Soaring to new heights at Mid-Island Day Camp 2021!

COME SEE what’s NEW!

Newly Renovated Pool Complex
Brand New Tennis Courts
Brand New Pavilion
Brand New Sports Fields
Brand New Basketball Court

EARLY CHILDHOOD Registration is OPEN
VOLUNTEER Make a difference!
Join Mid-Island Y JCC and enjoy a FREE MONTH of membership with EVERY REFERRAL!

Tell your friends about our gym and all that we offer!

Do you want to earn a free month or more of membership? Each time you refer a member who joins, you get a FREE MONTH of membership!

If 3 friends join, you get 3 months free and so on...

If your friends want to try us out and get a tour, we’ll give them a 7-day FREE TRIAL!

Take a fitness class from home ANY TIME OF THE DAY!

Our Reservation APP has a FULL LIBRARY of classes to choose from! Just go to your app and go to the “on demand” icon. From HIIT classes to zumba, kickboxing, yoga, strength training, pilates and more!

Take your favorite class from the comfort of your own home any time of the day or night.

Spring is finally here!

As the weather gets warmer and the trees and flowers start to bloom, our mood brightens, especially this year as we see some bright light ahead.

We are excited that our tent is back up and classes will be in the sunny, breezy outdoors!

We want to hear from you!

It’s been a challenging year to say the least. Social plans were put on hold, families and friends were unable to get together, travel plans were delayed, and so much more. At the Mid-Island Y JCC we were happy to welcome back members and provide them with the opportunity to keep physically fit and as a result, mentally fit as well! Please share your personal story or experience coming back to use the pool, the fitness center, walk the track or take a fitness class (either in person or virtual). Email Joanne at jethe@miyjcc.org or call x306.
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 the dignity of each person asking for assistance. We seek to provide them with what they need, make sure we address their dietary needs, provide kosher items when requested, and do our best to provide a child’s favorite snack or cereal.

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 MIYJCC 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/the-rudman-family-food-pantry

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

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:** Volunteer to add some “happy” to the birthday of a senior who is isolated and homebound. Volunteers provide and deliver items to a senior which can include cake, flowers, balloons or anything festive to make their birthday special.

- **Loaves Of Love:** This project connects volunteers with Holocaust survivors. Challah and Shabbat candles are delivered twice a month by volunteers in time for Shabbat. Kosher Challah bakers needed.

Family Opportunities:

**PJ Library - Kids Who Care** is for families with children ages 3-8. Each event includes a short educational piece on a current issue or holiday combined with a volunteer opportunity. It will provide parents a chance to teach their children how they can help others. For more information contact: Rhonda Green at rgreen@miyjcc.org

Interested in Volunteering?

Contact Gail Warrack: 516.822.3535, x347 | gwarrack@miyjcc.org

or Rhonda Green: 516.822.3535, x346 | 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

683 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.

Front Porch Pantry Project

Help us fill the shelves of the Mid-Island Y JCC’s Rudman Family Food Pantry. Pick up a box and poster from the Mid-Island Y JCC and start your collection by contacting neighbors, family and friends to let them know you are running a front porch food collection. When filled return your box to the Mid-Island Y JCC. Contact: Rhonda Green at rgreen@miyjcc.org
As we navigate our way through the Pandemic crisis, we continue to be there for our community physically, emotionally, in person, by phone, zoom & Facebook LIVE.

We recently held a POKER tournament, and hosted a Comedy Night all via Zoom.

Our Fundraising EVENTS are also now taking place in a virtual space — all of them, for now, except our Annual Golf Outing.

Please note, the Golf Outing will take place on Monday, June 14, 2021 at Glen Head Country Club.

Annual Golf Outing

Howie Levy 5K
Sunday, May 16, 2021
In-Person / Virtual Event
4th Annual Howie Levy Cross Country Hills & Hops
Conquer the Hill and Support Pancreatic Cancer Research

Zumba Under the Tent
Thursday, June 3, 2021

Save the Date for these upcoming MIYJCC SPECIAL Fundraising Events

MIYJCC EVENTS:

The RUDMAN FAMILY FOOD PANTRY FUNDING

We are delighted to announce an additional 4 year commitment from the Rudman Family with a naming gift for our Food Pantry. The Rudman Family Food Pantry has been a life line for seniors, Holocaust survivors and others in our community suffering from food insecurity, as the need for food and supplies has more than quadrupled since the Pandemic began.

Coming up on Thursday, April 22, 2021 is our Ladies Night IN benefiting the Adler Center for Special Needs. Check out the information below about these and other fundraising events coming up.

The MIYJCC Community Gives Back

During our end of year campaign in November and December of 2020, we received hundreds of donations from loyal community members. All levels of giving made its way to the MIYJCC.

We thank those of you who donated from the bottom of our hearts! It was a record breaking fundraising campaign during a time when we need it the most.

Special thanks to UJA Federation who enabled the MIYJCC to raise an additional $100,000 of extra funding with a challenge match grant.

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 516.822.3535 or email mposner@miyjcc.org.
NEW for 2021!
Our Summer Camps offer so much!

Brand New Sports Fields
Brand New Basketball Court
Newly Renovated Pool Complex
Brand New Tennis Courts
Brand New Pavillion

Fun & Exciting activities throughout the summer
A Safe Place for children to be active and outdoors
An Ideal Environment for children to grow and flourish, make friendships and memories to last a lifetime!

Private Tours Available: Call to Schedule
Mid-Island Early Childhood Camp 516.822.3535, x342 | rkatz@miyjcc
Mid-Island Day Camp 516.822.3535, x334 | summercamp@miyjcc

Day Camps
Preschool Camps
Travel Camps
Sports Camps
Theater Camps
Special Needs Camps
Hebrew Language Camp
Sleepaway & Combo Camp

Become part of our camp family!
Schedule a tour of our campgrounds!
Meet our year-round Staff!

Josh Henkel Camp Director
Jodi Meehan Camp Director
Melanie Witkes Early Childhood Camp Director
Stephanie Ozner Camp Adler Director
Early Childhood Programs 2021-2022
Registration is OPEN. Limited spots available.

Summer 2021- Enroll TODAY!
Limited spots available.

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.

Threes & Pre-K (waitlist only)
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.
- 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

WRAP-AROUND CARE - EXTENDED DAYCARE
2021-22 School Year — All Ages
Mon.–Thurs. • 6:30-9:00 am and/or 3:15-6:00 pm
Fri. • 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.

Information
2021-2022 Registration is limited

Our School
helps children GROW
and form their own identities, and invites them to explore their environment and ENHANCE
their physical and intellectual DEVELOPMENT.
**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

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**TAL Car Wash**

We’ll get that grime and dirt off your car and make it **brand new!**

Sunday: **June 6, 2021** • 1:00-4:00 pm

Sedans: $10 | Jeeps, SUVs, Mini-vans: $12

All proceeds benefit the MIYJCC’s Youth & Teen Center

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**The Learning Center is Here4U!**

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

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**Regents Review and Spring Test Prep**

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

**VIRTUAL & Interactive**

**Monday**

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

**Computers 101** 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
  - Fee: $25 per class
  - Member Discounted Fee: $20 per class

**Let’s Get Organized** Let us help you get your life organized by incorporating time management skills, organizational skills and scheduling.
- 4:00-4:45 pm weekly
  - 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.
- 6:30-7:30 pm weekly
  - Fee: $30 per class
  - Member Discounted Fee: $25 per class

**Spring Monday Dates**
- April 12, 19, 26 • May 3, 10, 17, 24
- June 7, 14

**Tuesday**

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

**Wednesday**

**Music** Tap into your creativity and express yourself through music. Learn new songs and harmonize together.
- 3:00-3:45 pm weekly
  - 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
  - Fee: $25 per class
  - Member Discounted Fee: $20 per class

**Spring Tuesday Dates**
- (For ALL above classes)
  - April 6, 13, 20, 27 • May 4, 11, 18, 25

**Adler Wonders** Practice, perform and share your love of music and showmanship through this musical theatre group. Co/Lab 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: $40
  - Member Discounted Fee: $35

**Spring Tuesday Dates**
- April 6 • May 4

**Thursday**

**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
  - 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
  - Fee: $25 per class
  - Member Discounted Fee: $20 per class

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

**Spring Semester Dates**
- (For ALL above classes)
  - April 7, 14, 21, 28 • May 5, 12, 19, 26
**ADULTS Weekday Programs** continued...

**VIRTUAL & Interactive**

**Thursday**

**Build Your Skills** Learn problem solving activities, word skills and team collaboration.
3:00-3:45 pm weekly
Fee: $25 per class
Member Discounted Fee: $20 per class

**Dance** Let's get grooving learning dance routines to fun music.
4:00-4:45 pm weekly
Fee: $25 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.
6:30-7:15 pm weekly
Fee: $30
Member Discounted Fee: $20

**Spring Thursday Dates**
(For ALL above classes)
April 8, 15, 22, 29 • May 6, 13, 20, 27
June 3

**Friday**

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

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

**Wednesday / Friday**

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

**Spring Friday Dates**
(For ALL above classes)
April 9, 16, 23, 30 • May 7, 14, 21, 28
June 4, 11

**Thursday**

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

**Spring Semester Dates**
April 8, 15, 22, 29 • May 6, 13, 20, 27
June 3

**Friday**

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

**Spring Friday Dates**
(For ALL above classes)
April 9, 16, 23, 30 • May 7, 14, 21, 28
June 4, 11

**IN PERSON**

**Community Classes**

**Spring Thursday Dates**
(For ALL above classes)
April 8, 15, 22, 29 • May 6, 13, 20, 27
June 3

**Friday Spring Dates**
(For ALL above classes)
April 9, 16, 23, 30 • May 7, 14, 21, 28
June 4, 11
### Virtual & Interactive

**Build Your Skills**
Learn problem solving activities, word skills and team collaboration.
12:00-1:00 pm weekly
Fee: $25 per class
Member Discounted Fee: $20 per class
**Semester 3**
April 9, 16

**Music**
Tap into your creativity and express yourself through music. Learn new songs and harmonize together.
2:00-5:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Semester 3**
April 9, 16

**Semester 4**
April 30, May 7, 14, 21, 28

**Movement**
Improve your strength and endurance in this low impact exercise class including basic movement activities.
3:00-4:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Semester 3**
April 9, 16

**Semester 4**
April 23, May 7, 14, 21, 28
June 4, 11

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### In Person

**Build Your Skills**
Learn problem solving activities, word skills and team collaboration.
2:00-3:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester Mondays**
April 12, 19, 26, May 3, 10, 17, 24, June 7, 14, July 11, 18

**Spring Semester Tuesdays**
April 6, 13, 20, May 4, 11, 18, 25, June 1, 8, 15, 22

**Spring Semester Wednesdays**
April 7, 14, 21, May 5, 12, 19, 26, June 2, 9, 16

**Spring Semester Thursdays**
April 8, 15, 22, 29, May 6, 13, 20, June 3, 10

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**Music**
Tap into your creativity and express yourself through music. Learn new songs and harmonize together.
2:00-5:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester**
April 30, May 7, 14, 21, 28

**Movement**
Improve your strength and endurance in this low impact exercise class including basic movement activities.
1:00-2:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester**
April 10, 17, 24, May 1, 15, 22, June 5, 12

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**Book Club**
Explore the world of literature as you read books and discuss various topics related.
2:30-3:30 pm weekly
Fee: $30 per class
Member Discounted Fee: $25 per class
**Spring Semester**
April 10, 17, 24, May 1, 15, 22, June 5, 12

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**Art**
Tap into your creativity in this multimedia art class.
2:00-3:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester**
April 11, 18, 25, May 2, 16, 23, June 6

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**Build Your Skills**
Learn problem solving activities, word skills and team collaboration.
1:00-2:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester**
April 10, 17, 24, May 1, 15, 22, June 5, 12

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**Movement**
Improve your strength and endurance in this low impact exercise class including basic movement activities.
1:00-2:00 pm weekly
Fee: $30 per class
Member Discounted Fee: $20 per class
**Spring Semester**
April 10, 17, 24, May 1, 15, 22, June 5, 12
CHILDREN & TEENS Weekend Programs

IN PERSON

**Saturday**

**Teen Pals** Learn skills to succeed in the community along with fitness, health & wellness, building strategies and problem solving.
- 1:30-4:30 pm weekly
- Fee: $900 per class
- Member Discounted Fee: $800 per class (Pro-rated fee available)

**Spring Semester**
- April 10, 17, 24 • May 1, 15, 22
- June 5, 12

**Sunday**

**Sunday Funday** Join us for art, sports, music, and more!
- 12:00-3:00 pm weekly
- Fee: $900 per class
- Member Discounted Fee: $800 per class (Pro-rated fee available)

**Spring Semester**
- April 11, 18, 25 • May 2, 16, 23
- June 6

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

**Wellness Lectures, TBD**

Select Fridays • 1:00 pm
Call: Alana, x385
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 Alana 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!
Every Monday and Thursday until May 6, 2021.
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.

Phone-In
BINGO BONANZA
for Older Adults

Dial in or join us by Zoom video chat for an afternoon of Bingo fun. Call Alana at 516.822.3535, x385 by 5/1/2021 to request a Bingo Board be mailed to your home. We will be playing for small prizes.

Wednesday, May, 12, 2021 • 2:00 pm
Dial in: 1-888-788-0099
Meeting ID: 856 4081 2020

AUTHORS
Sunday, April 11, 2021 • 2:00 pm
The SS Officer’s Armchair:
Uncovering the Hidden Life of a Nazi
by Daniel Lee

NOTE:
To Register: https://www.showclix.com/event/daniel-lee-ss-officers-armchair/tag/plainview

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.

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.

Lunch & LEARN
Community Rabbis lead a discussion on interesting topics.

Monday, April 12, 2021 • 12:30-1:30 pm
Rabbi Joel Levenson, Midway Jewish Center

Monday, April 26, 2021 • 12:30-1:30 pm
Rabbi Deborah Bravo, MakomNY

Monday, May 10, 2021 • 12:30-1:30 pm
Rabbi Neil Schuman, Manetto Hill Jewish Center

Monday, May 24, 2021 • 12:30-1:30 pm
Rabbi Elizabeth Zeller, Temple Chaverim

Monday, June 14, 2021 • 12:30-1:30 pm
Rabbi Steven Conn, Plainview Jewish Center

Monday, June 28, 2021 • 12:30-1:30 pm
Rabbi Moshe Weisblum, Congregation Beth Tikvah

Join Zoom Meeting:
Meeting ID: 867 3049 3774
Passcode: learn
Phone In: +16465586556,84246298632#
US (New York) or Toll-Free: 833 548 0276

Shanee Kirschenbaum, LCSW, Adult Center Social Worker | skirschenbaum@miyjcc.org
Alana Rosenstein, LMSW, Supervising NNORC Director | arosenstein@miyjcc.org

Chailights | April – June 2021
Mid-Island Y JCC | 516.822.3535
Mid-Island Y JCC Adult Center
Support Services
Shanee Kirschenbaum, LCSW, Adult Center Social Worker | skirschenbaum@miyjcc.org
Alana Rosenstein, LMSW, Supervising NNORC Director | arosenstein@miyjcc.org

Mid-Island Y JCC Jewish LIFE
Shanee Kirschenbaum, LCSW, Adult Center Social Worker | skirschenbaum@miyjcc.org
Upcoming Programs

Project PACE

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

Phone-In Fun Days!

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!

Dial In: 1-888-788-0099  Meeting ID: 892 5319 8882
Or visit zoom.us and enter meeting code 892 5319 8882
To request a packet with Bingo boards and other activity sheets for our Phone-In Fun Days, call Melissa at 516.822.3535, x382.

Upcoming Programs

POB 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!

Dial In: 1-888-788-0099  Meeting ID: 892 5319 8882
Or visit zoom.us and enter meeting code 892 5319 8882
To request a packet with Bingo boards and other activity sheets for our Phone-In Fun Days, call Melissa at 516.822.3535, x382.

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

CRAFTING TOGETHER... AT A DISTANCE

Would you like to be paired with a local school child and their family, who will deliver a craft project? You and the child will each receive a craft kit containing a project and instructions to bring a little sunshine at a challenging time. For more details or to request your craft kit, call Genevieve at 516.822.3535, x391.

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!

Dial In: 1-888-788-0099  Meeting ID: 892 3135 1613
Or visit zoom.us and enter meeting code 892 3135 1613
To request a packet with Bingo boards and other activity sheets for our Phone-In Fun Days, call Hillary at 516.822.3535, x328.

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

**Tuesdays** • 12:00-12:45 pm
Fee: $5 per class • 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.

**Tuesdays / Thursday**
**April 13 to June 22, 2021**
**Fee:** $60 • **Member Discount Fee:** $48

**Spin for MS/Parkinsons**
Adaptive spin class offered in our socially distant spin zone.

**Fridays** • 11:00-11:45 am
Fee: $5 per class • Member discounted 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**

**Positively HEALTHY**
Controlling the Things You Can

Jodi Kahn, LMSW and Certified Health Transformation Coach who is passionate about creating healthy habits, will share tools to help you become your healthiest and happiest self through mindset and lifestyle change.

**Wednesday, April 21, 2021** • 7:30-8:30 pm

**Meditation**
MIND OVER MATTER

Stephany Taylor will teach breathe control, body and mind awareness to make sure we stay present and focused. Learn how to calm your body and your mind as we navigate through our daily lives.

**Monday, May 17, 2021** • 7:30-8:30 pm
**Personal Training**

**...also coming in May!**

**Outdoor PERSONAL TRAINING**

We are expanding our personal training opportunities to include our outdoor fitness space.

Find out more about our personal training packages or reserve a spot with your trainer.

**Youth PERSONAL TRAINING**

1 Hour Complete Workout ½ Hour Express Workout 1 Hour Buddy Sessions

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**Outdoor FITNESS CENTER**

NEW to our fitness program will be an Outdoor Fitness Center. Reserve a spot under the tent in our outdoor space which will include strength training circuit machines.

**Fitness Center EQUIPMENT**

Our Indoor Fitness Center is getting a makeover! NEW strength training machines and treadmills will be replacing the old ones.
Family time at the MIYJCC
ALL WEEK LONG!

Basketball • Pickleball • Soccer
or just run around and have some fun –
the choice is yours!

Reserve either our upstairs gymnasium or downstairs gym to play

Family TIME

Spring 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 9:30-11:30 am
Fee: $40 • Member Discounted Fee: $36

Register online by Saturday, May 15, 2021
Go to: https://bit.ly/GLOWMIYJCC

A special thank you to UJA-Federation New York for funding this project!
We've got you covered!

Our FlexFIT class schedule has something for everyone!

We are now providing classes outdoors, indoors and virtually.

We have expanded our classes into a spacious outdoor area with a tent.

Member only exclusive

On-Demand Library

Can't make a class at its scheduled time? NO PROBLEM! Now you can enjoy a variety of our FlexFIT Group Fitness classes through our on-demand fitness library in the comfort of your own home, at a time convenient for you! Available through our “MY J” app or at miyjcc.org

Be Specific WORKOUT SERIES

Be a part of our NEW Series. Each series will focus on a specific goal in 4 workouts geared towards reaching that goal. Each series will have a release month. Within that month you will get one workout delivered to your email at the beginning of the week for 4 weeks. After the release month you can still purchase all 4 workouts at once.

Fee: $50 • Member Discounted Fee: $25

NEW!

Spring into WELLNESS

Join a Mid-Island Y JCC organized group of walkers led by a certified health coach. Walk and talk about suggested wellness topics. Group will meet by the entrance of the walking path off of Washington Ave. This 45-minute walk will end at the Mid-Island Y JCC with a picnic on our lawn.

...NEW starting in May!

YOU GOT THIS ACCOUNTABILITY PROGRAM

Are you struggling with staying accountable both in your fitness and nutrition goals?

JOIN ME for our NEW Accountability program to help you get on track. This program will give you daily healthy habits and goals, food posting guidelines, fitness tracking calendar, and strict rules to follow all on one convenient app. I will be your accountability coach on the app throughout this process with daily check-ins, group and personal interactions.

Two packages are available for purchase. Get just our Accountability Program with me or the Accountability Program and 4 personal training sessions with one of our other trainers.

Accountability program only: $50
Accountability and personal training package: $150

Program date: begins May 1, 2021
Duration: 4 weeks

GroupFIT CIRCUIT TRAINING

Join us for our NEW addition GroupFIT Circuit Training! A small group training led by one of our group fitness instructors or personal trainers in our fitness equipment outdoor tent.

A combination of machine and bodyweight training to challenge your physical strength and cardiovascular endurance. Dates and reservations beginning in May.
**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 $270, 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

**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 (outlined on our website) will be conducted by appointment. 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

**Dolphin Swim Team**

There is limited space available to join our swim team for the 2020-21 season. Practices run through Thursday, June 24, 2021. 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.

**In-Water Skills Session**

- April Course: Saturday, April 10, 2021 • Sunday, April 11, 2021 9:00 am-5:00 pm
- May Course: Saturday, May 1, 2021 • Sunday, May 2, 2021 9:00 am-5:00 pm
- June Course: Saturday, June 5, 2021 • Sunday, June 6, 2021 9:00 am-5:00 pm

Check our website at: miyjcc.org for more certification course offerings.
Mid-Island Y JCC BUSINESS Spotlight...

Call STRAIGHT FORWARD MEDIA For Outside the Box Marketing Solutions!

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Website Design
Creative Services

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516.822.3535

Jessica “Yan” Liu
Licensed Real Estate Salesperson
Cell: 646.284.1146
Office: 516.921.2262
Yan.Liu@elliman.com

More than just therapy
We’re ready to meet your rehab needs so that you may be safely discharged back home!

White Oaks Rehabilitation and Nursing Center
Family owned and operated since 1972.
8565 Jericho Turnpike, Woodbury, NY 11797
(516) 367-3400
info@whiteoaksrehab.com
www.whiteoaksrehab.com

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