

# Mid-Island Y JCC CHAILIGHTS

JANUARY-MARCH 2019 • TEVET-ADAR II 5778

## DIVE INTO THE NEW YEAR!

THERE'S LOTS IN STORE FOR 2019



45 Manetto Hill Road • Plainview  
(516) 822-3535 • [www.miyjcc.org](http://www.miyjcc.org)

MID ISLAND  
**YJCC**  
The Center of it ALL

 Find us on  
facebook®

3 | AN INSPIRATIONAL STORY

5 | BOWLING BASH

7 | PURIM CARNIVAL

17 | JEWISH AUTHOR SERIES

22 | PICKLEBALL ANYONE?

23 | WOMEN'S HEART MONTH —  
THE HEART OF THE MATTER

24 | JOIN THE DOLPHIN SWIM TEAM  
METRO JCC CHAMPIONS!



MID-ISLAND Y JCC CHAILIGHTS

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Here’s What’s Happening...



### AGENCY CLOSURES

**Tuesday, January 1 — New Year’s Day**  
Closed

Happy New Year!

**M = Member; NM = Non-Member**

Please Note:  
All material has been carefully read and checked for errors. However, it is still possible that mistakes in fees and/or schedules may occur.

We reserve the right to make corrections at the time of registration.

### MARK YOUR CALENDAR

- Monday, January 21**.....MLK Day of Service
- Sunday, January 27** .....Family BINGO Night
- Saturday, February 2** ....Bowling Bash
- Sunday, February 3**.....Mad Science Workshop
- Tuesday, February 5**.....Parents’ Night Out
- Sunday, March 17** .....Purim Carnival
- Sunday, March 24** .....Blood Drive
- Sunday, March 31** .....Family Paint Night



45 Manetto Hill Road | Plainview, New York 11803-1396  
(516) 822-3535 | Fax (516) 822-3288 | www.miyjcc.org

Happy New Year.

As we close out another year, we reflect on what we have accomplished, lives we’ve helped, and what we look to do in the coming year.

We want to thank those of you in the community who generously contributed to our fundraising events, including our end-of-year fundraising efforts, and have chosen to place your philanthropic dollars with the Mid-Island Y JCC. Although our end-of-year giving campaign has concluded, we hope that you will continue to support our Agency by attending our upcoming events outlined in this issue of Chailights (all guaranteed to be lots of fun for everyone) and by participating in our upcoming Capital Campaign.

We are excited to announce the start of our next Capital Campaign that will significantly upgrade access to all areas of our building. Young and old, able-bodied or not, we will all benefit from this new construction. Our goal is to raise \$1,000,000 to enable us to add a building extension to include a new ramp leading to the 200 hallway. The new extension will enable universal access to all of our program participants, including those in wheel-chairs, those using walkers, the participants in our Alzheimer’s program, and parents with children in strollers. Additional accessibility upgrades may include the installation of a ramp in the lower staircase in the 100 hallway (Early Childhood wing), new floors in the 200 hallway leading to and including the Roth Family Multi-Purpose Room, renovation of the bathroom in the Reflections Alzheimer’s Respite room, the creation of a handicapped accessible playground, a new roof on a portion of the 100 hallway, and a new boiler and HVAC units for added Agency-wide comfort. The Campaign will also provide additional general upgrades to the 200 wing to better serve our community.

- In addition to our Capital Campaign, we have been awarded nearly \$325,000 in Federal and State security grants to supplement our own Agency investment, to further secure our building. To date we have:
- Trained and given 15 staff members access to the RAVE system on their mobile phones (the RAVE system directly transmits emergency response information to the Nassau County Police Department)
  - Removed the berm around the building enabling us to view the entire area surrounding our building
  - Installed upgraded door locks throughout the building
  - Upgraded our building alarm system
  - Added additional panic buttons
  - Installed a license scanner for all non-members entering the building

Throughout the year, we will continue to upgrade security throughout our building. The safety, security, and comfort of our members, community, and staff remains our focus. As an Agency, we are devoted to our community and feel honored that we have been able to give so much to so many. We want to take this opportunity to thank all of you for your dedication to the Mid-Island Y JCC. All of us working together will ensure that we will be able to continue to meet the needs of our community in 2019 and into the future. Stay tuned for more information regarding are ongoing security upgrades and the Capital Campaign.

Sharon Sabba Fierstein

President, Board of Directors

Rick Lewis

Chief Executive Officer



## MID-ISLAND Y JCC NEWS &amp; EVENTS

## Membership News

Joanne Ethe, Membership Director, x306 | [jethe@miyjcc.org](mailto:jethe@miyjcc.org)  
 Diana Kristall, Assistant Membership Director, x313 | [dkristall@miyjcc.org](mailto:dkristall@miyjcc.org)  
 Shari Behar, Membership Associate, x339 | [sbehar@miyjcc.org](mailto:sbehar@miyjcc.org)



Joanne Ethe  
Membership Director

## Our Extraordinary Lives

By Christine Reilly

The Mid-Island Y JCC represents so many different things to our members. Some utilize the Fitness Center or pool — others can be seen in our fitness studios taking group classes. Some families have children in our Early Childhood Center nursery school or after care programs — while others are in our Adler Center For Special Needs programs. Whatever you are involved in, we hope that we are making a difference in your life. Whether it's as simple as making friends, staying healthy and fit, or connecting to something deeper. If you have a story to share, stop by the membership office.

*Please take a minute to read Christine's story...*

Nine years ago (2009), my life was ordinary. Wonderful, yes, but so very ordinary.

My diagnosis of Multiple Sclerosis came with little warning and, just like that, I had to accept a fate that would turn my conventional life upside down! I had MS — I was OK, I would be OK. But, in fact, that was far from the reality I was facing.

In the moment of being told I had a chronic debilitating disease — I knew I had to fight. I decided to look past the limitations of MS and live an extraordinary life. But how would I accomplish that?...

*Enter the MIYJCC Aquatics Center MS Swim program.*

I remember being invited to “try” a class. I remember being self conscious and afraid of my ability to keep up. I remember parking in one of the many disability spots in front of the building and sitting for 10 minutes in my car. And I remember after a few deep breaths gaining the courage to enter the building.

I was greeted by the guard who welcomed me and gave instructions on how to gain access to the pool.

The members who smiled and put me at ease as I rolled past with my walker immediately extended me every kindness. The locker room was a buzz with activity as I quickly changed — trying not to look directly at anyone. It was then that this small, beautiful angel danced into my life. I mean truly danced into my world and changed it forever.

She stopped, greeted me with a warm embrace and introduced herself as Barbara the MS Swim instructor. She walked with me toward the pool — the whole time excited that I was there! She yelled to everyone who was already in the pool, “This is Chris and she is new” — and I received cheers from everyone ready to begin class.

By taking a chance and dipping my toe into the pool that day (and every day after), I have been transformed, pushed, encouraged, supported and challenged to move more, expect more and be more! Quite extraordinary!

This aquatics program offers me and other MS warriors a place to get strong (MS Strong). It is a safe place where we are accepted and where we can grow together in friendship and receive the loving support each of us needs to have extraordinary lives.

For more information about MS Swim, please contact Barbara Sachs-Traina, x317 or email [bsachs@miyjcc.org](mailto:bsachs@miyjcc.org).



*“By taking a chance and dipping my toe into the pool that day (and every day after), I have been transformed, pushed, encouraged, supported and challenged to move more, expect more, and be more!!”*

## Is There Snow Heading Our Way? Be Informed!

In the event of inclement weather, we may periodically have delayed openings, early closures, or remain closed for the day. Here is a list of the ways we will keep you updated during inclement weather:

• **Text Notifications:** To receive text messages, text “MidIslandYJCC” to 80123

• **Email Notifications** — “Y” Alerts: To sign up, please go to [www.miyjcc.org](http://www.miyjcc.org) and click on “Join Our Mailing List”.

• **A notice on our website:** [www.miyjcc.org](http://www.miyjcc.org) • **A recorded message on our phone system:** Call (516) 822-3535  
**News12.com & Fios websites**

## MID-ISLAND Y JCC NEWS &amp; EVENTS

## Development News

Michele Posner, Director of Development, x319 | [mposner@miyjcc.org](mailto:mposner@miyjcc.org)



## The MIYJCC Year-End Campaign

As we conclude this season of giving, the need for our members and community to support the MIYJCC is ongoing. It is important for you to know that program fees and membership do not cover what we need to operate, maintain and improve our building, and, at the same time, manage our high-quality programming. Additionally, many of the people we serve receive significant reductions in fees as their budgets are limited. We are proud to provide close to \$350,000 a year in scholarships and other financial assistance so that nobody in our community is turned away.

You are an important part of the Mid-Island Y JCC — a growing, vibrant community center, now serving close to 20,000 people a year. On behalf of the people that we serve, we appreciate your generosity and all that your donations have done to support our programs and services this past year. **Thank You!**



## The Pittsburgh Tree of Life Vigil and Fundraiser

**On Tuesday, October 30, 2018, we stood together as a community** — from the 3,000 strong who attended our vigil, to the hundreds who purchased apparel from our Stronger Than Hate store to benefit the victims of the Pittsburgh tragedy and their families.

If you joined us, thank you, and I hope it was a meaningful experience for you. Again, your generosity helps make these and other events possible year-round. We truly are the “Center of It All” and we couldn’t do it without *you*.

## 2018...Some Key Moments and Accomplishments

## FUNDRAISERS &amp; CAMPAIGNS



**Bowling Bash**  
Saturday, January 27



**Howie Levy 5K**  
Sunday, June 3



**Roth Family Multi-Purpose Room Re-Naming** — September



**Woodbury Ball For Autism**  
Thursday, April 19



**Golf Outing**  
Monday, June 11



**Casino Night**  
Saturday, November 3



**Ladies Night Out**  
Thursday, May 3



**Rudman Family Food Pantry Dedication** — June 20



**Giving Tuesday**  
Tuesday, November 27

If you are interested in hearing more about how you can make a difference at the MIYJCC and contribute to the many campaigns we offer, please call Michele Posner, Director of Development (516) 822-3535, x319.





**“CHANGING THE WORLD ONE DREAM AT A TIME”**  
Join us for our 4th Annual Packing Event on Mon., January 21.  
Go to [miyjcc.org/mlk](http://miyjcc.org/mlk) to register.

**FAMILY BINGO NIGHT**

**Sun., January 27, 5:00-7:00 pm**  
You must pre-register by Fri., January 25.

**For parents and children of all ages**  
A great night of Bingo Madness!  
Toys and prizes will be given out after every round.  
Families will enjoy **pizza, salad, and drinks.**

M: \$12 per person    NM: \$16 per person  
Extra cards: \$6 each

Price includes **dinner** and a **bingo card** for each game.  
Children 4 and under can enter and eat for **FREE.**

**For more information, please call Stephanie, x334.**



**MID-ISLAND Y JCC ANNUAL BLOOD DRIVE**  
**Donate blood and Save a Life!**

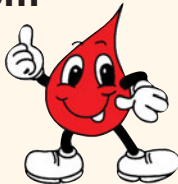
**Help us reach our goal!**

- To be eligible to give blood you must:**
- Be 17 to 76 years old
  - Weigh at least 110 lbs.
  - Be in good health
  - Bring valid identification

Drink plenty of fluids and eat well prior to your donation.

**Sunday, March 24**  
**9:00 am -2:30 pm**

For more information or to schedule your appointment, please call Stephanie, x361.



**Register online at: [miyjcc.org/bowling](http://miyjcc.org/bowling)**



**MAD SCIENCE WORKSHOP**  
**LIGHTS ON**

**For Ages 3-5**

Interactive and hands-on activities will assist preschoolers to understand light. Space is limited.



**Sunday, February 3**  
**10:00 am •**  
**M: \$20/child    NM: \$25/child**

**FAMILY Paint Night**



Family members can paint their own canvas or work on a large canvas in pairs! Led by one of our Art Specialists who will walk you through a scenery painting.

You can bring up to 5 family members. Must be 4 years or older to participate.

**Sunday, March 31**  
**6:30-7:30 pm**

**M: \$10 per family member**

**NM: \$15 per family member**

**Includes painting materials, healthy snacks, and beverages.**





Presenting the Mid-Island Y JCC Community

# PURIM CARNIVAL

SUNDAY  
March 17  
2019

1:00-4:00pm

**Bouncers • Prizes**  
**Game Booths • Water Rides**  
**Kiddie Carnival • Refreshments**

**Children:** \$8 in advance, \$10 at the door  
**Adults:** \$2 in advance, \$4 at the door

PLUS...  
**A Beary Awesome Purim Tale**  
**11:45-1:00 pm**

**An interactive show including an Arts & Crafts project.**

**Single Tickets** – M: \$11 NM: \$13  
**Family of 4** – M: \$38 NM: \$50 • **Family of 5** – M: \$44 NM: \$64  
*Prices include admission to the Purim Carnival!*

## Register for SUMMER CAMP 2019 at the Purim Carnival & **SAVE!**

One-day-only special rates\* at the Purim Carnival. Camp Discounts up to

# \$150

\*Where space is available, some exclusions apply. Camp discounts applicable for new and returning campers.  
Offers not valid towards previously purchased camp programs or Early Bird rates for summer 2019.

**To register for the Purim Carnival, call (516) 822-3535, x301.**



www.mijccsummercamp.org

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

### ACTIVITIES

- Music, Dance & Drama
- Playground
- Jewelry Making & Woodworking
- Theme Days
- Choice Programs
- Special Event Days
- Maccabi Games (Color War)
- Jewish Culture/Friday Shabbat
- Live Entertainers
- Day Trips
- Zip Line & Ropes Course
- Rock Wall & Bungee Trampoline
- Arts & Crafts

### Nature Hikes

- Tutoring
- Outdoor Cooking
- American Ninja Warrior Course
- Photography
- Late Nights & Overnights
- Camp Carnival
- Computers / Coding / STEM

### SWIMMING

- 4 Swimming Pools
- Diving Area & Water Slide
- Recreational Swim
- American Red Cross Swim Instruction

### SPORTS

- Gymnastics
- Baseball & Softball
- Tennis
- Gaga
- Basketball
- Flag Football
- Mini Golf & Archery
- Soccer & Lacrosse
- Batting Cages
- Floor Hockey
- Volleyball

AND SO MUCH MORE!

### COMING SOON

New Outdoor Heated Swim Complex • New Splash Pad • New Air Conditioned Facilities  
 Expanded Specialty Programming • And Many More Surprises In Store!



**Private Tours Available — Call To Schedule.**

**Mid-Island Early Childhood Camp**

45 Manetto Hill Road, Plainview  
 (516) 822-3535, x342 | rkatz@mijcc.org

**Mid-Island Day Camp**

Henry Kaufmann Campgrounds  
 (516) 822-3535, x334 | summercamp@mijcc.org



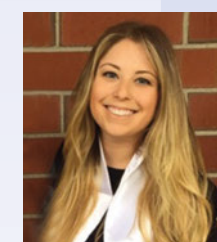
Josh Henkel  
Camp Director



Jodi Meehan  
Assistant  
Camp Director



Mary Madden  
Early Childhood  
Camp Director



Brittany Trebitz  
Camp Adler  
Director



MID-ISLAND Y JCC

## “Y” Volunteer?

Gail Warrack, Director of Volunteer Services | x347 | gwarrack@miycc.org  
Rhonda Green, Volunteer Coordinator | x346 | rgreen@miycc.org

*Life's most persistent and urgent question is “What are you doing for others?”*  
— Martin Luther King



Gail Warrack  
Director of Volunteer Services

### MLK Day of Service Event

#### Changing the World, One Dream at a Time

Through hands-on projects, volunteers will create packages that directly impact those struggling with food insecurity and poverty on Long Island. Generously funded by UJA Federation NY.

**Want to volunteer for this event? Sign up at [miycc.org/mlk](http://miycc.org/mlk).**

**Open to children, teenagers and adults of all ages.**  
**Monday, January 21 • 10:00 am-12:00 pm**



#### Project Replenish

Our 4th Annual Project Replenish surpassed our expectations by providing over 8,000 pounds of non-perishable food, toiletries, and cleaning supplies to help stock our pantry shelves.

We are grateful to all our donors and participating synagogues.



#### Together, We Can Make Every Moment A TIME FOR GOOD

In collaboration with UJA Federation New York we were able to provide complete Thanksgiving dinners to more than 1,000 people. Thank you to all who made generous donations.



Interested in volunteering? **Contact Gail Warrack:**  
**(516) 822-3535, x347** or email [gwarrack@miycc.org](mailto:gwarrack@miycc.org).



### Current Opportunities

#### Time For Lunch



Use your Cooking Skills for Good...Come join our program. Volunteers are needed to cook and serve a delicious, hot lunch to the clients in our Reflections Day Program for those with Alzheimer's and other related dementias. This is a wonderful opportunity to give of your time, talent and compassion.

**January 14, 28 | February 11, 25 | March 11, 25**  
Please contact Rhonda Green, “Y” Volunteer Coordinator, x346.



#### Shopping Bus Volunteers Needed

**Thursdays • 10:30 am-12:30 pm**

We are looking for volunteers to assist on our shopping bus. The bus picks up local seniors and drives them to Shoprite to do their weekly food shopping. Volunteers ride the bus and are needed to help load the groceries onto the bus and then assist with getting the bags to the front door of each client's home.

#### Volunteer Your Time

Assist seniors living in the Plainview-Old Bethpage community. Help in as little as 1-2 hours per week.

**VOLUNTEER DRIVERS** — Provide transportation for a senior living in the Plainview-Old Bethpage community to a local medical appointment or errand.

**VOLUNTEER SHOPPERS** — Shop and deliver items to a senior who will provide you with a list and money — or, assist seniors by riding along on our shopping bus.

**THE RUDMAN FAMILY FOOD PANTRY at the MIYJCC** — Organize a food drive to help support our Food Pantry. As winter is upon us, items such as coffee, tea, and soups will help us provide warmth to clients accessing the Food Pantry.



## MID-ISLAND Y JCC — CELEBRATING CHILDREN Early Childhood Center

Melanie Witkes, MEd, Director | x341 | mwitkes@miycc.org  
Mary Madden, Assistant Director | x305 | mmadden@miycc.org  
Jean Goldstein, Infant/Toddler Supervisor | x340 | jgoldstein@miycc.org  
Rebecca Katz, Family Engagement/Enrollment Coordinator | x342 | rkatz@miycc.org  
Marcy Rosenbaum, Office Coordinator | x360 | mrosenbaum@miycc.org  
Stacey Wallenstein, Parenting Center Coordinator | x357 | swallenstein@miycc.org



Melanie Witkes, MEd  
Early Childhood Center Director

### Winter/Spring Session Enrichment Programs

NOTE: Registration is ongoing. The Winter/Spring session begins on **Sunday, February 3, 2019** and runs through **Friday, June 7, 2019**. Go to [www.miycc.org/enrichment](http://www.miycc.org/enrichment) for details and click the “CLICK TO REGISTER” button.



### Early Childhood Programs 2019-2020

**Registration is open. 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 hands on learning, all while being aligned with the NYS Pre-Kindergarten Foundation for the Common Core.
- Jewish values and traditions are holistically interwoven into our program. Children are taught to be global citizens.
- Music, art, movement, physical education, and nature specialists, as well as weekly swim instruction.

#### Full- & Partial-Day Programs for Threes & Pre-K

Our school helps children grow and form their own identities, and invites them to explore their environment and enhance their physical and intellectual development.

**Pre-K: Must be 4 before 12/31/19**

**Threes: Must be 3 before 12/31/19**

Full-day 9:00 am-3:15 pm / Partial-day 9:00 am-1:00 pm

- Classes offered 5 days
- Weekly swim instruction for full-day classes
- Hebrew language instruction
- Healthy lunch and snack plan included

**Half-Day Twos: Must be 2 years old before 12/31/19**

- Socialization and educational beginnings
- Small class size
- Classes are offered 3 mornings per week
- Children need not be toilet trained

#### Infant through Twos Full-Day Programs

A full-day program where children explore their environment and develop individuality, independence, and skills based upon their emerging interests and capabilities.

**Twos: Must be 2 before 12/31/19**

- Small class size
- Designated toddler playground
- Healthy lunch and snack plan included

**Ones: Must be 1 before 12/31/19**

- Low child-to-staff ratio
- Stimulating, developmentally-appropriate activities
- Rooms reflective of developmental stages

**Infants: Must be 6 weeks old to begin**

- Low child-to-staff ratio
- Child Development Association (CDA) certified caregivers
- Open-door policy for nursing mothers

#### Wrap-Around Care - Before & After School

**Monday-Thursday • 6:30-9:00 am and/or 3:15-6:30 pm**

**Friday • 6:30-9:00 am and/or 3:15-5:30 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 & 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.

### Events



#### Mad Science Workshop – Lights On

Interactive and hands-on activities will assist preschoolers to understand light. Space is limited.

**Sun., February 3 • 10:00 am • Ages 3-5**  
**M: \$20/child NM: \$25/child**

#### Parents' Night Out at Casa De Spin

Enjoy a night out with other Early Childhood Center parents and make a spin art canvas using mega spin art machines and/or brush technique.

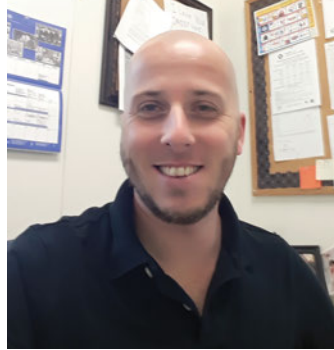
**Tues., February 5 • 7:30 pm • \$50**





## MID-ISLAND Y JCC Youth & Teen Center

Edward O'Connor, MEd, Assistant Director of Youth Programs | x324 | eoconnor@miyjcc.org  
Stephanie Ozner, MSW, Teen Program Supervisor | x361 | sozner@miyjcc.org  
Stephanie Rosenzweig, Administrative Assistant | x334 | srosenzweig@miyjcc.org



Edward O'Connor, MEd  
Assistant Director  
of Youth Programs

### SCHOOL'S CLOSED! Vacation Programs

Grades K-6 • 10:00 am-3:30 pm

MLK DAY .....Mon., 1/21

VACATION PROGRAM.....Tues., 2/5

PRESIDENT'S WEEK .....Mon., 2/18-2/22

#### Before & After Care

Grades K-6 — For All Holiday Programs

For all holiday programs, daycare must be prepaid and hours needed indicated on online registration form.

Monday-Friday • 6:30 am-6:30 pm

Additional fee: \$8.50/hour



### Weekends at the "Y"

Join us once a month for these exciting programs! Our trained staff will supervise your children while they enjoy sports, games, indoor GaGa, special activities, snacks, and drinks — and lots more!

**Saturday Night Out — Grades K-4 • Club Saturday Night — Grades 5-8**

1x/Month • 6:00-9:30 pm • Online registration only

January 5 | February 2 | March 16

Pre-registration: M: \$25 NM: \$35 (closes 5 pm the day prior) • At the Door: M: \$30 NM: \$40 (spots are limited)

### Family Time Events

Enables busy families to enjoy quality time together! Register Online: [www.miyjcc.org/youth-teen-center](http://www.miyjcc.org/youth-teen-center)



#### Family Bingo Night

For parents and children of all ages.

Toys and prizes given out after every round.

Sun., January 27, 5:00-7:00 pm Register by Fri., January 25.

M: \$12/pp NM: \$16/pp • Extra cards: \$6/pp

Includes dinner (pizza, salad, & drinks), and bingo cards!

FREE admission and dinner for children 4 and under.

For more information, please call Stephanie, x334.

#### Family Paint Night

Family members can paint their own canvas or work on a large canvas in pairs! Led by one of our Art Specialists who will walk you through a scenery painting.

You can bring up to 5 family members. Must be 4 years or older to participate.



Sunday, March 31 • 6:30-7:30 pm

M: \$10/family member NM: \$15/family member  
Includes painting materials, healthy snacks, and beverages.

#### Find it on [www.miyjcc.org](http://www.miyjcc.org)

For more information or to register for Youth & Teen programs, go to [www.miyjcc.org/youth-teen-center](http://www.miyjcc.org/youth-teen-center)



#### Find it on [www.miyjcc.org](http://www.miyjcc.org)

For more information and to register for Learning Center classes, go to [www.miyjcc.org/the-learning-center](http://www.miyjcc.org/the-learning-center)



#### Notes:

For Teen Support Groups — See p.19 in the Support Groups & Services section.

For Youth Sports Leagues and Private Instruction — See p.22 in the Fitness & Recreation section.

### TEEN PROGRAMMING

For more information about Community Service and Leadership programs, please contact:  
Stephanie Ozner, MSW, Teen Program Supervisor, x361 or email [sozner@miyjcc.org](mailto:sozner@miyjcc.org).

### What's Happening?

#### Babysitting & Beyond

Grades 7-10

Taught by a nanny with 10+ years experience. Learn techniques for interviewing/finding a job, handling discipline issues, creative playtime, potty-training, feeding, and basic meal-making! Includes full Red Cross Infant/Pediatric CPR and First Aid course. Upon completion be added to our babysitting referral list.

Must attend both courses, please pick one of each:

**Babysitting 101:** Sundays: 1/6 & 3/3 • 10:00 am-3:00 pm

**Red Cross Infant and Pediatric CPR/First Aid:** Sundays: 1/13 & 3/24 • 10:00 am-3:00 pm • M: \$115 NM: \$150

Includes Babysitting 101 handbook, Red Cross Deluxe takeaway kit and a bagel lunch.

### Purim Carnival Volunteers Needed!

Grades 5-12



Volunteer for a two hour shift at one of our biggest events! Help run a carnival game, arts and crafts project, walk around in a character costume, sell tickets, food, and more!

Sun., March 17 • Time slots available:

11:15 am-1:15 pm | 12:15-2:15 pm | 2:15-4:15 pm

### MLK Day of Service:

*Changing The World, One Dream at a Time*

Grades 9-12

Make the most of this year's Martin Luther King Day. Create packages that will directly support and impact those struggling with food insecurity and poverty on Long Island. In just 2 hours you can make life a little kinder.

Mon., January 21 • 10:00 am-12:30 pm



MID-ISLAND Y JCC

## The Learning Center

Stephanie Ozner, MSW, Teen Program Supervisor | x361 | [sozner@miyjcc.org](mailto:sozner@miyjcc.org)



Students in grades K-12 are welcome to join this program — customized to their needs and schedule — one-on-one instruction with certified teachers in all subjects. Prep subjects include all state exams such as Common Core and Regents tests. Special Education teachers with dual certifications are available.



#### Group & One-on-One Tutoring

Participate in one-on-one, customized academic tutoring services provided by Tutor Doctor at the MIYJCC.

Families may enroll in 12-hour blocks of tutoring: \$942

Is your child registered for Second Home Daycare?

Students simultaneously enrolled in tutoring and Second Home Daycare will receive a discount: \$840

### Subjects & Test Prep For All State Exams

Grades K-12

The Learning Center runs for the duration of the school year and enrollment is on a rolling basis.

Classes run 1 hour:

Sundays • 9:00 am-10:00 pm

Monday-Thursday • 2:00-10:00 pm

Fridays • 2:00-5:00 pm

### PSAT/SAT/ACT/AP PREP at the MIYJCC

Prep smarter and score higher with the world leader in test preparation, Kaplan Test Prep. SAT classes are given on weekdays and Sundays

For more information or to register, please contact Kaplan directly at 1-800-KAP-TEST.

### Regents/SAT II/AP Review Classes

Grades 8-12

Review classes in all subjects, taught by New York State Certified Teachers. Maximum 12 students per class. Intensive review of each subject's material and test-taking techniques. Every student receives a review book. Stay tuned for more details!

Visit our website in February for a full schedule!

#### REGENTS REVIEW CLASSES:

5 Sessions • 1x/week, 2 hrs • M: \$225 NM: \$295

#### SMALL GROUP REGENTS REVIEW CLASSES:

8 Sessions • 1x/week, 1½ hrs • M: \$270 NM: \$354

#### SAT II & AP REVIEW CLASSES:

5 Sessions • 1x/week, 2 hrs • M: \$375 NM: \$450

- Sign up for 2 classes, get the 3rd at 30% off! (Equal or lesser value, not applicable to siblings and/or friends, or One Day Regents Review Classes).
- If POB School District is closed we will still be holding classes.
- There are no make-ups or refunds allowed for missed classes.



MID-ISLAND Y JCC

## Adler Center For Special Needs



Sharon Hanover, MSW  
Adler Center Director

Sharon Hanover, MSW, Adler Center Director | x332 | shanover@miycc.org  
 Brittany Trebitz, MEd | Assistant Director X 356 | btrebitz@miycc.org  
 Danielle Jackowitz, MSW, Vocational & Adult Program Coordinator | x390 | djackowitz@miycc.org  
 Lauren Watling, Administrative Assistant | x303 | lwatling@miycc.org

The Adler Center provides comprehensive programs and services for children through adults with developmental disabilities including, but not limited to, Autism, ADHD, and Learning Disabilities. Participants practice their social skills with each other and/or typical peers through social skills groups, fitness activities, and vocational training.

The Adler Center For Special Needs is funded in part by UJA Federation New York, the J.E. & Z.B. Butler Foundation, Inc., North Shore Autism Circle, Special Needs Autism Program (SNAP), and Autism Speaks.

### Vacation Programs

#### OPWDD Vacation Respite Programs

**Ages 3-21**

The Mid-Island Y JCC has been awarded a grant from the Family Support Services Department of the New York State Office for People with Developmental Disabilities (OPWDD). The grant enables children who have been diagnosed with Autism Spectrum Disorders to participate in vacation respite at a subsidized rate.

Eligibility status and documentation is required.

A rotating schedule of activities includes: gym time, swim, sensory activities, arts and crafts, music, and more!

- Please bring a change of clothes, bathing suit, towel, and a kosher, peanut/tree nut-free, dairy lunch
- Low child-to-staff ratio
- Intake required
- Limited OPWDD spots available
- Additional spaces may be available for children without OPWDD eligibility

**Registration:** Mail-in only. Will be accepted from Thurs., January 3 to Thurs., January 10. One form is needed to apply for as many days as desired. Credit card payment and proof of OPWDD eligibility must be included.

Registration will be done by lottery. You will be notified by phone or email which dates are scheduled for your child.

**Winter/Spring Recess: 9:30-2:30 pm • Cost: \$25 per day**  
**Mon., February 18 | Tues., February 19 | Wed., February 20**  
**Thurs., February 21 | Fri., February 22**  
**Mon., April 22 | Tues., April 23 | Wed., April 24**  
**Thurs., April 25 | Fri., April 26**

Find it on [www.miycc.org](http://www.miycc.org)

For more details, descriptions and fees, go to:  
[www.miycc.org/adler-center-for-special-needs](http://www.miycc.org/adler-center-for-special-needs)



### Exceptional Swim Center

#### Adler Center Instructional Group Swim Classes

The program uses water education to help participants develop water safety and swimming skills as well as self-confidence and self-esteem. Exceptional Swim is customized for each participant's emotional and developmental disabilities. Limited spots available.

**Runs February-June • Cost: \$275**

**Saturdays:**

**9:00-9:30 am | 9:30-10:00 am**

**Sundays:**

**9:00-9:30 am | 9:30-10:00 am**

**Registration:** Mail in only, Fri., January 4 to Fri., January 11.



### Winter/Spring Programs

#### February-June - For Children & Teens Don't forget to sign up!

Sunday Funday • Fit n Fun • Be the Best Sport-Multi-sports  
 Saturday Night Fever • ALIVE Vocational Program  
 Teens Night Out • Sunday Explorers • Artistic Expressions  
 Pre-Teen/Teen Pals • Let's Get Physical  
 Saturday Night Bowling Club • Chopped • You Can Dance

### Adult Programming

#### February - June

**Don't forget to sign up!**

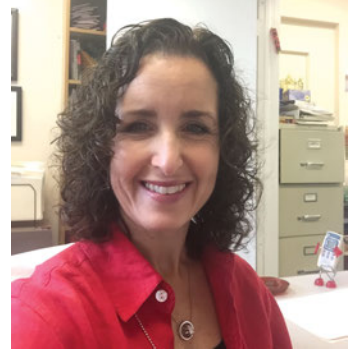
ALIVE Transitional/Vocational Internship • J.O.B.S.S.  
 MIY Cooks • MIY Eats • Saturday Adult Bowling Club  
 Sunday Adult Explorers • Fit-Tastic  
 Saturday Adult Night Out

For more information about Adler adult programs,  
 call Danielle, x390,  
 or email: [djackowitz@miycc.org](mailto:djackowitz@miycc.org).



MID-ISLAND Y JCC

## Adult Center



Sara Shapiro, LMSW  
Adult Center Director

Sara Shapiro, LMSW, Director | x335 | sshapiro@miycc.org  
 Alana Rosenstein, LMSW, POB Cares/Project PACE Director | x 385 | arosenstein@miycc.org  
 Meagan McBride, LMSW, POB Cares/Project PACE Social Worker | x383 | mmcbride@miycc.org  
 Shanee Kirschenbaum, LCSW, Partners in Caring Social Worker | x384 | skirschenbaum@miycc.org  
 Debra Hearst, Recreational Therapist | x359 | dhearst@miycc.org  
 Beverly Gilbert, Program Coordinator | x359 | bgilbert@miycc.org  
 Bonnie Millman, Administrative Assistant | x354 | bmillman@miycc.org  
 Ann Jaffe, RN, NNORC Nurse | x381 | ajaffe@northwell.edu  
 Janet Golon RN, NNORC Nurse | x381 | jgonon@northwell.edu  
 Aditi Champa, MSW | x345 | achampa@selfhelp.net  
 Judy Sobel, Cultural Arts Coordinator | x354 | jsobel@miycc.org

We invite you to stop by, participate, and make new friends. The Adult Center offers social, educational, cultural, and entertaining activities consisting of all programs listed below. Available Sunday through Friday.

### Arts & Culture — For All Ages

#### Watercolor Workshops

Learn varied techniques from our artists. Demos are critiqued and presented. Supply list sent upon confirmation.

**Classes are ongoing.**

**Registration required for all classes.**

For more information, call Beverly, x359



#### Intermediate Watercolor

**Instructor: Melanie Wolf**

**10 week session — Classes are ongoing. Call to register.**

**Tuesdays • 1:00 pm-3:00 pm • M: \$200 NM: \$270**

#### Advanced Watercolor

**Instructor: Janice Nesta**

**10 week session — Classes are ongoing. Call to register.**

**Wednesdays • 11:45 am-2:45 pm • M: \$210 NM: \$280**

**Instructor: Louise Fucci**

**10 week session — Classes are ongoing. Call to register.**

**Thursdays • 11:45 am-2:45 pm • M: \$210 NM: \$280**

#### Open Studio

The art room will be open for you to paint.

Registration required. Please call if interested.

**Mondays & Tuesdays • 10:00 am-2:00 pm**

**M: Free NM: \$5**

Find it on [www.miycc.org](http://www.miycc.org)

For more information about these programs  
 and to register, go to:

[www.miycc.org/adult-center](http://www.miycc.org/adult-center)



#### Poetry Reading Series

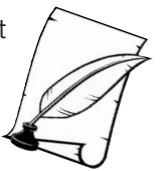
Directed by our resident poet and former Nassau County Poet Laureate Gayl Teller and funded in part by Poets and Writers, Inc.

**Sundays • 2:00-4:00 pm • \$3 Donation**

**January 13.....Jared Harel**

**February 10.....Anna Di Bella**

**March 17 .....Denis Gray**



### Games, Cards & So Much More!

#### Mah Jong: Beginner's Workshop

Learn to play the game. You will need to bring a current Mahjong card to the first class.

**M: \$135 NM: \$175 • 8 Sessions • Dates/Times: TBA**

**Classes forming. Pre-registration required.**



#### Canasta: Beginner's Workshop

Participants learn the rules, strategies, and scoring in a run, with hands-on play.

**M: \$135 NM: \$175 • 8 Sessions • Dates/Times: TBA**

**Classes forming. Pre-registration required.**



#### Game Open Play

Come and play Bridge, Canasta, Board Games, and more. Coffee and tea will be served.

Need a game partner? Call us for help finding a match.

**Thursdays • 10:30 am-2:30 pm • Ongoing**

**M: Free NM: \$5**

For more information or to register for these programs,  
 call Bonnie, x354.





# SEE... What's Happening!

SOCIAL, EDUCATIONAL & ENTERTAINING programs for adults who want to stay connected.

## MONDAY Activities

### Strength In Aging



Explore the various non-physical aspects associated with aging. Group members learn coping mechanisms while celebrating their strengths as older adults.

**Mondays • 10:00 am-11:00 am • Free**  
**January 14, 28 | February 11, 25 | March 11, 25**  
 For more information, call Shanee, x384

### Building Your Brain



Engaging and interactive brain games designed to increase memory, reasoning, creative thinking, and more. Have fun while stretching your mind.

Pre-registration is requested.

**Mondays • 10:00-11:15 am • \$5 per session**  
 To register, call Alana, x385

### Intergenerational Culinary Arts: Decorating Across the Decades!



Join POB Cares and students from Solomon Schechter Day School, as the Baking Coach teaches us to decorate cookies and cakes like the professionals! Space is extremely limited.

**Mondays • 11:00 am-12:00 pm • Free**  
**January 7 | February 4 | March 4 | April 1**  
**Shepherd Hill Apartments Community Room**  
**115 Central Park Road, Plainview**  
 To reserve your spot, call Bonnie, x354.

Program offered at no cost through the generous funding of the Jeannette Solomon Cultural Arts Fund of UJA Federation New York.



### Community Health Chats



With Ann Jaffe, RN

This special series features speakers from the medical community. Free blood pressure screening available.

**Mondays • 11:30 am-12:30 pm • Free**  
**January 28....."Gastrointestinal Wellness" with**  
**Dr. Leena Sayedy, MD, Gastroenterology**  
**February 25 ..... "Go RED" for Women's Heart Health with**  
**Dr. Penny Stern, MD, Northwell Health, Preventative Medicine**  
**March 25 ..... "Healthy Eating: Ask the Nutritionist"**  
**with Shari Hamburg, MS, RD, CDN, MIJCC**  
 For more information, please call Ann, x381.

## Lunch & Learn



Community Rabbis lead an interactive discussion on interesting and current topics.

Please bring your own lunch. Coffee and tea are served.

**Mondays • 12:30-1:30 pm • M: Free NM: \$5**  
**January 14.....Rabbi Joel Levenson, Midway Jewish Center**  
**January 28.....Rabbi Jack Dermer, Merrick Jewish Centre**  
**February 11.....Rabbi Jason Fruithandler, Woodbury**  
**Jewish Center**  
**February 25.....Rabbi Steven Conn, Plainview Jewish Center**  
**March 11.....Rabbi Deborah Bravo, Makom NY**  
**March 25.....Rabbi Ronald Androphy, East Meadow**  
**Jewish Center**

## Create Together



Join Project PACE, local Girl Scout troops, and art instructor Leslie Sattler for an afternoon of crafts and fun!

**Mondays • 3:30-5:00 pm • Free**  
**February 11 | March 11 | April 8**  
**Shepherd Hill Apartments Community Room**  
**115 Central Park Road, Plainview**

Program offered at no cost through the generous funding of the Jeannette Solomon Cultural Arts Fund of UJA Federation New York.

For more information and to register, call Bonnie x354

## TUESDAY Activities

### Veterans Discussion: Topics of Interest Past and Present



A bi-monthly discussion group for veterans featuring tips for keeping active and healthy, reminiscing about common experiences, current events, and other topics of interest.

**Tuesdays • 10:30 am-12:00 pm • Free**  
**January 15, 29 | February 5, 19 | March 5, 19**  
 For more information, call Shanee, x384

### Knitting Circle



Join us for enjoyable conversation as we knit. All skill levels.

**Tuesdays • 10:30 am-12:00 pm • Free**  
**January 15, 29 | February 12, 26 | March 12, 26**

### Current Events Discussion

Current issues discussed with audience participation and rotating discussion leaders. Group leaders include Bruce Einhorn (coordinator), David Halperin, Coleman Kushner, and Herb Rusinoff.

**Tuesdays • Ongoing • 10:30-11:30 am • Free**

## Social Circle Entertainment

Discussions and entertainment. Coffee and tea will be available.

**Tuesdays • 11:30 am-1:30 pm • M: Free NM: \$10**  
**January 8.....Albert Mulad**  
**January 15.....Tri-M**  
**January 22.....Blue Heron**  
**January 29.....Karen Bonkowski**  
**February 5.....Gregory Muldgana**  
**February 12.....Squeaky Clean**  
**February 19.....No Program**  
**February 26.....Paul Effman Trio**  
**March 5.....Joe Depialo**  
**March 12.....Ron Morton**  
**March 19.....John Walters**  
**March 26.....Paul Effman Trio**

## WEDNESDAY Activities



### SeniorNet: Introduction to the iPad

SeniorNet's mission is to provide adults ages 50+ education for computer technologies. This course will teach you everything you need to know about your iPad! Learn the basic iPad settings, organize e-mail and text messages, use the photo and camera apps, acquire e-books, access the internet, and find/install third-party apps. Bring your iPad to each session.

**March 13, 20, 27 | April 3, 10 • 9:30 am-12:00 pm**  
**M: \$80 NM: \$95**  
 Pre-registration required. To register, please call Shanee, x384.

### Social Circle Discussions

Join us for lively discussions on a variety of topics, past, present, and future. Reminisce and discuss current events.

**Wednesdays • 10:30-11:30 am • Ongoing • FREE**

### Social Circle Entertainment

Coffee and tea will be available.

**Wednesdays • 11:30 am-1:30 pm • M: Free NM: \$10**  
**January 2.....Blue Heron**  
**January 9.....Joe DePialo**  
**January 16.....Ron Morton**  
**January 23.....Paul Effman Trio**  
**January 30.....Everette Greenberg**  
**February 6.....Ramona Machson**  
**February 13.....Joey Nickels**  
**February 20.....No Program**  
**February 27.....Karen Bonkowski**  
**March 6.....Paul Effman Trio**  
**March 13.....Blue Heron**  
**March 20.....Karen Bonkowski**  
**March 27.....John Walters**

**NOTE:** Limited transportation available for members: \$8 round trip. Tues. & Wed.: Arrive by 10:30, depart at 1:30. Call Bonnie, x354 for availability.

## Social Seniors - Pizza Party At the Apartments



Enjoy pizza and live music at one of the local Town of Oyster Bay apartment complexes and the MIJCC.

**Wednesdays • 12:00-1:30 PM • FREE**

**January 9.....Shepherd Hill Apartments**  
 Community Room, 115 Central Park Road, Plainview  
**February 13.....Round Swamp Road Apartments**  
 Community Room - 108 Round Swamp Road, Old Bethpage  
**March 13.....Entertainment by Blue Heron at the MIJCC**



## Create Together



Join Project PACE, local Girl Scout troops, and art instructor Leslie Sattler for an afternoon of crafts and fun! Space is extremely limited.

**Wednesdays • 3:30-5:00 pm**  
**January 16 | February 27 | March 20**  
**Barnum Avenue Apartments Community Room**  
**80 Barnum Avenue, Plainview, NY**

Program offered at no cost through the generous funding of the Jeannette Solomon Cultural Arts Fund of UJA Federation New York.

For more information and to register, call Bonnie x354

## Conscious Aging Workshop

Cultivate wisdom, connect with others, and celebrate life in our Conscious Aging workshop facilitated by Francine James, MSW and Certified Conscious Aging Facilitator. Join us in this supportive and interactive group where participants will learn to recognize and honor their strengths, appreciate their self-worth, and develop the skills of self-compassion to cope more effectively with the stresses associated with aging.

**Wednesday, March 6 • 10:00-11:30 am • Free**

Loved the March 6th workshop?  
 Stay tuned for our 8-week Conscious Aging workshop, beginning in April!  
 To RSVP or for more information, call Shanee, x384

## Community Challah Bake

Join us for this very special event where you will learn how to make your own challah dough from scratch and how to shape it into braided loaves, round loaves, rolls and much more.

**Sunday, March 10 • 10:30 am-12:00 pm**  
**\$18 per person**  
 Pre-Registration required. Call Bonnie, x354





THURSDAY Activities

Jewish Author Series

Authors come to speak about their books and share their knowledge and expertise with us!



**Jewish Comedy (A Serious History), by Jeremy Dauber**  
*In a major work of scholarship, Jeremy Dauber traces the origins of Jewish comedy and its development from biblical times to the age of Twitter. He explores the ways Jewish comedy has dealt with persecution, assimilation, and diaspora through the ages. Readers will encounter comic masterpieces here that range from Talmudic rabbi jokes to medieval skits, Yiddish satires and Borscht Belt routines to scenes from Seinfeld and Broad City.*

*Jeremy Dauber is the Atran Professor of Yiddish Language, Literature and Culture at Columbia University, and author of several books on Jewish literature.*

**Thursday, January 24 • 10:30 am • \$5 fee**  
**At the Mid-Island Y JCC**

To RSVP or for more information, call Shanee, x384

**The Seven, A Family Holocaust Story, by Ellen Friedman**  
*Ellen Friedman always knew that she was born to Polish Jewish parents on the run from Hitler. The Seven—a name given to them by their fellow refugees—were Polish Jews from Warsaw, most of them related. This story provides a glimpse into the repercussions of the Holocaust in one extended family who survived because they were loyal to one another, lucky, and endlessly enterprising.*

*The daughter of Holocaust survivors, Ellen G. Friedman was born in Kyrgyzstan, a republic of the Soviet Union. She is professor of English and founding director of Holocaust and genocide studies at the college of New Jersey.*

**Thursday, March 28 • 10:30 am • Free**  
**Plainview Jewish Center • 95 Floral Drive W.**  
To RSVP or for more information, call Shanee, x384

**Mark your calendars for our upcoming author...**

**My Israel Trail: Finding Peace in the Promised Land,**  
by Aryeh Green

**Thursday, June 27 • 10:30 am**  
**Location TBA • \$5 fee**

For more information, call Shanee, x384

Cover To Cover Book Club Selections



Join a POB librarian for insightful discussion and socializing with other book lovers.

**Thursdays • 10:30-11:30 am • Free**  
**January 10 ....The Old Man and the Sea** by Ernest Hemingway  
**February 28...The Greater Journey** by David McCullough  
**POB Library**

For more information, call Alana x385

Loneliness Later in Life



Share feelings and learn skills to tolerate being alone, make new connections, and reduce feelings of loneliness in your day-to-day life.

**Thursdays • 11:00 am-12:00 pm • Free**  
**January 17 | March 21**

For more information call Alana, x385.

Community Health Chats



**With Janet Golon, RN**

This special series features speakers from the medical community. Free blood pressure screening will be available.

**Thursdays • 1:00-2:00 pm • POB Library • Free**  
**January 10 .....Acid Reflux and How It Affects Your Health: An Overview of Medical and Surgical Treatments,**  
presented by Dr. Jerzy Macura attending physician at Reflux Center at Plainview Hospital

**February 14 .....Stress Management** presented by Dr. Penny Stern from Northwell Health System

**March 14 .....Vaccinations, Preventing Infections and Protecting Your Immune System,** presented by Ed Poon, RPh at Northwell Health

For more information, call Janet, x381.

Sharing Your Memories Workshop



**Led by Marilyn Leibowitz**

Share the stories of your life with peers, and stimulate your memories for later discussion with your family.

**Thursdays • 3:30-4:30 pm • Free**  
**January 10, 24 | February 14, 28 | March 14, 28**  
For more information call Alana, x385.

Jewish Movie Nights



**Thursdays • 7:00-9:00 pm**  
**POB Library Auditorium • Free to the Community**  
**January 24: Vitch**

*A daughter tells the story of the controversial choices that her father, a Jewish artist from Poland, made in order to survive the Holocaust. Eddit Vitch was a talented caricature and mime artist. When Germany invaded France in 1940, the Nazi officers who saw him on stage sent him to perform in Germany for the Nazi elite. As his mysterious life is revealed, it becomes clear that what happened decades ago still affects his family today.*

**February 21: A Blind Hero - The Love of Otto Weidt**  
*A Blind Hero brings the story of Otto Weidt's daring and cunning rescue of his blind and deaf Jewish employees from being sent to concentration camps as well as his tragic love of Alice Licht, and his desperate journey to save her and her entire family from the gas chamber; all while he himself was almost completely blind. The film is a powerful docu-drama of a little known story of love, devotion, and selflessness.*



MID-ISLAND Y JCC ADULT CENTER

Support Services



Sara Shapiro, LMSW, Director | x335 | sshapiro@miycc.org  
Alana Rosenstein, LMSW, POB Cares/Project PACE Director | x385 | arosenstein@miycc.org  
Meagan McBride, LMSW, POB Cares/Project PACE Social Worker | x383 | mmcbride@miycc.org  
Shanee Kirschenbaum, LCSW, Partners in Caring Social Worker | x384 | skirschenbaum@miycc.org  
Debra Hearst, Recreational Therapist | x359 | dhearst@miycc.org  
Beverly Gilbert, Program Coordinator | x359 | bgilbert@miycc.org  
Bonnie Millman, Administrative Assistant | x354 | bmillman@miycc.org  
Ann Jaffe, RN, NNORC Nurse | x381 | ajaffe@northwell.edu  
Janet Golon RN, NNORC Nurse | x381 | jgonon@northwell.edu

All groups are confidential and facilitated by licensed social workers who are caring and experienced professionals. A brief intake is required prior to registering for a group.

Caregivers' Support Groups

**Are you caring for a loved one with health issues?**

Led by a licensed social worker, this group is for primary caregivers and others providing care to individuals with chronic health conditions. Participants are encouraged to share feelings and challenges, as they begin to realize they are not alone. Support, strategies, and unity are promoted and provide respite for caregivers.

**Fridays • 10:00 am-11:30 pm • FREE**  
For dates and more information, please call Bonnie, x354.

UnLonely Project: Caregivers Support Through Creative Expression and Mindfulness

We are partnering with The UnLonely Project to bring its innovative Creativity Circles program to caregivers! These group support activities includes creative expression, mindfulness, and the sharing of personal experiences and reflections. Participants learn tips to better manage caregiving-related challenges and reduce stress. No artistic ability necessary!

**Thursdays • 11:00 am-12:00 pm • Free**  
**Runs 6 Sessions • February 7, 14, 21, 28 | March 7, 14**  
For more information or to register, call Shanee, x384.

Parkinson's Wellness Sampler

Specifically designed for people living with Parkinson's disease, this social group focuses on physical fitness, medication management, physical therapy, and good nutrition. We aim to improve the overall well-being of our clients and help them manage symptoms of Parkinson's.

Led by licensed experts in the field, participants will be able to sample a different wellness experience each week.

**Wednesdays • Ongoing • Runs in 6 week sessions**  
**2:00-3:00 pm • M: \$60 NM: \$90**  
Pre-registration required. Please call Barbara, x317.

Bereavement: Loss of Spouse

Professionally led group designed specifically for those who have recently lost their spouse. Group examines common grief issues such as coping skills, loneliness, anger, "normal" grief, and lifestyle changes.

**Call for dates and times • Ongoing**  
**M: \$17 per session NM: \$20 per session**  
Pre-registration required, please call Bonnie, x354.

Beyond Bereavement: Moving On

Professionally led group for widows/widowers who have already been through an initial loss of spouse bereavement group, but are still looking for a supportive environment.

**Call for dates and times • Ongoing**  
**Fee: \$5 per Session**  
Registration is required. Please call Bonnie, x354.

COPE — Connecting Our Paths Eternally: Loss of a Child

A grief and healing organization offering support services dedicated to helping parents and families living with the loss of a child.

For information, please contact Lynda at (516) 832-2673 or Marilyn at (516) 578-0173.

Bereavement: Loss of a Parent

Professionally led group designed specifically for adult children who have recently lost a parent. Participants share their stories in a safe and supportive environment, process feelings about death and grief, and build coping skills needed to move forward in life.

**Runs in 10-week sessions throughout the year.**  
**New groups are being formed. Call for dates and times**  
**M: \$170 NM: \$200**  
Pre-registration required, please call Bonnie, x354.



Separation & Divorce

Professionally led group designed to connect those who are going through the struggles of coping with separation and divorce. Participants gain an understanding of relationships past and present; work through feelings of grief, loss, rejection, guilt, and regain a sense of their own identity. New groups are forming.

Runs in 10-week sessions throughout the year.  
Call for information • M: \$170 NM: \$200  
Registration required. Please call Bonnie, x354.

Substance Abuse Support

A closed, therapeutic group for individuals who are in the later stages of their recovery from substance and alcohol abuse. A Credentialed Alcoholism and Substance Abuse Counselor (CASAC) will facilitate the group and provide ongoing support leading a life of sobriety.

M: \$170 NM: \$200  
If interested, please call Bonnie, x354.

Infertility & Pregnancy Loss

Did you know that 1 in 8 couples experience some type of infertility or pregnancy loss? You are not alone!  
For more information, please contact: Shanee Kirschenbaum, LCSW, x384 or email skirschenbaum@miyjcc.org.  
Made possible through funding from UJA Federation NY.

Adoption Support Group

The Mid-Island Y JCC is proud to host meetings of Mommy's Angels adoption support group.  
Meets once monthly on a Saturday  
For more information, please contact Laura Ann: (631) 875-5049 or visit www.mommysangels.net.

Diabetes Awareness Lecture\*  
Diabetes and Good Nutrition

Tuesdays • March 12, 19, 26 • 7:00-8:00 pm  
M: \$30 NM: \$36

NOTE: For details, see Health & Wellness Center, p. 23.

Common Ground Alliance

A social membership club for traumatic brain injury/stroke survivors and their families. Activities include game nights, painting and acting classes, music, and discussion groups.  
Thursdays • 6:30-8:00 pm  
For more information, contact Dr. Deborah Benson, Director: (631) 699-5536.

NOTE: For details, see Health & Wellness Center, p. 23.

One-On-One Counseling

The MIYJCC offers short-term, one-on-one counseling with a licensed social worker.  
For more information, please call Sara, x335  
First Session: No charge • Additional Sessions: \$25/hr.

Support Groups For Teens



Growing Up With Divorced Parents

Are your children angry, hurt, and confused about your divorce? Children will learn to understand their feelings, express their emotions appropriately, feel better about themselves, and develop coping skills.  
Runs in 10-week sessions throughout the year.  
M: \$125 NM: \$150 • Each additional child is \$75  
If interested, please call Bonnie, x354.

Open Minded Unity — A Group For Teenagers

This support group is for adolescents interested in exploring diversity in all its forms: social, political, and cultural identification, religious practices, gender identity, and sexual orientation. This group is designed to help teenagers better understand their own identities in an informal, safe, and fun environment.  
If interested, please call Bonnie, x354.

Siblings of Children with Special Needs

Come meet others who, like you, have a sibling with a disability. We provide a safe space to share your feelings. Learn how to talk to your parents and your siblings, along with stress relief techniques and coping mechanisms. .  
Alternating Sundays • 12:00-1:00 pm  
M: \$100 NM: \$120 • Each additional child is \$75  
If interested, please call Bonnie, x354.

Reflections

Day Service Program for Individuals with Alzheimer's Disease and Related Dementias

A safe and enriching social day program overseen by a licensed clinical social worker. Activities provided by certified professionals, including a recreational therapist, fitness instructors, art and music therapists, and more.



A light breakfast and full lunch is served daily.

Monday- Friday  
10:00 am-2:00 pm  
Cost: \$50/day

May be eligible for LTC coverage. Fee adjustments available for those in need.

To learn more, contact Sara: (516) 822-3535, x335 or email sshapiro@miyjcc.org

Hatzilu Rescue Organization

Provides the Jewish elderly and poor with food, financial aid, social work intervention, assistance, and emotional support during times of distress. To access services or to volunteer, please call Sara at (516) 931-2884 or (516) 822-3535, x335.

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.



NOTE: For more information, please see "Y" Volunteer, p.9.



NNORC P.O.B. Cares & Project PACE

NEIGHBORHOOD NATURALLY OCCURRING RETIREMENT COMMUNITIES  
Helping Seniors In Our Communities. Non-sectarian programs of the Mid-Island Y JCC. Membership not required.

POB Cares (Plainview-Old Bethpage Cares) and Project PACE (Plainview Assisting Community Elders) offer FREE Programs and Services for Senior Residents of Plainview & Old Bethpage enabling participants to live independently in their own homes.



Programs & Services Include:

- In-home visits with a Northwell Health Registered Nurse
- In-home case management with a social worker
- Volunteer-based transportation to medical appointments and food shopping
- Minor home repairs
- Educational, social, and health programs
- Information and referrals

Monday-Friday • 8:30 am-5:00 pm

For more information, please contact: Alana Rosenstein, LMSW, Director, POB Cares & Project PACE (516) 822-3535, x385 • arosenstein@miyjcc.org

POB Cares & Project PACE are funded in part through the New York State Office for the Aging.



Alana Rosenstein, LMSW  
POB Cares & Project PACE Director

Transportation Program

POB Cares & Project PACE offer weekly bus transportation for seniors in Plainview and Old Bethpage for grocery shopping and errands. Space is limited and advance registration is required.

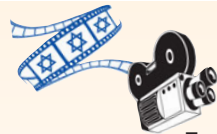






# MID-ISLAND Y JCC Jewish Life & Learning

Sara Shapiro, LMSW, Director | x335 | sshapiro@miyjcc.org



## Jewish Movie Nights

Thursdays • 7:00-9:00 pm  
Free to the Community • POB Library Auditorium

January 24: *Vitch*

February 21: *A Blind Hero - The Love of Otto Weidt*

Note: See p. 17 for details.

## Jewish Author Series

Jewish Comedy (A Serious History), by *Jeremy Dauber*  
Thursday, January 24 • 10:30 am • \$5 fee • MIYJCC

The Seven, A Family Holocaust Story, by *Ellen Friedman*  
Thursday, March 28 • 10:30 am  
Plainview Jewish Center • 95 Floral Drive W.

Note: See p. 17 for details.



## Lunch & Learn

Community Rabbis lead discussions on current topics.

Note: See p. 15 for details.

## Jewish Genealogy Society of Long Island

Bringing together people interested in pursuing their Jewish roots.

Sundays • 2:00-4:00 pm

January 27 | February 24 | March 31

For more information, email [info@jgsli.org](mailto:info@jgsli.org)



BRINGING RUSSIAN JEWISH EXPERIENCES  
TO LONG ISLAND

## Join Us!

BRIJE provides programs and events for adults, children, and families of Russian Jewish descent, centered around Shabbat, Jewish holidays, and trips. Help your family develop a deeper understanding of Jewish customs, traditions, and history while teaching your children to preserve their unique Russian Jewish identities!

For more information about BRIJE or to join our email list please contact Diana Zeltser:

[dzeltser@miyjcc.org](mailto:dzeltser@miyjcc.org)

BRIJE is supported by The Jewish Education Project, with generous funding from the Genesis Philanthropy Group



# MID-ISLAND Y JCC Fitness & Recreation Center

George Loft, Fitness & Recreation Director | x316 | [gloft@miyjcc.org](mailto:gloft@miyjcc.org)  
Barbara Sachs-Traina, Group Fitness Director | x317 | [bsachs@miyjcc.org](mailto:bsachs@miyjcc.org)  
Ricky Meschkow, Sports Leagues | x318 | [rmeschkow@miyjcc.org](mailto:rmeschkow@miyjcc.org)  
Dawn Solomon, Administrative Assistant | x308 | [dsolomon@miyjcc.org](mailto:dsolomon@miyjcc.org)



George Loft  
Fitness & Recreation Director

## 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.

	1 Hour Complete Workout	½ Hour Express Workout	1 Hour Buddy Sessions
1 Session	\$70	\$40	\$90
6 Sessions	\$390	\$210	\$510
12 Sessions	\$720	\$360	\$960

Youth Personal Training: 45 min. Sessions • 2 for \$89 • 4 for \$146 • 6 for \$209

## FlexFIT Group Fitness Classes

NOTES: FlexFIT Classes are FREE to members — Plus, FREE babysitting for members with children ages 5 months to 8 years. Call Barbara, x317.

### NEW! Power Core Yoga

A yoga class designed for those who want to strengthen and increase their core power with advanced positions and moves.

Begins Wed., January 2 • 11:25-11:55 am

M: FREE NM: \$12

Tuesdays • Starting January 8  
9:15-10:00 am • Runs 17 weeks • M \$187 NM \$306  
8:00-9:00 pm • Runs 17 weeks • M \$187 NM \$306

## Specialty Classes

### Aqua Aerobics

A low impact group fitness alternative that helps you gain muscle strength, as well as, cardio fitness. Classes held in the shallow end of the pool.

Tuesdays AM • Begins January 8 • 9:15-10:00 am  
Runs 17 weeks • M: \$187 NM: \$306

Tuesdays PM • Begins January 8 • 8:00-9:00 pm  
For prices and schedule, call x308.

Thursdays AM • Begins January 10 • 9:15-10:00 am  
Runs 16 weeks • M: \$176 NM: \$288



## Sports Clinics & Leagues



### Basketball Leagues

Winter Registration Now Open!

Grades K-2: Clinics/Training

Grades 3-12: Games + Playoffs/Practices

For pricing and registration, go to:

[www.SpartansBasketballLeague.com](http://www.SpartansBasketballLeague.com)

or call: (631) 770-3600

Members receive a \$50 discount! Use code: MIYJCC



### Private Soccer & Basketball Instruction

For All Ages

A 45-minute, one-on-one private or semi-private lesson with Ricky Meschkow, former college soccer player, current Plainview School District Coach.

Private Session	Semi-Private (2 people)
1 Session M: \$50 .....NM: \$65	M: \$80.....NM: \$100
3 Sessions M: \$120 ...NM: \$165	M: \$210 ...NM: \$270
6 Sessions M: \$220 ...NM: \$300	M: \$384 ...NM: \$486

### Pickleball Spring Sessions – Starts in April

For Ages 18 & Over

Come in from the cold and play on our indoor courts.

Pickleball is a combination of ping pong, badminton, and tennis and played as a slow or fast-paced competitive game. Organized play using 3 lined courts. For information call x317.

### Advanced Beginners/Intermediate

Mondays: 9:00-10:30 am / 10:45-12:15 pm / 12:30-2:00 pm  
Tuesdays: 8:30 pm-10:00 pm

### Beginner/Advanced Beginners

Fridays: 9:00-10:30 am / 10:45 am-12:15 pm / 12:30-2:00 pm  
Tuesdays: 7:00-8:30 pm

### Advanced Skills Developmental Clinic

Improve your skills with 4 drill sessions each week. Learn to drop, transition to the kitchen, volley, serve, return, and dink.

Mondays • 4 sessions: January 14, 21, 28 | February 4  
7:00-8:30 pm  
M: \$60 NM: \$80 • Pre-registration by Fri., January 11



## Israeli Cultural Connection (ICC)

Yael Katz, x349 | [ykatz@miyjcc.org](mailto:ykatz@miyjcc.org) Programs conducted in Hebrew

### "הקשר הישראלי"

"הקשר הישראלי" של הגי סי סי מהווה בית לקהילה הישראלית המתגוררת בלונג איילנד, ומשרת כבית שני ליהודים החיים כאן והמעוניינים להישאר מחוברים למורשת ולתרבות הישראלית. באמצעות אירועים תרבותיים חברתיים ישראלים אוטנטים, מציע הגי סי סי לקהילה הישראלית ולקהילה היהודית אמריקאית את האפשרות להעמיק ולחזק את הקשר לישראל ואת הקשר בין שתי הקהילות. מטרתו של "הקשר הישראלי" לבנות קהילה ישראלית מגובשת החולקת אהבה קשר ומחויבות למדינת ישראל.

כל התוכניות והאירועים פתוחים לקהל ומתנהלים בעברית (אלה אם כן צויין אחרת).

### Israeli Cultural Connection (ICC)

At the Mid-Island Y JCC — a hub for the Israeli community on Long Island serving as a home away from home, where one can connect, or stay connected, to their Israeli identity and heritage, celebrate Israeli culture, and explore what it means to be an Israeli living outside of Israel. The goal of the ICC is to strengthen the bonds between Israelis and Americans in the community who share a love for Israel through Israeli arts, music, and cultural events

All programs are open to the community.

### "מחנה ביחד"

מחנה "ביחד" הינה תוכנית קיץ יהודית בסגנון ישראלי שמטרתה לחזק ולפתח את השפה העברית והזהות הישראלית יהודית וזאת במהלך פעילות קיץ מהנה. במחנה "ביחד" תתנהל הפעילות בשפה העברית ותעודד את המשתתפים לדבר בעברית.

### Israeli/American Camp: Camp B'Yachad

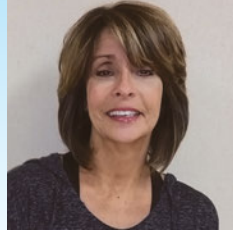
A unique summer experience that strengthens Hebrew language skills and combines Israeli culture with Jewish identity. Children feel comfortable learning and expressing themselves in Hebrew while taking part in a fun, summer camp experience in a safe, fun-filled environment.





# MID-ISLAND Y JCC LiveFIT Health & Wellness Center

Barbara Sachs-Traina, Health & Wellness Director | x317 | bsachs@miycc.org



Barbara Sachs-Traina  
Health & Wellness Director

The LiveFIT Health & Wellness Center offers mind and body wellness services. It's where exercise and mental health professionals, as well as life coaches and nutritionists, fully integrate all states of physical, mental, and spiritual well-being, enhancing quality of life.

## Lecture Series

Advance registration required. For more information or to register, call Barbara, x317

### What Did You Say?

Jill Diamond, AuD and Randi Lieberman, HIS, will speak about hearing loss and cognitive function. What you really need to know to keep your ears and your brain healthy.

**Tues., January 15 • 7:00-8:00 pm**

### The Heart of the Matter

February is Women's Heart Month. Learn about keeping yours healthy and know the symptoms connected with female heart disease. Sponsored by the American Heart Association.

**Tues., February 5 • 7:00-8:00 pm**

## Wellness Classes

### Parkinson's

#### NEW — Drums 4 Parkinsons

Led by Ian Feurtado, a licensed Physical Therapist specializing in Parkinson's disease, this class will be using stability balls and sticks to rhythmically drum to music. A fun way to increase muscle strength and balance

**Wednesdays • Begins January 16 • 1:00- 1:45 pm**  
**Runs 6 weeks • M: \$60 NM: \$90**

For questions or to register, call Barbara, x317

### Multiple Sclerosis

#### MS Aquatics

A low-impact water exercise class that promotes balance and circulation.

**Monday/Wednesday • 10:00 am-1:00 pm**  
**Registration through the MS Society: (631) 864-8337**

### MS Spin

A spin experience to help people living with MS with balance, fatigue, and muscle strength.

**Begins Friday, January 4 • Runs 6 Weeks**  
**10:00-11:00 am • Fee: \$30**

## Wellness Classes Cont'd

### Traumatic Brain Injury & Stroke

#### Common Ground Alliance

This group provides a social component to people living with strokes and traumatic brain injuries. (See p. 19)

**Meetings are held Thursdays • 6:30-8:00 pm**  
**Common Ground Alliance Members: Free**

### Diabetes Awareness Lecture\*

#### Diabetes and Good Nutrition

A hands-on three-day forum to promote healthy eating for people living with diabetes.

Led by Katherine Espinoza, MS, RD/ACE Health Coach, this program will include nutritional information, a trip to Shoprite, and will culminate in a healthy snack recipe and demo.

**Tuesdays • March 12, 19, 26 • 7:00-8:00 pm**  
**M: \$30 NM: \$36**

### Alzheimer's & Dementia

#### Alzheimer's Exercise Program

A low-intensity cardio workout helps maintain motor skills, decrease falls, and stimulate memory.

**Monday-Friday • 12:00-12:30 pm • 10 Visits**  
**M: \$40 NM: \$80**

## BREATHE

### "Keeping Fit on Your Journey to Fertility"

Facilitated by Kristina Boccio-Taylor, LMT, TDA Doula, Nutritionist, Yoga Certified. Learn strategies to reduce stress and techniques to support your journey with yoga posture, massage, essential oils, and more.

This class is designed to keep you strong, healthy and de-stressed as you head towards your goal of fertility.

**Begins Sunday, February 10 • 5:15-6:15 pm**  
**Runs 6 weeks • M: Free NM: \$60**

Find it on [www.miycc.org](http://www.miycc.org)

For more information about these programs, go to: [www.miycc.org/wellness](http://www.miycc.org/wellness)



# MID-ISLAND Y JCC Aquatics Center

Deidra Clark-Towers, Aquatics Director, x330 | dclark-towers@miycc.org  
Rachel De Santis, Assistant Aquatics Director, x350 | rdesantis@miycc.org  
Dawn Solomon, Administrative Assistant, x308 | dsolomon@miycc.org



Deidra Clark-Towers  
Aquatics Director



## Private & Semi-Private Swim Lessons

**Swim lessons for all ages — from 6 months old to adults.**

Our instructors will work with you or your child to create an individualized program that meets your specific needs. To schedule, please call Deidra Clark-Towers, 330.

## Children & Teen Group Classes

### Ages 6 Months-18 Years Old

Modeled after the American Red Cross Learn-To-Swim program and taught by certified American Red Cross water safety instructors. Programs are designed to develop each swimmers' skill set, emphasizing water safety, and overall aquatic comfort level. Children can start as early as six months of age with AquaBabies. Check website for schedules and fees.

## Certification Classes

Lifeguard Training, Lifeguard Training Review, CPR for the Professional Rescuer, Water Safety Instructor, and Lifeguard Instructor classes are regularly scheduled.

Check the website for schedules and fees.



## Winter 2018-19 Class Dates

Winter session began in December. Prices will be prorated.

<b>Sun.</b>	Jan. 6, 13, 27	Feb. 3, 10	Mar. 3, 17, 24, 31
<b>Mon.</b>	Jan. 7, 14, 28	Feb. 4, 11, 25	Mar. 4, 18, 25
<b>Tues.</b>	Jan. 8, 15, 22, 29	Feb. 5, 12, 26	Mar. 5, 19, 26
<b>Wed.</b>	Jan. 2, 9, 16, 23, 30	Feb. 6, 13, 27	Mar. 6, 20, 27
<b>Thur.</b>	Jan. 10, 17, 24, 31	Feb. 7, 14, 28	Mar. 7, 21, 28
<b>Fri.</b>	Jan. 4, 11, 18, 25	Feb. 1, 8, 15	Mar. 1, 8, 22, 29
<b>Sat.</b>	Jan. 5, 12, 26	Feb. 2, 9	Mar. 2, 9, 23, 30

## Pool Hours

### Open Swim, Family Swim, Lap Swim:

Sunday.....7:00 am-9:30 pm  
Monday-Thursday.....5:30 am-10:30 pm  
Friday.....5:30 am-5:30 pm  
Saturday.....7:00 am-5:30 pm

Pool closed for swim team practice 5:30-7:00 pm, Sun.-Thurs.

Find it on [www.miycc.org](http://www.miycc.org)

For a complete list of classes, schedules, fees, and the Week At-A-Glance, go to:  
[www.miycc.org/aquatics-center](http://www.miycc.org/aquatics-center)



## Dolphin Swim Team

**Winner of the 2014, 2015, 2016, 2017 and 2018**

**Metro JCC Swimming Championships!**



**Seeking New Members**  
**For the 2018-19 Swim Season**  
**Ages 5-17**

If you're a swimmer looking for that competitive edge in a fun and exciting environment, the **Dolphin Swim Team** is for you! Coaches work on stroke development, technique, and endurance throughout the season.

If you are interested in scheduling a try out please contact  
**Deidra Clark-Towers, x330.**

## Specialty Swim Classes

**Exceptional Swim.....**See page 13  
**Adler Center For Special Needs**

**Aqua Aerobics.....**See page 22  
**Fitness & Recreation Center**

**MS Aquatics.....**See page 23  
**Health & Wellness Center**

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For more information, please call **x312**  
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#### MIYJCC New Building Hours

**Sunday:** 7:00 am-10:00 pm\*  
**Monday-Thursday:** 5:30 am-11:00 pm\*  
**Friday:** 5:30 am-6:00 pm\*  
**Saturday:** 7:00 am-6:00 pm\*

#### Front Office Hours

**Sunday:** 9:00 am-9:00 pm  
**Monday-Thursday:** 9:00 am-9:30 pm  
**Friday:** 9:00 am-5:00 pm  
**Saturday:** Closed

**New for 2019 — Now open Monday-Friday at 5:30 am**

\*Fitness Center & Pool close 1/2 hour earlier

#### Friday Night Candle Lighting

JANUARY	FEBRUARY	MARCH
1/4 ..... 4:23 pm	2/1 ..... 5:33 pm	3/1 ..... 5:29 pm
1/11 ..... 4:30 pm	2/8 ..... 5:04 pm	3/8 ..... 5:37 pm
1/18 ..... 4:38 pm	2/15 ..... 5:12 pm	3/15 ..... 6:44 pm
1/25 ..... 4:47 pm	2/22 ..... 5:21 pm	3/22 ..... 6:52 pm
		3/29 ..... 6:59 pm

