



July 30, 2021

Shabbat Shalom! We're very excited to announce this week that our Early Childhood Center is bringing back its Turning 2s program! This is for toddlers who aren't quite ready (or old enough) for a full-time early childhood program. Details below. **We are also offering a special on Personal Training.** Be sure to take advantage! Finally, we have a few important reminders this week:

- All morning Senior Strength classes and Fit 4 Life will move from the Gymnasium to KidSpace for the weeks of 8-2 and 8-9.
- All morning Zumba classes will move from the Gymnasium to the Main Studio for the weeks of 8-2 and 8-9. Space will be limited and spots will be first-come, first-served.
- The pool will be closed beginning 8-27 and remain closed until 9-12 for its annual maintenance.



4 Personal Training Sessions for \$200 (ages 13+)
Sale begins August 1

From August 1 through Labor Day, ALL members can purchase four personal training sessions for \$200! That's a \$268 value! This includes members who are already training with one of our certified personal trainers. We'll help you stay motivated and focused on your goals while you build a relationship with a professional trainer who

cares! More details [here](#).



Just for Teens 13 & 14: You can now train on your own in our Fitness Center!

Teen hours: M – F; 3:00 – 5:00 pm; now – October 31

Just in time for fall sports and back-to-school, teens 13 & 14 (as part of an all-inclusive family membership) can train in our Fitness Center. An orientation is required. As a reminder, teens 15+ can use the Fitness Center any open hours after they complete an

orientation and teens 13+ can use our Aquatics Center at any time. To schedule an orientation, please reach out to [Sadari Neville](#).



Turning 2s (Early Childhood Center): for children who are 1 year, 9 months by October

Tuesdays and Wednesdays; 9:30 – 11:30 am; October 5, 2021 – June 1, 2022

For those children and parents who are not quite yet ready for a full-time early childhood program, we offer a program that will prepare children for transition, provide opportunities for parents and caregivers to enhance their skills, and set up the entire family for integration into our Early Childhood Center. Reach out to [Ann Zarider](#) for more information.



Aqua Cycle Classes: Just for summer! Pay per class!

Tuesdays and Thursdays; 11:00 – 11:45 AM

Ever want to try an Aqua Cycle class but didn't want to commit? Here's your chance because for summer, everyone can register for classes a-la-carte! Click [here](#) to register.



Last Chance to Give Back with a Backpack!

Join us, the UJA-Federation NY and the Westchester Jewish Community Services, and the greater Westchester Community to contribute to Supplies for Success, to ensure that each child has the tools to succeed in the classroom. Together we'll make sure that no family has to choose between paying their electric bill or buying school supplies. A donation of \$25 will fill one backpack. Please purchase as many as you can. And thank you to everyone who has already donated! Click [here](#) to donate



Reminder: 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.

Camp starts next week! There's still time to register! 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.

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.



Reminder: 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.

Other Reminders!

**We are now
open Sundays
until 6pm!**



Group Exercise

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

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.

Mishkan Ha'am

Walking/Meditation Shabbat Service + Tour of Untermyer Gardens *August 21st, 10:00am – 12:00pm* Join us for a special service at the scenic and historic [Untermyer Gardens](#) in Yonkers. We'll explore the grounds together, finding moments to weave in parts of the Shabbat morning service. Our very own Joe Ades is a docent there, and will offer a historical tour in conjunction with our service. Please sign up [at this link](#).

Slichot/Havdallah *August 28th, 7:00pm – 8:30pm* Join us for a creative and reflective take on Slichot, a service that helps to orient us towards the upcoming High Holidays. We'll focus our attention on the "13 Attributes," a prayer that we chant just during this season (it begins in Hebrew with "Adonai, Adonai"). This prayer is a quote from Exodus and shares 13 aspects of God's mercy. We will examine these, and use them as inspiration to craft our own personal 13 attributes. We hope this will provide a new way to set a personal intention leading into the High Holiday season. Please sign up [at this link](#).

Woodlands Community Temple

Shabbat Evening Service *Fri, July 30 at 8:00 pm* Join Cantor Lance and Corey Friedlander for Shabbat services while Rabbi Mara is away. Join us on [Facebook](#). You can find most of the prayers at [wct.org/fridayevening](#).

Hevra Torah *Sat, July 31, 9:15-10:15 am* Our discussion in Parashat Eikev will be facilitated by David Griff. This session will be held only [on Zoom](#).

Jammin' Shabbat Service *Fri, Aug 6, 5:00-5:30 pm , For ages 7 and under* Put on your jammies, grab a blanket and come on over to the temple lawn to join us for our usual antics and love. You can also view on [Facebook](#). If it rains, we'll move inside to the sanctuary (masks required).

Shabbat Evening Service *Fri, Aug 6 at 8:00 pm* Rabbi Mara is back on the bimah! Join her and Cantor Lance for Shabbat services. Join us on [Facebook](#). You can find most of the prayers at [wct.org/fridayevening](#).

Hevra Torah Sat, Aug 7, 9:15-10:15 am Our discussion in parashat Re'eh will be facilitated by Corey Friedlander. On [Zoom](#).

Temple Beth Abraham: All activities take place on [Zoom](#). Please contact the office to register at info@TBA-ny.org

Kabbalat Shabbat (Welcoming the Sabbath) Reform Evening Services (Livestream). *Fridays 7:30pm* Join us for a warm and spiritual start to the weekend.

As construction proceeds, access to the building is more difficult in the evening after dark. In order to keep everyone safe, our Clergy and Lay Leaders have made the decision to return to a virtual format for Friday night services.

Please check our website to see if in-person evening services have resumed.

Shabbat Morning Conservative Services (in person and via Zoom) *Saturdays, 9:00am* Join us for services in the Conservative tradition Saturday mornings. These services will also be available on Zoom. Contact the [office](#) for the link.

Bible Study: *Wednesdays, 10:00-11:00am (on Zoom)* No class on August 11 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. Contact info@tba-ny.org for the Zoom link.

Family S'mores Shabbat with Special "Campfire" Sing-Along *August 6:* Gather around our "campfire" (fire pit) as song leader Sawyer Harrington-Verb leads us in family-friendly music, with lots of spirit and energy. The sing-along is subject to cancellation due to weather and the status of the parking lot/driveway due to construction.

Mysteries of the *Machzor*: A Four-Week Online Adult Education Program with Liturgist Alden Solovy

Prepare for the High Holydays with an exploration of treasures found in the *Machzor*, our High Holyday prayer book. Reform Liturgist Alden Solovy will present four sessions, each focusing on one core prayer. The dates and schedule are below. These sessions will include conversation, exploration, and prayer.

Monday, August 2 at 7:00pm - The Power of the Day: *Unetaneh Tokef*

Sunday August 15 at 10:00am - The Divine Presence: *Aveinu Malkeinu*

Sunday August 29 at 10:00am - Confessions Past and Present: *Vidui*

Sunday September 12 at 10:00am - Mystic Doorway: *Kol Nidre*

Click [here](#) to read Alden's bio. For more details and sign up information, email adulded@tba-ny.org or go to our [website](#).

Connect with us at www.shamesjcc.org