – 6)

Aug 2 – Aug 6 and/or Aug 9 – Aug 13; 9:00 AM – 12:00 PM or 9:00 AM – 3:00 PM with option of adding an extended stay, play, and swim option with the JCC until 3:00 PM

Have fun and learn some new basketball moves with our partners Northeast Elite, one of Westchester’s premier basketball clubs. The program is led by Coach Nick Resavy, former player with Syracuse

University as well as a former member of the Brooklyn Nets coaching staff. He will be joined by top trainers in the state working that include former and current Division I players and coaches as well as current varsity high school players from the area. Activities will take place outside and in the JCC’s Basketball Gym. JCC Members get generous discounts. Click [here](#) to register. *Please note that this form is for basketball camp registration only. Extended day registration will be sent out to participants separately. The extended day is a JCC program and will not offer basketball instruction.*



Train on your own: Aqua Cycle/Aqua Treadmill Rental

Want to train on your own with our Aqua Cycles or Aqua Treadmills? This self-led rental is 30-minutes long and takes place in the Training Pool. Burn twice the calories in half the time! Open to adults of all swimming abilities and fitness levels. Click [here](#) for more information or reach out to Eric Hammermeister at ehammermeister@shamesjcc.org.



Upcoming Renard: An Archaeologist’s View of European Mummies

Monday, May 24; 10:00 AM – 11:30 AM (Please note that due to the Shavuot holiday there is not Renard Lecture this coming Monday).

Come learn about Europe’s mummies from 4000 B.C. to medieval times and what they reveal about past lifeways with archaeologist Eugene Boesch. Click [here](#) to register.



Need inspiration? Meet Ruth!

New to the JCC (joined in April), Ruth Goldsmith, is a 95-year-old woman who lost her husband to Covid. Her life was devastated. More than ever, she needed a community to meet new people and form new bonds and relationships.

Ruth joined us the first time for a Senior Strength and Conditioning class and was grateful for having been welcomed so warmly by the community. Upon leaving the class, Ruth said, “ I had a wonderful time in the class even though I’m 95 and they’re in their mid 80’s “. If you have any inspiration stories or just stories about your time spent at the JCC, [please share them with us!](#)



Family Swim and Basketball

Did you know you can come shoot hoops or play in the pool with your family at the JCC! During designated times, a family can reserve the training pool (only one family at a time) or a hoop in the basketball gym! Both are included in all-inclusive membership. Click [here](#) for details and times.

Other Important Reminders



Visioning the Twice Exceptional Bat or Bar Mitzvah

Sunday, May 23, 2021 at 5:30 – 7:00 PM (via Zoom)

Many parents of twice-exceptional (2e) children—gifted with at least one of the following disabilities: specific learning disabilities (SpLD), speech and language disorders, emotional/ behavioral disorders, ASD or ADHD) are struggling with imagining how their gifted and challenged children will succeed throughout their Bar or Bat Mitzvah journeys and

ceremony. You and your children are invited to a FREE zoom discussion with Melissa Sornik, a noted therapist for 2e children and families, Gia Miller, an award-winning journalist who covers health, mental health and parenting, and Rabbi Shoshana Leis — all 2e parents. Click [here](#) for more details. *This program is made possible in part by grants from the Jewish Education Project, the UJA Federation NY, and the Shames JCC on the Hudson.*



SPARC (Special Needs Individuals ages 16 – 24)

Sunday, June 6; 1:00 – 5:00 PM

Join us and SPARC (Special Programs & Resource Connection) for a fun-filled active day! Participants will get to work out in the Fitness Center, learn new healthy recipes, play various sports activities, meet new people, and make new friends in a welcoming and supportive environment!

SPARC offers recreational, arts, athletics, and wellness programs for members of the Westchester County special

needs community, ages 5 through adulthood. To learn more about SPARC, please visit their [website](#). To register, contact Kara Planamento at kara@sparcinc.org or 914.243.0583 x 1107.



Clothing & Housewares Swap: Waiting list only

Sunday, May 16, 10:00 AM - 2:00 PM (outside)

Give and Take! Bring your good-condition, quality items to swap for something new! Please be sure that your swap items are in good shape! Space is limited, so please be sure to reserve your spot!

Masks and social distancing required! Email any questions to

ffvintage@hotmail.com. Click [here](#) to register. **Because of the popularity of this event, they will be hosting a workshop on how to put together a DIY zero waste kit, hand make a shopping bag from a t-shirt, and tips for zero-waste living.** This event will take place on Wednesday, May 19 at the Greenburgh Nature Center. Click [here](#) for details. *This program is made possible in part by grants from the Jewish Education Project, the UJA Federation NY, and the Shames JCC on the Hudson. To learn more about this program, please reach out to [Rabbi Ben Newman](#).*



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.

Camp is 45 Days Away! Reserve Your Spot Today!

Enroll today!
shamesjcc.com

GET READY TO HAVE SOME FUN!

SUMMER Camps

CAMP TWELVE TRAILS
Grades K - 10

RIVER FRIENDS DAY CAMP
Toddler - K

Shames & Flamm Shames Jewish Community Center on the Hudson

Reminder: We're Hiring!

Camp counselors: River Friends Day Camp & Camp Twelve Trails Camp Twelve Trails and River Friends Day Camp are both hiring this summer! This is an exciting opportunity to work with kids, develop your leadership abilities, and have fun! Camp employees receive generous camp discounts. River Friends Day Camp (located on the Shames JCC campus) for ages 2 – 6 is hiring head counselors and assistant counselors for the summer! **For more information about opportunities at River Friends Day Camp, please email**

riverfriends@shamesjcc.org. Camp Twelve Trails is looking for a variety of specialist positions (sports, arts, drama, among others), general counselors and leaders. **To see the open positions at Camp Twelve Trails, click [here](#)**. Counselors are provided transportation to the Camp Twelve Trails campgrounds.

Fitness: Floor staff & Certified Personal Trainers We're looking to fill a variety of positions in the Fitness department! We need qualified candidates to work the floor in the Fitness Center and we're looking for Certified Personal Trainers. All fitness employees receive a complimentary membership! Email [Lisa Bruskin](mailto:Lisa.Bruskin) to learn more about these opportunities.

Welcome Desk Welcome Desk Staff support a positive environment for members, visitors and colleagues. Conducting themselves in a consistently welcoming, professional and courteous manner, Welcome Desk Staff are responsible for providing outstanding customer service, helping to ensure the safety and well-being of all members and guests, and facilitating a warm and friendly community experience throughout the entire JCC. All Aquatics employees receive a complimentary membership! Click [here](#) for more details. Email your resume to [Sharlene Mejia](mailto:Sharlene.Mejia) and for more information on this opportunity.

Aquatics: Lifeguards, Supervisors, and Swim Instructors Who wouldn't want to work in our beautiful Aquatics Center? We have a variety of positions at different levels. For details on Lifeguard positions, click [here](#); for Aquatics Supervisors, click [here](#); and information on Swim Instructors can be found [here](#). All Aquatics employees receive a complimentary membership! Reach out to [Eric Hammermeister](mailto:Eric.Hammermeister) with your resume or for more information on these opportunities.

[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](#) and the [Westchester Jewish Council](#). Please check with the congregation websites (links above) for updates on closures and programs.

For Families: Scavenger Hunt (with the UJA Westchester)

Sunday, May 23, 2021, 10:00 AM - 4:00 PM

UJA Westchester Families invites you to join the fun—a community-wide, one-of-a-kind, Social Action Scavenger Hunt! Gather as a family and head outside to complete a list of activities, with a focus on giving back while having fun! Designed for families with kids of all ages—calling all grandparents too! The hunt will take place in your own town, offering meaningful ways to explore the different places and agencies that make up our UJA community. Click [here](#) for more information and to register.

Mishkan Ha'am

Israeli Book/Film Discussion - "The Present" *May 16th, 11:00am - 12:30pm* This month's discussion will be on "The Present," a 40 minute film by Palestinian director Farah Nabulsi. We will view the film separately prior to the discussion, it is available on Netflix. The film shows the difficulties of daily life for Palestinians in the Israeli occupied West Bank. It is the story of a father and his young daughter, and what they encounter as they navigate their relationship and environment. It has been reviewed as touching and powerful. Please feel free to do research related to the film. If you need any assistance accessing the film on Netflix, please reach out to Penny Rosenblatt at 347-387-5451.

Rosh Pinah Chavurah of the Rivertowns

Tikkun Leil Shavuot on Zoom, Sunday May 16 from 8:00-10:00pm. Contact: president@roshpinah.com

Shavuot Services on Zoom, beginning at 9:30am Monday May 18 and Tuesday May 19 (with Yizkor). Contact: president@roshpinah.com

OPEN INVITATION: The Women's Study Group Invites Everyone, [Men & Women], To Participate In The Book Discussion: In The Light Of Days - Women Resistance Fighters In Hitler's Ghettos By Judy Batalion
Thursday, JUNE 3 at 11:00 AM - on Zoom The new book that has made headlines for its incredible research and masterful story telling. Most of these stories have not been known nor have the women that so courageously fought for the freedom and dignity of the Jewish people. Please email Rabbi Halina for a link to the meeting: rabbirubinstein@optonline.net

Woodlands Community Temple

Shabbat Honoring our teachers and all educators. *Fri, May 14 at 7:00 pm* – Our annual celebration of learning. View at facebook.com/wctemple.

RELIGIOUS SCHOOL OPEN HOUSE *Sat, May 22, 1:00-2:00 pm and June 4 from 4:00-6:00 pm* Come learn about our Keshet Religious School Program. Meet our Rabbi and Educator. Tour the synagogue building RSVP at wct.org/openhouse

Graduation Shabbat *Fri, May 21 at 8:00 pm* – Honoring our 12th graders. View at facebook.com/wctemple.

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.

Shavuot (Festival of Weeks) Services *Sunday May 16 at 7:00pm* in the Reform Tradition. At this service we will also celebrate our Confirmands. *Monday, May 17 at 9:00am* in the Conservative Tradition with Yizkor (Remembrance service)

Fiestaremos! A Celebration of the music of the Sephardim with Nell Snaidas *Wednesday, May 19 at 7:30pm*

Our zoom-fest will celebrate the Songs of the Sephardim, preserved for more than 500 years by oral tradition. Sung in Ladino, an ancient Castilian language - peppered with Hebrew and other languages of the diaspora, these songs are filled with tales of exile and courtship, family life weddings and pranks, infectious rhythm and haunting melodies. Nell Snaidas has been praised by the New York Times for her “beautiful soprano voice, melting passion” and “vocally ravishing” performances. Click [here](#) to register.

Movie Mavens *Saturday, May 22, 7:00pm* This month's movie: Keeping up with the Steins Please join us for a film and moderated discussion. It's all online, so feel free to bring your own popcorn and snacks and watch in your pajamas! Email info@tba-ny.org for more information and Zoom link.

Click [here](#) to see our complete COVID-19 Policies and Procedures

Connect with us at www.shamesjcc.org



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