



**Important Regarding JCC COVID Policies:**

**Shabbat Shalom!** We wanted to remind everyone that new our COVID policies and protocols that were emailed to Members on May 20, begin this upcoming Monday. We have full confidence that JCC staff and patrons will continue to be forthcoming, respectful, and caring toward one another as we move forward with new protocols. As a reminder, masks will no longer be required by vaccinated individuals and we are implementing many other changes in policy to the Locker Rooms, Fitness Center, Group Exercise classes, and the Aquatics Center. A copy of the letter with all the new protocols can be found [here](#). Have a great weekend and we can't wait to meet you at the J soon!



**NEW Aqua Cycling Class Session: Registration opens this Monday at 9:00 AM!**

*Tuesdays OR Thursdays (or both), beginning June 8*

Burn twice the calories in half the time! Open to adults of all swimming abilities and fitness levels. Aqua cycling takes spinning on land to a whole new level! Aqua cycling places stationary bikes underwater at waist level, allowing you to pedal against the resistance of the water, creating a significantly better workout. Click

[here](#) for details and registration links. You do not need to be a member to sign up for this class.



**Meditation with Rabbi Ben Newman: Now Outside Under a Canopy!**

*Thursdays, 12:00 PM*

Join Rabbi Ben Newman as he guides you through a practice of concentrated focus in the present moment. Increase your awareness through movement, sound, object, visualization and breathe. Email [Rabbi Ben Newman](#) if you are interested in attending. This program is free because of a grant from the UJA

Federation NY. You do not need a membership to join us.



**BRAG PARTY!**  
**Gather. Celebrate. Connect.**

Say Yes! to this invitation to experience Naomi Vladeck's energetic Brag Party. Celebrating your accomplishments energizes us all and creates authentic community with energy and purpose! We'll share ideas, resources and laughs toward the next brag-worthy moment on our path together.



**Wednesday, June 16**  
**9:30-11:00am**  
**Space limited. Say Yes!**



**Brag Party & Creative Networking**

*Wednesday, June 16 9:30 AM – 11:30 AM*

Join us and Naomi Vladeck, a creativity coach who has championed the work of independent artists for over two

decades, for this outdoor gathering on our campus. We'll use a talking circle format to learn how to celebrate our wins and create an authentic community with energy and purpose. Experience the impact you will have when you celebrate your accomplishments in a supportive circle with other creative peers! Click [here](#) for details and to learn more about Naomi. *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](mailto:kara@sparcinc.org) or 914.243.0583 x 1107.



### **Upcoming Renard: An Archaeologist's View of European Mummies**

*Monday, May 24; 10:00 AM – 11:30 AM*

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.

## **We're Hiring! Join our Early Childhood Teaching Staff or Lifeguard**

### **Early Childhood Center: Head Teachers & Assistant Teachers**

We're looking to hire Head Teachers and Assistant Teachers for the 21-22 school year. We have full and part-time hours available and candidates need to be prepared to work Monday to Friday beginning on September 1, 2021. All applicants should possess a warm, loving and positive attitude with a keen appreciation for young children. Click [here](#) for more details.

### **Join our Lifeguarding Team and Receive a Summer Bonus!**

Under the direct supervision of the Aquatics Director, the lifeguard will provide a positive atmosphere, display outstanding customer service, and will professionally and courteously ensure the safety and enjoyment of all members, program participants, and guests in the pool area, deck, and surrounding areas based on the JCC Aquatic Safety Standards & Guidelines. Click [here](#) for more details.

We're also looking for qualified candidates in other areas such as Fitness, Camps, Member Experience, and more! Click [here](#) to see all of the opportunities at the JCC.

**Summer is Weeks Away! Reserve Your Spot Today!**



**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. For information on the extended day option, please email [Lauren Bergida-Morrison](mailto:Lauren.Bergida-Morrison).*



### **River Friends Day Camp ( ages 2 – 6)**

The team at River Friends is finalizing their plans for summer and we promise you, your child will be one happy camper! This year our focus is creation of experiences that are truly unique to camp and exciting for children. We are partnering with professional musicians; setting up STEM challenges with the leading STEM program in the world; designing theme days and field days; building new structures for water-play; bringing in a sensei for karate; and even incorporating mindfulness activities like yoga into the summer. There is still room but space is limited. Click [here](#) for details. Click [here](#) for more information and registration details.

## **Other 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.

### **Family Swim and Basketball**

Did you know you 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.

### **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](mailto:ehammermeister@shamesjcc.org).

### **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.*

### **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.

### **Rosh Pinah Chavurah of the Rivertowns**

**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](mailto: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](https://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](https://wct.org/openhouse)

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

**Temple Beth Abraham:** All activities take place on Zoom. Please contact the office to register at [info@TBA-ny.org](mailto: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](https://tba-ny.org/live-service-streaming)

**Shabbat Morning Conservative Services** *Saturdays, 9:00 AM* Join our conservative minyan for services Saturday on Zoom.

**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](mailto: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](http://www.shamesjcc.org)

