



July 16, 2021



**Shabbat Shalom!** As we all try to find ways to cool off, we have our heads on fall and busy finalizing our fall programming! We will be announcing them soon so be out on the lookout for Aquatics, Basketball, Jewish Life, Arts & Culture—and a couple of surprises that we know the community will be extremely happy about. Have a great weekend everyone! And a reminder that we are open until

6:00 PM on Sundays now! End your weekend with a swim, a workout, or shoot some hoops with the family. No sunscreen required.



**Weekly Flexible Youth Swim Conditioning Summer Clinics (ages 5 – 18)**

*Now – August 19 (flexible schedule, register per week)*

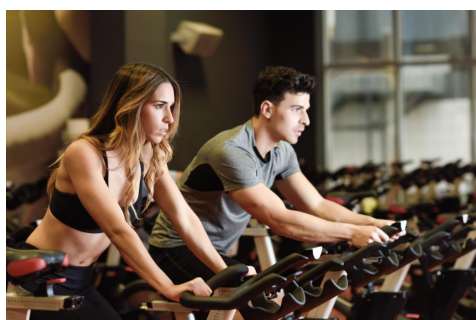
*Monday, Wednesday, Fridays; 4:00 – 5:30 PM AND/OR Tuesdays & Thursdays; 4:00 – 5:30 PM*

Plan on spending loads of time this summer in the pool? Need something to do after camp? Or want to get ready for a competitive fall swim season? These swim clinics are a great way to build

endurance while improving technique and speed. Come for a week or join us for all sessions! Click [here](#) for more information and to register.

**Group Exercise**

Start planning your week now! As a reminder, reservations are required for Cycle. Click [here](#) for schedule.





### Personal Training

We've noticed many members are returning to the JCC and what a better way to get back on track with your health & fitness than personal training! Let us create a customized training plan, hold you accountable and show you how to train smart – not just hard. We'll help you stay motivated and focused on your goals while you build a relationship with a professional trainer who cares! Our experienced certified personal trainers are currently certified through one of the nationally accredited industry associations such as NASM, ACSM,

NSCA, or ACE. Click [here](#) for details/rates or reach out to Lisa Bruskin.

## Important Reminders for Parents!



**It's not too late to register for the Early Childhood Center for fall! We have very limited space available.**

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.



**Almost Home: After-school childcare program for children in the Irvington and Sleepy Hollow/Tarrytown school districts.**

*Registration is open; the program begins in September*

We are so excited to bring our after-school childcare program Almost Home back and welcome your children back to the JCC! Almost Home is the JCC's after-school childcare program for children in the Irvington and Sleepy Hollow/Tarrytown school districts. Buses directly bring students to the Shames JCC for a supervised afternoon, including time for snack, homework, socialization, and a

variety of indoor and outdoor activities. Click [here](#) for details on fees and the registration process. Spots are limited.

### **Basketball Camp with Northeast Elite Basketball (boys and girls, 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.



**Last chance to register for session 2 of River Friends Day Camp (ages 2 – 6)!** Session 2 begins Tuesday, July 20 so if you are interested, please reach out to [riverfriends@shamesjcc.org](mailto:riverfriends@shamesjcc.org) ASAP.

### **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.

**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.

**Movie Mavens** *Saturday, July 24, 7:00pm (on Zoom) – rescheduled from June 26. This month's movie:*

**Redemption (Geula)** 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! *Menachem, a former front man for a rock band, is now religious, and a father to a six-year-old. When his daughter is diagnosed with cancer, he must find a creative solution to fund the expensive treatments. He reunites his band for one last tour. The journey to save his daughter exposes old wounds and allows him to reconnect with his secular past. Menachem understands that only a new connection to his past and to his music can pave the road to his own redemption.*

2019 Israeli Film Academy Nominee for Best Actor, Best Screenplay and Best Music. **SUBTITLED *Avi Chai Fund*, 2018, 104 min., not rated**

### Woodlands Community Temple

**Shabbat Evening Service** *Fri, July 16 at 8:00 pm* Come celebrate Shabbat and meet our new Director of Congregational Learning, Abby Reiken.

Adam Hart will be on the bimah to lead music while Cantor Lance is away (he'll be back next week). You can join us at [facebook.com/wctemple](https://www.facebook.com/wctemple). If you would like to join us in person, email [wct@wct.org](mailto:wct@wct.org) to learn how.

**Hevra Torah** *Sat, July 17, 9:15-10:15 am* Our discussion in parashat Devarim will be facilitated by Elizabeth Hiller. Join us on [Zoom](#).

**Knitting and Crocheting** *Sun, July 18, 7:00-8:30 pm* We continue to meet on zoom, creating mitzvah projects-blankets for women transitioning out of shelters, hats and scarves for folks who are homeless, and more. Contact Angela and Elizabeth at [knitting@wct.org](mailto:knitting@wct.org) for the zoom link.

**Parents' Night Out** *Thu, July 22, 7:30-9:30pm* Captain Lawrence Brewing Co Beer Garden (We'll move inside to the Beer Hall if it rains)  
444 Saw Mill River Road, Elmsford. Get a babysitter and come meet other parents while getting to know the Woodlands Community. RSVP at [wct.org/nightout](http://wct.org/nightout).

**Shabbat Evening Service** *Fri, July 23 at 8:00 pm* Cantor Lance is back! Corey Friedlander will join him on the bimah while Rabbi Mara is away. Come welcome Shabbat all together. You can join us at [facebook.com/wctemple](https://www.facebook.com/wctemple). If you would like to join us in person, email [wct@wct.org](mailto:wct@wct.org) to learn how.

**Hevra Torah** *Sat, July 24, 9:15 - 10:15 am* Our discussion in parashat Vaetchanan will be facilitated by our new Director of Congregational Learning, Abby Reiken. Come get to know her! On [Zoom](#).

Connect with us at [www.shamesjcc.org](http://www.shamesjcc.org)