CHAILIGHTS

CHANGE LOOKS GOOD ON US & SAFE4 YOU!

GREAT THINGS are coming to our Mid-Island Day Camp for summer 2021!
EARLY CHILDHOOD Registration is open for 2021-2022
Make A Difference... VOLUNTEER!
What a **DIFFERENCE** a year makes...

and **WHAT A YEAR THIS HAS BEEN!**

I hope you all had a safe and healthy fall.

And here we are, **CATAPULTING into 2021!**

We have introduced **many changes** to give our members a positive experience!

Our top priorities of safety and security have never been more important than they are right now. Every decision we have made has been through the lens of the **health & safety** of our members and staff.

**LOOK FOR OUR VIDEO on Facebook:** Mid-Island Y JCC Fitness & Wellness

Our personal training staff have been able to conduct one-on-one virtual training sessions with their clients. If you are interested or want more information, please let us know by calling George Loft, x316.

For those not yet ready to return, we are here for you to stay engaged VIRTUALLY!

**Feeling isolated at home?** Be sure to read our weekly "Y Wednesday," as we always have an abundance of information on upcoming activities and events.

We have had some great speakers on zoom over the last few months and will continue to do so. We offer family fun activities, virtual tutoring through our Learning Center, Lunch & Learn zoom sessions for adults, and more!

Members who have returned, have been introduced to a user friendly app to schedule a lap lane, time in the Fitness Center or track or sign up for in-person fitness classes.

We are constantly looking for ways to improve and will be **INTRODUCING A NEW APP,** called **MY J** to improve the user experience.

We missed you **ALL** and love hearing the **NEW hustling & bustling ENERGY inside our walls!**

We have been very excited **WELCOMING BACK** our members into the MIYJCC.

We **THANK YOU, our members,** and are grateful to all those who have continued to pay their dues and support us during this challenging period. The Mid-Island Y JCC is a special community and we are confident that we will come out **EVEN STRONGER** and thriving go forward.
The Rudman Family FOOD PANTRY

FEEDING LONG ISLAND’S HUNGRY

The Rudman Family Food Pantry at the Mid-Island Y JCC focuses on homebound seniors and low-income families throughout Long Island. The monthly requests for assistance have quadrupled since March 2020, when the COVID-19 pandemic hit. We receive new requests every single day!

No one should go hungry on Long Island!

The Rudman Family Food Pantry prides itself on maintaining peoples’ dignity by providing what they want and need. We address families dietary needs, provide kosher food items, and make sure the kids have their favorite foods and brands. As we grow our programs, it is our responsibility to make sure individuals and families get the help they need.

There are many ways you can help!

SUPPORT

Please consider making a monetary donation to help the Rudman Family Food Pantry during this critical time. Your support will help feed thousands of Long Islanders suffering from food insecurity.

DONATE

By donating non-perishable food items, household cleaning supplies, and personal care items, you can help us provide needed items. Our list changes weekly, so please check our website to see our most current needs. Collection bins are located outside the front door of the MIY JCC for easy, hands-free drop-off.

VOLUNTEER

During these unprecedented times, your help is vital to our community.
To view volunteer opportunities, please go to: miyjcc.org/therudmanfamilyfoodpantry

If you are interested, email Rhonda Green at: rgreen@miyjcc.org

MID-ISLAND Y JCC “Y” Volunteer?

Gail Warrack: Director of Volunteer Services, x347  gwarrack@miyjcc.org
Rhonda Green, Community Engagement Coordinator, x346  rgreen@miyjcc.org

We asked for your help and

587 of you responded!

You Shopped, Delivered,
Collected Items, Cooked, Helped Celebrate Birthdays,
and Donated to our pantry!
You truly showed how much
our community cares for one another.

Current Opportunities:

Pantry package DELIVERY: Pick up pantry packages from the Mid-Island Y JCC and deliver to those requesting assistance from The Rudman Family Food Pantry. Days and times are flexible to meet your schedule.

ShopRite From HOME: Pick up an online shopping order for a local, homebound senior and deliver it to their home. Days and times vary.

Sunshine for SENIORS: Happy birthday drop off. Add some happy to the birthday of a senior who is isolated and homebound. It can include cake, flowers, balloons or anything festive.

Loaves of LOVE: This project connects volunteers with Holocaust survivors twice a month. Challah and Shabbos candles are delivered by volunteers in time for Shabbat. Kosher Challah bakers needed.

MLK Day of Service Making Life Kinder

Virtual event. Monday, January 18, 2021  10:00 am-12:00 pm
Through remote opportunities, volunteers can register for projects that will assist those experiencing isolation, food insecurity and poverty on Long Island.
Want to volunteer for this event? Sign up at: miyjcc.org
Open to children, teenagers and adults of all ages.

Interested in Volunteering?
Contact Gail Warrack: 516.822.3335, x347  gwarrack@miyjcc.org
or Rhonda Green: 516.822.3335, x346  rgreen@miyjcc.org
We are Here4YOU!

During the pandemic crisis, the Mid-Island Y JCC never missed a beat, quickly moving much of our programming online in order to keep EVERYONE CONNECTED while keeping our life-saving services available to the members of our community.

All of this proves one important point – we are more than just the bricks and mortar of our building. We are here for our community physically, emotionally, and in a myriad of other ways - in person, on the phone, and via Zoom and Facebook Live.

Much of our programming is now back in-person and our building is open.

Our Adler Center for Children and Adults with Special Needs, our Fitness & Wellness programs, Teen programs, Early Childhood Center, Support Services, and our Mid-Island Day Camp, all have been incredibly active; we know our members have valued the opportunity to participate, both virtually, in person and under our open air tent. Our Rudman Family Food Pantry remains fully open and active, continuing to serve homebound seniors and those living with food insecurity on Long Island.

We want to thank all of you who have donated to the MIYCC during the pandemic.

The community came together in an incredible way to support our EMERGENCY CAMPAIGN and so many other needs that we had recently. We continue to need you now more than ever, and thank you for everything you do.

We are grateful to those of you who participated in our FUNDRAISERS. Although many were held virtually due to the pandemic, we were still able to raise important funding for many of our programs. The one event we were able to hold in person was our ANNUAL GOLF EVENT, which took place in October 2020, where we honored our front line workers and community heroes.

Please SAVE THE DATE for these upcoming MIYJCC Special Fundraising Events:

**MIYJCC EVENTS:**

- **Zoom Comedy Night**
  - **Thursday, February 4, 2021**

- **Ladies Night IN / Broadway themed event**
  - **Thursday, April 22, 2021**

- **Howie Levy 5K**
  - **Sunday, May 16, 2021**

- **POKER**
  - **Thursday, March 4, 2021**

- **Virtual Annual Golf Outing**
  - **Monday, June 14, 2021**

If you have a story you would like to share or if you have interest in learning how you can make a difference to the MIYJCC with a naming gift, please call Michele Posner at 516.822.3635 or email mposner@myjcc.org.
Great things are coming to our Mid-Island Day Camp for Summer 2021!

- Brand New Sports Fields
- Brand New Basketball Court
- Brand New Archery Area
- Newly Renovated Pool Complex
- Brand New Water Fountains
- Brand New Tennis Courts
- Fully Renovated Changing Area

REGISTRATION for camp 2021 is OPEN! Go to: miyjccsummercamp.org

or contact: Jodi at jmeehan@miyjcc.org

and a few more surprises yet to be announced!
Early Childhood Programs 2021-2022

Our Program:
- Theme-based learning, in accordance with developmentally appropriate goals for each age group; each child has the opportunity to explore a variety of topics.
- Curriculum that emphasizes the teaching of the whole child with small group and one-to-one instruction.
- State certified teachers provide hands-on learning, all while being aligned with the NYS Pre-Kindergarten Foundation for the Common Core.
- Jewish values and traditions are holistically woven into our program. Children are taught to be global citizens.
- Music, art, movement, physical education, and nature specialists, as well as weekly swim instruction.

Early Childhood Center

Maryana Winkler, MS.Ed. Director, x3411 | mwinkler@mjyjc.org
Jean Goldenstein, Infants/Toddler Supervisor, x3402 | jgoldenstein@mjyjc.org
Rebecca Katz, Family Engagement/Enrollment Coordinator, x342 | rkatz@mjyjc.org
Marcy Rosenbaum, Office Coordinator, x3501 | mrosenbaum@mjyjc.org
Stacey Weisenstein, Parenting Center Coordinator, x257 | sweisenstein@mjyjc.org

**Threes & Pre-K**
- Children must be 3 or 4 years old before 12/31/21.
- 3 year olds: 5 days/week. Pre-K: 5 days/week.
- Full-day programs include weekly swim instruction. Children must be toilet trained.
- Extended Day: 9:00 am-1:00 pm (Threes Only)
- Full Day: 9:00 am-3:15 pm

**FULL-DAY Program**
- Ones & Twos
- Children explore their environment and develop individuality and independence based on emerging interests and capabilities.
- 2 year olds must be 2 before 12/31/21.
- 1 year olds must be 1 before 12/31/21.
- Mon.-Fri. 9:00 am-3:15 pm

**HALF-DAY Twos**
- Children must be 2 years old before 12/31/21.
- Offered mornings: 2 or 3 days/week.
- 2-Day: Tuesday & Thursday • 9:00-11:45 am
- 3-Day: Monday/Wednesday/Friday • 9:00-11:45 am

**Infant Program**
- 6 weeks old before 9/1/21 Mon.-Fri. 9:00 am-3:15 pm
- Wrap-around care: Extended Daycare 2021-22 School Year — All Ages
- Mon.-Thurs. 6:30-9:00 am and/or 2:15-6:30 pm
- Friday 6:30-9:00 am and/or 3:15-6:00 pm
- Cold breakfast provided prior to 8:30 am for children enrolled in the Twos, Threes, and Pre-K.
- Transportation available for children in a 2 year old program and up.
- Children will be transported on Mid-Island Y JCC mini-buses. Car seats provided for 2 & 3 year olds.
- Deposit required at time of registration; balance billed in equal payments. If we are unable to provide bus service, your full deposit will be refunded. For more information, call the Early Childhood office, x342.
SECOND HOME Daycare is HERE FOR YOU at the MIYJCC
Limited spots still available for 2020-2021 school year!
Current Hours: 7:00 am - 5:30 pm.
For more information, please contact: Jean Goldstein, x340 or jgoldstein@miyjcc.org

Leadership Programs
Calling All Teens!
Leadership in our community is needed NOW MORE THAN EVER.
Let’s make a difference together.
For more information about community service and leadership programs, please contact:
Neal Rosenberg, Teen Program Supervisor, x361 or nrosenberg@miyjcc.org

TEEN Programming: Babysitting & BEYOND
Taught by a nanny with 10+ years’ experience.
Learn techniques for interviewing/finding a job, behavior management strategies, creative playtime, potty-training, feeding, and basic meal-making! Includes full Red Cross Infant/Pediatric CPR & First Aid course. Upon completion be added to our babysitting referral list. Must attend both courses, please pick one of each:
Babysitting 101:
Sundays, January 31 or March 14  •  10:00 am-1:30 pm

* Red Cross Infant & Pediatric CPR/First Aid:
Sundays, January 24 or March 21  •  9:00-11:00 am
Please note: This portion of the course is a blended program; there will be an online module that needs to be completed prior to in-person training.
Fee: $160  •  Member Discounted Fee: $125
Includes Babysitting 101 handbook, Red Cross Deluxe takeaway kit.
For more information, please contact:
Neal Rosenberg, x361 or nrosenberg@miyjcc.org.

The Learning Center is Back!!
During these uncertain times, WE ARE HERE FOR YOU!
Is your child struggling with hybrid or remote instruction?
Have they fallen behind?
Our NYS certified tutors are eager to help your child gain an edge in the classroom.
Your child will receive individualized tutoring tailored to their needs.

- Virtual Tutoring
- In Person Tutoring
1 hr. sessions and packages available

For more information, please contact:
Neal Rosenberg, Teen Program Supervisor, x361 or nrosenberg@miyjcc.org
ADULTS Weekday Programs

VIRTUAL & Interactive

Monday

Theatre Arts Learn how to express yourself in this class that incorporates musical theatre, improv, and acting.
12:00-12:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Computers 101
2:00-2:45 pm Learn the basics of navigating the online world including operating a computer, how to search for information, and how to create a document.
2:00-2:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Travel Skills Class
Learn travel safety skills including recognizing and understanding street signs, and how to navigate safely and independently from one location to another.
5:30-6:30 pm weekly • 15 weeks
Fee: $30 per class
Member Discounted Fee: $25 per class

Zumba
Let’s get that heart rate up by alternating between fast and slow rhythms to improve cardiovascular health.
3:00-3:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Tuesday

Dance Let’s get grooving learning dance routines to fun music.
12:00-12:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Nutrition 101 Learn how to balance your diet and cook healthy meals.
2:00-2:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Wednesday

Support Group Our world has changed in many ways and it is affecting people differently. This group offers a safe space to talk about these feelings and provide constructive ways to feel better.
12:00-1:00 pm weekly • 15 weeks
Fee: Free

Health & Wellness
Manage your health by learning the basic principles of nutrition and how to optimize your well-being.
2:00-2:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Yoga Improve flexibility, build strength and increase muscle tone while gaining a greater sense of self-confidence.
4:00-4:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Movement Improve your strength and endurance in this low impact exercise class using basic movement activities.
3:00-3:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Registration is open January 15, 2021

ADMIRAL Y JCC Adler Center
Individuals with Special Needs
Sharon Hauser, MSW, Director, Adler Center; x332 | shauser@myjcc.org
Stephanie Oster, MSW, Assistant Director, Adler Center; x336 | sost@myjcc.org
Daniele Jankowitz, MSW, Adler Center Adult Program Coordinator; x339 | djankowitz@myjcc.org
Lilach Kofth, Access Coordinator; x389 | lkofth@myjcc.org
Sharon Hauser, Adler Center Director; x389 | shhauser@myjcc.org
Alison Gagnegon, Access Coordinator; x912 | agagnegon@myjcc.org
Alison Starkman, Enhanced Support Broker | astarkman@myjcc.org

Adler Wonders Practice, perform and share your love of music and showmanship through this musical theatre group. CoLab Theatre Group will be offering this exciting program which will dive into the world of music theatre, improv, puppetry, ensemble theatre and more.
6:00-7:00 pm / runs once a month.
Fee: $300 • Member Discounted Fee: $35
March 2 • April 6 • May 4

Money Skills Class Learn how to create and implement a budget.
6:00-7:00 pm weekly • 15 weeks
Fee: $30 per class
Member Discounted Fee: $25 per class

Winter Semester Dates
February 3, 10, 24 • March 3, 10, 17, 24
April 7, 14, 21, 28 • May 5, 12, 19, 26

Meditation & Stress Relief Learn to be self-aware, train your mind to refocus and redirect your thoughts to reduce stress using meditation strategies and find the one that is right for you!
4:00-4:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Winter Tuesday Dates
February 2, 9, 16, 23
April 6, 13, 20, 27 • May 4, 11, 18, 25

Computers 101
2:00-2:45 pm Learn the basics of navigating the online world including operating a computer, how to search for information, and how to create a document.
2:00-2:45 pm weekly • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

ADULTS & TEENS Creative Arts Tap into your creativity while we dive into mixed media art including painting, sculpting, woodworking, drawing and more.
6:30-7:30 pm weekly • 15 weeks
Fee: $475
Member Discounted Fee: $435

Winter Semester Dates (for ALL above classes)
February 8, 22 • March 1, 8, 15, 22
April 12, 19, 26 • May 3, 10, 17, 24
June 7, 14
ADULTS Weekday Programs  ...continued

VIRTUAL & Interactive

Thursday

**Fit-Tastic** Learn to exercise and maintain a healthy lifestyle.
12:00-12:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Artistic Expressions
Learn how to use different mediums to create masterpieces of art.
2:00-2:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

Friday

**Theatre Arts** Learn how to express yourself in the class that incorporates musical theatre, improv and acting.
12:00-12:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

**Writing Class** Express yourself through creative writing.
2:00-2:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

**Movement** Improve your strength and endurance in this low impact exercise class including basic movement activities.
3:00-3:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

**Self-Advocacy** Learn skills to advocate and support yourself in daily life.
4:00-4:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

IN PERSON

Community Classes

**Wednesday / Friday**

**Art & Sculpting** Tap into your creativity and express yourself through art including drawing, painting and sculpting.
10:00-11:45 am weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Movement** Improve your strength and endurance in this low impact exercise class including basic movement activities.
11:00-11:45 am weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Culinary Arts** Gain expertise in basic kitchen skills while learning to prepare and cook meals.
12:00-12:45 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Build Your Skills** Learn problem solving activities, word skills and team collaboration.
1:00-1:45 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Magic of Music** Using relational and evidence-based practices, this program will use musical interventions to explore different styles of music while helping to determine and achieve participant goals in the musical world.
4:30-7:15 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Magic of Music** Using relational and evidence-based practices, this program will use musical interventions to explore different styles of music while helping to determine and achieve participant goals in the musical world.
2:00-2:45 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Art** Let's get grooving learning dance routines to fun music.
4:00-4:45 pm weekly  • 15 weeks
Fee: $25 per class
Member Discounted Fee: $20 per class

**Wednesday Winter Dates**
February 3, 10, 12, 14, 21, 28
May 5, 12, 19, 26

**Friday Winter Dates**
February 26  • March 5, 19, 26
April 8, 22, 29  • May 7, 14, 21, 28  • June 4, 11

**Thursday**

**Fit-tastic** Learn to exercise and maintain a healthy lifestyle.
5:00-6:00 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $25 per class

**Magic of Music** Using relational and evidence-based practices, this program will use musical interventions to explore different styles of music while helping to determine and achieve participant goals in the musical world.
4:30-7:15 pm weekly  • 15 weeks
Fee: $30 per class
Member Discounted Fee: $20 per class

**Winter Semester**
February 11, 15, 22, 29  • May 6, 13, 20, 27

Registration is open January 15, 2023
**TEENS Weekday Programs**

**VIRTUAL & Interactive**

**Magic of Music** Using relational and evidence-based practices, this program will use musical interventions to explore different styles of music while helping to determine and achieve participant goals in the musical world.

- **4:30-5:15 pm** weekly • 15 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**IN PERSON**

**Build Your Skills** Learn problem solving activities, word skills, and team collaboration.

- **4:00-5:00 pm** weekly • 8 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Movement** Improve your health by participating in this class that will incorporate both aspects of healthy living.

- **3:00-4:00 pm** weekly • 8 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Music**Tap into your creativity and express yourself through music.

- **4:00-5:00 pm** weekly • 8 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Semester 3:**
- **February 5, 26** • March 5, 12, 19, 26
- **April 9, 16**

**Semester 4:**
- **April 23, 30** • May 7, 14, 21, 28
- **June 4, 11**

**Winter Semester Mondays**
- February 8, 22 • March 1, 8, 15, 22
- April 12, 19, 26 • May 3, 10, 17, 24
- **June 7, 14**

**Winter Semester Tuesdays**
- February 9, 23 • March 2, 9, 16, 23
- April 6, 13, 20, 27 • May 4, 11, 18, 25

**Winter Semester Wednesdays**
- February 10, 24 • March 3, 10, 17, 24
- April 7, 14, 21, 28 • May 5, 12, 19, 26

**Winter Semester Thursdays**
- February 11, 25 • March 4, 11, 18, 25
- April 8, 15, 22, 29 • May 6, 13, 20, 27
- **June 3**

Ages 8-11 | Mondays
Ages 9-11 | Tuesdays
Ages 12-15 | Wednesdays
Ages 16-19 | Thursdays
Adults 20+ | Thursdays

- **6:30-7:15 pm**

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**ADULTS Weekend Programs**

**VIRTUAL & Interactive**

**Saturday**

**Build Your Skills** Learn problem solving activities, word skills, and team collaboration.

- **12:00-1:00 pm** weekly • 14 weeks
  - Fee: $25 per class
  - Member Discounted Fee: $20 per class

**Music** Tap into your creativity and express yourself through music.

- **1:30-2:30 pm** weekly • 14 weeks
  - Fee: $25 per class
  - Member Discounted Fee: $20 per class

**Book Club** Explore the world of literature as you read books and discuss various topics related.

- **3:30-4:30 pm** weekly • 14 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $25 per class

**Winter Semester**
- January 30 • February 6, 20
- March 6, 13, 20 • April 10, 17, 24
- May 1, 15, 22 • June 5, 12

**Winter Semester**
- January 30 • February 6, 20
- March 6, 13, 20 • April 10, 17, 24
- May 1, 15, 22 • June 5, 12

**Sunday**

**Movement** Improve your health by participating in this class that will incorporate multiple aspects of healthy living.

- **12:00-1:00 pm** weekly • 14 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Build Your Skills** Learn problem solving activities, word skills, and team collaboration.

- **1:00-2:00 pm** weekly • 14 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Art** Tap into your creativity in this multimedia art class.

- **1:00-3:00 pm** weekly • 14 weeks
  - Fee: $30 per class
  - Member Discounted Fee: $20 per class

**Winter Semester**
- January 24, 31 • February 7, 21
- March 7, 14, 21 • April 11, 18, 25
- May 2, 16, 23 • June 6

Registration is open January 15, 2021
IN PERSON

Saturday

Teen Pals Learn skills to succeed in the community along with fitness, health and wellness, building strategies and problem solving. 1:30-4:30 pm weekly • 14 weeks Fee: $900 Member Discounted Fee: $800

Winter Semester
January 30 • February 6, 20
March 6, 13, 20 • April 10, 17, 24
May 1, 8, 15, 22 • June 5, 12

Sunday Funday join us for art, sports, music, and more! 12:00-3:00 pm weekly • 14 weeks Fee: $900 Member Discounted Fee: $800

Winter Semester
January 24, 31 • February 7, 21
March 7, 14, 21 • April 11, 18, 25
May 2, 9, 16, 23 • June 6

Registration is open January 15, 2021

VIRTUAL
Veterans Group

Meet with your peers to reminisce about common experiences, talk about current events, share tips for staying active and connect with friends. Meets 1st, 3rd and 5th Tuesdays of each month. 12:30-1:30 pm Join us on computer at Meeting ID: 885 3145 8645 / Passcode: vets Or by phone at 1-888-788-0099

Seasonal
Affective Mood Changes in a Time of Social Distancing:

A Phone-In & Virtual Program

Seasonal changes in mood, when days get shorter and the weather gets colder, can be challenging under even the best of circumstances. With added mood-related impact of social distancing, it is especially important to be vigilant about watching for signs of depression or other mood changes and taking steps to address them. We will welcome Elise Bailey and Laren Lamonaca of Zucker Hillside Hospital to share insight on this important topic.

Friday, January 15, 2021 • 1:00 pm
Dial In: 1-888-788-0099
Meeting ID: 854 5901 0416
Stitched TOGETHER
Virtual Knitting / Crocheting Circle

Join other needlework lovers Tuesday mornings for discussion and camaraderie as we work!

Zoom ID: 898 1702 1488.
For more information, Call Alan at 516.822.3535, x385.

VIRTUAL Respite
for those with memory impairments, including Alzheimer’s and dementia. Your loved one can join us for an hour of cognitive and social stimulation, including word games, trivia, and music!
Mondays & Thursdays 11:00 am-12:00 pm
Meeting ID: 829 3603 1377/

VIRTUAL Bereavement
Groups now forming.
Please email Christina at chowell@miyjcc.org for more information.

The Rudman Family
Food Pantry The Mid-Island Y JCC is home to The Rudman Family Food Pantry. For those who wish to access the pantry or make a donation, please contact Gail Warrack, x347.

Hatzilu Rescue
Organization Provides food, financial aid, social work intervention, and emotional support to Jewish individuals and families in need. To access services or to volunteer, please call Shanee at 516.822.3535, x384.

AUTHORS
Wednesday, January 27, 2021 8:00 pm
The Last Trial
by Scott Turow

AARP Tax Prep Program
February 3 - April 14, 2021
The program offers free tax preparation assistance. Now in its 52nd year, Tax Aide helps 2.5 million low- and moderate-income taxpayers each year. All of the tax preparations are done by trained volunteers who complete training and pass IRS certification annually to assist in tax preparation. There are no membership or age requirements and the service is free. Please call Shanee Kirschenbaum, x384 for further information.

Lunch & LEARN
Community Rabbis lead a discussion on interesting topics.
Monday, January 11, 2021 12:30-1:30 pm
Rabbi Jay Weinstein, Congregation Simchat HaLev
Monday, January 25, 2021 12:30-1:30 pm
Rabbi Jason Fruchtwald, Woodbury Jewish Center

Monday, February 8, 2021 12:30-1:30 pm
Rabbi Joel Levenson, Midway Jewish Center

Mid-Island Y JCC
The Jewish Community Alliance of Upper Brookville
480 Middle Country Road
Upper Brookville, NY 11542
(516) 822-3535
www.miymcc.org
**Upcoming Programs**

**P.O.B. Cares**

POB Cares is a state-funded NNORC program to provide programming and services to help older adults (ages 60+) age in place in their homes in eastern Plainview & Old Bethpage. According to New York State Office for the Aging guidelines, the programs listed below are for residents of POB Cares - adults over age 60 residing in Old Bethpage and portions of Plainview east of route 135, with limited exceptions*. Please call 516-822-3535 x385 with any questions.

**Join Us Each Week for Phone-In Fun Day!**

Mondays at 2:00 pm

First and Third week of each month, BINGO for small prizes! Second and Fourth Week of the month – other interactive trivia and word games. Call in Toll-Free from any phone, our join us by video conference on Zoom!

*State law requires that certain senior housing units be excluded from eligibility.

**Upcoming Programs**

**NNORC SOS**

NNORC/SOS (Seniors of Syosset) is a state-funded program to provide programming and services to help older adults (ages 60+) age in place in their homes in Syosset. According to New York State Office for the Aging guidelines, the programs listed below are for residents of NNORC/SOS adults over age 60 residing in the designated area, with limited exceptions*. Please call 516-822-3535 x385.

**Join Us Each Week for Phone-In Fun Day!**

Tuesdays at 1 PM

First and Third week of each month, BINGO for small prizes! Second and Fourth Week of the month – other interactive trivia and word games. Call in Toll-Free from any phone, our join us by video conference on Zoom!

*State law requires that certain senior housing units be excluded from eligibility.
We are NOW OFFERING our...

Healthy Adaptive Living Center

MS/Parkinsons
Modified Weight & Strength Training

Fitness class especially designed for those living with MS or Parkinsons to strengthen core and lower body. (on going)

 Begins: Tuesday, January 5, 2021 • 12:00-12:45 pm
 Fee: $5 • Member discounted Fee: Free

ROCK STEADY
Boxing 4 Parkinson’s

A boxing class especially designed for people living with Parkinson’s disease. Led by Michelle Weinstein, licensed in and experienced Rock Steady trainer.

Boxing can promote optimal agility, increase speed and muscular endurance, provide better balance, hand-eye coordination and footwork. At Rock Steady, the opponent is Parkinson’s disease.

Thursday, January 7, 2021 • 1:00-2:00 pm
Runs 6 weeks
Fee: $60 • Member Discount Fee: $48

SPIN for MS/Parkinsons

Adaptive spin class offered in our socially distant spin zone. (on going)

 Begins: Friday, January 8, 2021 • 11:00-11:45 am
 Fee: $5 per class • Member Discount Fee: Free

Aqua Therapy

This unique personal training option targets the individual with balance issues as well as muscle weakness. Improve tone and strengthen body parts using weights and bands in our heated pool. Motorized Chair access is available for non-mobile participants.

Tuesday / Thursday
For further information call Barbara ext 317
Personal training packages available

Wellness LECTURES

Stay at HOME & Keep your Skin Radiant

Dr Nigma Talib, a practicing naturopathic doctor, will be discussing the application of cutting edge dietary and botanical medicine as well as lifestyle counseling to allow patients to attain personalized remedies.

Wednesday, January 6, 2021 • 8:00 pm
JOIN US on Facebook LIVE!

Soothing ESSENTIAL OILS

Sandra Rovira, a certified yoga and mindfulness educator, is passionate about empowering others with the tools they need to live their calmest existence. Sandra will discuss ways to obtain optimal health through the use of essential oils.

Monday, March 8, 2021 • 7:30 pm Zoom TBA
MID-ISLAND Y JCC
Fitness & Recreation Center

George Loft, Fitness & Recreation Director, x316 | george@miyjcc.org
Barbara Sarchi-Trina, Coordinator, Healthy Adaptive Living Programs, x317 | tsarchi@miyjcc.org
Joy Kubelka, Assistant Fitness & Recreation Director | jkubelka@miyjcc.org

MIYJCC | Personal Training Programs
Our nationally certified trainers will customize a training program just for you. With our trainers, you can maximize your time and make sure you’re training safely and efficiently.

<table>
<thead>
<tr>
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<th>1 Hour Complete Workout</th>
<th>½ Hour Express Workout</th>
<th>1 Hour Buddy Sessions</th>
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<tbody>
<tr>
<td>1 Session</td>
<td>$70</td>
<td>$40</td>
<td>$90</td>
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<tr>
<td>6 Sessions</td>
<td>$390</td>
<td>$210</td>
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<tr>
<td>12 Sessions</td>
<td>$720</td>
<td>$360</td>
<td>$160</td>
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Youth Personal Training 45 min. Sessions • 2 for $89 • 4 for $146 • 6 for $209

Pickleball LESSONS
Private one on one/group lessons now available by certified ITPA instructors

Pickleball Court Rentals
4 or more to a group $12 per person 1½ hour sessions
For further information Barbara, x317.

NEW! Instructional PLAY
Learn the skills needed to improve your game, dink, punch volley, serves and much, much more while being able to be on the court and participate in the game.
Led by an ITPA instructor, your game will improve weekly.

Mondays 7:00-8:30 pm Beginners/Novices
Thursdays 11:00 am-12:30 pm Intermediates
12 weeks • Fee: $180 • Member Discounted Fee: $144

Winter GLOW
Pickleball played under Blacklights
Choose from 3 sessions of play
• Advanced Beg/Intermediate 6:00-7:30 pm
• Intermediate 7:45-9:15 pm
• Advanced Intermediate 9:30 am-11:00 pm
Fee: $40 • Member Discounted Fee: $36

Register on line by:
Monday, February 15, 2021
Go to: https://bit.ly/GLOWMIYJCC

FlexFIT Group Fitness Classes
FREE to Members
Flexible fitness classes. For more information or to register, contact Joy at jkubelka@miyjcc.org.
Drop in • FREE to members • $12 Drop in for non-members
**Private SWIM LESSONS**

Make a splash with swim lessons at the Mid-Island Y JCC. Our instructors will work with you or your child to create an individualized program that meets their specific needs. We offer 30 and 45 minute options.

**30 min Lesson:**
- Class Fees:
  - 5 Lessons: $235
  - 10 Lessons: $450
- Member Discounted Fees:
  - 5 Lessons: $185
  - 10 Lessons: $350

**45 Min Lesson:**
- Class Fees:
  - 5 Lessons: $335
  - 10 Lessons: $640
- Member Discounted Fees:
  - 5 Lessons: $220
  - 10 Lessons: $525

**Semi-Private SWIM LESSONS**

For two children at the same level – you must find your own partner. Fees are per person. Semi-private lessons are 30 minutes.

- **Class Fees:**
  - 5 Lessons: $190/person
  - 10 Lessons: $360/person

- **Member Discounted Fees:**
  - 5 Lessons: $125/person
  - 10 Lessons: $230/person

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**American Red Cross**

**Lifeguard Training**

Must be 15+ years old by completion of course. This course prepares you to respond to emergencies in an aquatic environment and trains you in CPR/AED and First Aid. This certification is nationally recognized and accepted across the country. Due to COVID-19, we are offering a blended learning course that combines online learning with in-water sessions. This allows participants to complete all the pre-class information and view the videos for skills prior to the in-water sessions.

**Pre-Test Fee:** $50.00 (non-refundable) Pre-Test (administered on our website) will be conducted starting the week of January 25, 2021, and appointments will be available until February 12, 2021. A link to register for pre-test will be emailed to you once you register. Once the pre-test is complete, and you pay for the training course, a link will be sent to you to complete the online content. Online content must be completed prior to the in-water sessions.

- **Fee:** $275.00. Member Discounted Fee: $250.00

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**Dolphin Swim Team**

There is limited space available to join our swim team for the 2020-21 season. Enjoy structured practices for swimmers 6 years old - 17 years old. There is a minimum skill level required. Call Deidra Clark-Towers at 516-822-3535, x330 to schedule a tryout.

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**In-Water Skills Session**

Saturday, February 20, 2021 • Sunday, February 21, 2021
9:00 am - 5:00 pm

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Check our website at: miyjcc.org for more certification course offerings.

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**Atria Plainview**

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CHAUGHTS | JANUARY-MARCH 2021