

# Mid-Island Y JCC CHAILIGHTS

JANUARY-MARCH 2018 • TEVET-NISAN 5778

Thank You To All Our



VOLUNTEERS!



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

MID ISLAND  
YJCC  
The Center of it ALL

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MID-ISLAND Y JCC CHAILIGHTS

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Here's What's Happening...

### AGENCY CLOSURES

**Monday, January 1 — Closed**

**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 15**.....MLK Day of Service

**Saturday, January 27** ....Bowling Bash

**Sunday, January 28** .....Family BINGO Night

**Sunday, March 4** .....Purim Carnival

**Sunday, March 25** .....Blood Drive



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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 end-of-year fundraising efforts and have chosen to place your philanthropic dollars with the Mid-Island Y JCC.

Throughout 2017, we have grown and enhanced our programs and services from our Summer Camp with more than 900 children to our “Y” Volunteers program full of dedicated community residents who have tirelessly provided hours to support all of our programs.

As part of our Capital efforts, we will be updating our fleet of buses to include a handicapped accessible school bus which will provide transportation for children and adults, as well as four new school buses to aide in the transportation of children to and from our area public and Hebrew schools.

Even with growth and capital improvements, we are a long way from where we need to be. We encourage you to attend our many upcoming fundraising events outlined in this issue of Chailights, the first being our Bowling Bash benefiting the Adler Center’s social and vocational programs, on Saturday, January 27, 2018.

Although our end-of-year fundraising has concluded, we hope that you will continue to support our Agency by contributing to our Capital Campaign, consider a Legacy Gift, or purchase a brick to be featured on our brick campaign Walk of Honor. As an Agency, we are devoted to our community and feel honored that we are able to give so much to so many. We want to take this opportunity to thank all of you, our members, volunteers, donors, staff, and our hard working Board of Directors for your dedication to the Mid-Island Y JCC. All of us working together will ensure we will be able to continue to meet the needs of our community in 2018.

Thank you.

*Sharon Sabba Fierstein*

Sharon Sabba Fierstein  
President, Board of Directors

*Rick Lewis*

Rick Lewis  
Chief Executive Officer



## MID-ISLAND Y JCC NEWS & EVENTS

# Membership News

Joanne Ethe, Membership Director, x306 | jethe@miyjcc.org



Joanne Ethe  
Membership Director

### I Have My Own Personal Cheering Section! A Member Shares Her Inspirational Story

Interview and Article by Joanne Ethe

Allison is a 27 year old dancer and actress with a beautiful smile and spirit that radiates an immediate warmth that you feel the minute you meet her. Allison was diagnosed with Multiple Sclerosis several years ago. She sees physical therapists, but was needing more to build her strength and muscles. Through the MS Society, they recommended that she attend the Mid-Island Y JCC MS swim class that we offer two days a week.

For MS patients, the water allows them to do things that they cannot otherwise do on land. “The water gives me a sense of freedom. I can walk when I’m in the water – on land, my legs lock” explained Allison. “The water exercise is so beneficial, as it builds the muscles which allows me to do better with adjunct therapies that I do outside the pool. “

The physical gains and benefits of aqua therapy are huge but what is equally valuable are the “amazing friends and support that I’ve gotten from the others in the class and the JCC staff. From the minute I come in the doors of the JCC, I am greeted immediately by name by Jose, the security guard and I feel a part of this great community. Barbara Sachs Traina on the JCC staff is like my second mom”.

When Allison came to the first class, she was hesitant, but the others in the class immediately welcomed her and in the past year, they have become friends and an amazing support system for each other. This is a remarkable group of people, each with different challenges and degrees of illness. “We share this strong bond of support, share information and have formed friendships that are invaluable. I have made tremendous improvements over the last several months and I feel like I have my own personal cheering section as the group literally applauds my progress!”

*“I have made tremendous improvements over the last several months and I feel like I have my own personal cheering section as the group literally applauds my progress!”*



Several months ago, a private donor identified by the JCC recently gifted Allison with a brand new “state of the art” walker, which was something she desperately needed.

The group recently attended a play that Allison was performing in on a Saturday night. They also attended a comedy night together, when another member of the group was performing.

We thank Allison for sharing her story and to the MS swim class for personifying the meaning of what our organization is all about!

The Mid-Island Y JCC...here for your mind, body and spirit!

### Important Weather Announcement

Stay informed with all the important updates and any weather closures at the Mid-Island Y JCC. Be in the know...for text messages, .text “MIDISLANDYJCC” TO 80123. To opt out, please text “STOP ALL” to 80123. If you want to be informed via email, please go on our website at [www.miyjcc.org](http://www.miyjcc.org) and click on “Join Our Mailing List”. Additionally, we always have a recorded message on our phone system as well as updates on our website.

## MID-ISLAND Y JCC NEWS & EVENTS

# Development News

Michele Posner, Director of Development, x319 | mposner@miyjcc.org



### Casino Night

On Saturday, November 4, 2017, the Joshua A. Sason Gymnasium, was once again transformed into a Casino Night where guests enjoyed a night of food, friends, fun and gambling for prizes to support the MIYJCC’s Early Childhood Center and Youth and Teen Programs. All funds raised from the evening will be put toward the purchase of Imagination Playground – innovative life-size building blocks designed by the renowned architect David Rockwell that encourages learning, social development, movement, creativity, and above all fun.



Thank you to all of our Casino Night sponsors.

- High Roller —      — Spades Sponsors —
- UJA Federation NY      The Adler Family • Datavail
- Clubs Sponsors —
- BDO USA • The Blumkin Family • The Bravin Family
- Dr. Jennifer Rubin Frisch, DDS • Gutterman’s Inc.
- Islandwide Dermatology • M&T Bank
- Minuteman Press Bellerose • Northwell Health-GoHealth
- Urgent Care • Russian School of Mathematics
- Gaming Table Sponsors —
- Efficient Mechanical • Ariann & Rick Lewis
- Chocolate Works Plainview • Andrew Paskal
- Plainview Auto Care • The Ruina Family, In Honor of The Michael Ruina Technology Fund
- Table Sponsors —
- Conti Auto Body • My Pilates Studio
- The Schwartzberg Family
- Event Partners —
- Boom Cups • Cosmopolitan Caterers of Melville
- Dynamic Games • Echo Events

### #GIVINGTUESDAY™

On November 28, 2017, the MIYJCC lobby was filled with music and fun as people came together to donate many items to our agency. On this global day of giving back, JCC members brought in toys for our Chesed Toy Drive, as well as monetary donations for our special coin collection. Young and old were seen placing donations in our collection vases and in return we gave out hundreds of chocolate kisses. We thank those of you who donated!



We also want to thank the many children who stopped to speak to us about the idea of giving and why it was important for them to bring in their coins on that day. One child said “I love this place so I wanted to give back!”

### Planned Giving Opportunities

Legacy Giving — Why Leave a Legacy to Us?

Building a Jewish legacy is about a desire to make an impact on the world. The JCC represents people of all ages and stages within the lifecycle of our community. It is through our programs, services, outreach, and education that we continue to be the heart and soul of our Jewish community. Your donations support the values and causes that the JCC represents. They create a lasting tribute to honor family, friends and loved ones.

#### Legacy Options

Everyone has a unique family and financial situation. Your legacy gift can be designed to match your personal circumstances. Some options include:

- A simple bequest in a will or trust
- An outright gift, using appreciated assets or cash
- A life insurance policy
- A retirement or pension plan
- A charitable income plan and charitable remainder trust

### Special Events — Next Up...

**BOWLING BASH – [miyjcc.org/bowling-event](http://miyjcc.org/bowling-event)**

**Saturday, January 27, 2018 • 8:00-11:00 pm**

Mark your calendar and join the fun for a great cause!  
*Benefitting the Adler Center social and vocational programs.*

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.





UJA-FEDERATION OF NEW YORK  
**MLK DAY OF SERVICE JANUARY 15, 2018**  
10:00 am-12:30 pm • Sign up at [www.TimeForGood.org](http://www.TimeForGood.org)

**FAMILY BINGO NIGHT**

**Sun., January 28, 5:00-7:00 pm**  
You must pre-register by Fri., January 26.

**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 per person

Price includes **dinner and bingo cards** for each person. Children 4 and under can enter and eat for FREE.

Extra cards will be available for purchase.

**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!**

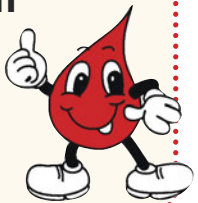
To be eligible to give blood you must:

- 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 25**  
**9:00 am -2:30 pm**

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



**STRIKE UP SOME FUN AT THE**  
**MIYJCC Bowling Bash**

**Saturday, January 27, 2018 • 8:00-11:00 PM**

AMF Syosset Lanes  
111 Eileen Way, Syosset

Benefitting the Adler Center's social and vocational programs.

Register at: [miyjcc.org/bowling-event](http://miyjcc.org/bowling-event)



**Rockin' with  
Darlene Graham  
& Friends**

Enjoy rock, Celtic and pop music. Sing and move to Darlene's original and traditional songs with a variety of musical instruments.

**Sun., April 29 • 10:00 am**

Doors open at 9:45 am

M: \$8/pp - \$30/family (up to 5)

NM: \$12/pp - \$40/family (up to 5)

Tickets required —  
please call Marcy, x360.



Presenting the Mid-Island Y JCC Community

# PURIM CARNIVAL

Sunday  
March 4  
2018

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...

Character Brunch • 12:00-1:00 pm

Super Heroes, Princesses & more!

**Children 2 years & older:** \$18\* **Adults:** \$10\*

*\*Price includes admission to the Purim Carnival!*

**Registration required. Please call (516) 822-3535, x342**





Register for SUMMER CAMP 2018  
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 2017.

To register online go to [www.miyjcc.org](http://www.miyjcc.org) or call (516) 822-3535.



TIME  
TO  
REGISTER!



## SUMMER CAMP 2018



Josh Henkel  
Camp Director

(516) 822-3535 — In-Building Camp, x342 • Off-Site Camp, x334

Day Camps • Preschool Camps • Travel Camps • Sports Camps  
 Theater Camps • Special Needs Camps • Hearing Impairment Camp  
 Hebrew Language Camp • Sleep-Away & Combo Camp

Private Tours Available — Call To Schedule.

### ACTIVITIES

- Music
- Dance
- Playground
- Jewelry Making
- Woodworking
- Theme Days
- Choice Programs
- Special Event Days
- Rock Wall
- Maccabi Games (Color War)
- Jewish Culture/Friday Shabbat
- Camp Play
- Live Entertainers
- Day Trips
- Zip Line
- Low Ropes Course
- Bungee Trampoline
- Arts & Crafts
- Nature Hikes
- Tutoring
- Drama
- Outdoor Cooking
- American Ninja Warrior Course
- Eco-friendly Programs
- Photography
- Late Nights & Overnights
- Camp Carnival
- Computers/Coding
- S.T.E.M.

### SWIMMING

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

### SPORTS

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

AND SO MUCH MORE!



[www.miyjccsummercamp.org](http://www.miyjccsummercamp.org)



MID-ISLAND Y JCC

# “Y” Volunteer?

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

### Making Life Kinder

Through hands-on projects, volunteers will create packages that directly support and impact those struggling with food insecurity and poverty on Long Island.

Want to volunteer for this event? Sign up on [TimeForGood.org](http://TimeForGood.org).

Open to children, teenagers and adults of all ages.  
Monday, January 15 • 10:00 am-12:30 pm



### Project Replenish

Our 3rd Annual Project Replenish surpassed our expectations by providing over 5,000 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@miyjcc.org](mailto:gwarrack@miyjcc.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 10, 24 | February 5, 28 | March 5, 19  
Please contact Rhonda Green, "Y" Volunteer Coordinator, x346.



### Do You Have Musical Talent?

Volunteer musicians are needed to perform for clients in our Reflections Day Program.

Share your love of music and see the powerful way it engages people living with cognitive impairment. Your talent will bring smiles and joy to our clients by using music to improve their emotional and mental well-being!

### 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 JEWISH COMMUNAL 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@miyjcc.org  
Mary Madden, Assistant Director | x305 | mmadden@miyjcc.org  
Jean Goldstein, Infant/Toddler Supervisor | x340 | jgoldstein@miyjcc.org  
Rebecca Katz, Family Engagement/Enrollment Coordinator | x342 | rkatz@miyjcc.org  
Marcy Rosenbaum, Administrative Assistant | x360 | mrosenbaum@miyjcc.org  
Stacey Wallenstein, Parenting Center Coordinator | x357 | swallenstein@miyjcc.org



Melanie Witkes, MEd  
Early Childhood Center Director

## Winter Session Enrichment Programs

NOTE: Registration is ongoing. Spring session begins on **Sunday, March 11, 2018** and runs through **Sunday, June 10, 2018**. Go to [www.miyjcc.org/enrichment](http://www.miyjcc.org/enrichment) for details and click the "CLICK TO REGISTER" button.



### Early Childhood Programs 2018-2019

Registration is open. Limited spots available.

#### Partial & Full-Day Programs

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 12/31/18

- Full-day nursery and wrap-around care
- Classes offered 5 days; part- and full-time
- Weekly swim instruction for full-day nursery
- Hebrew language classes

#### Threes: Must be 3 before 12/31/18

- Full-day nursery and wrap-around care
- Classes offered 5 days; part- and full-time
- Weekly swim instruction for full-day nursery

#### Half-Day Twos: Must be 2 before 12/31/18

- Part-day socialization and educational beginnings
- Classes are offered 2, 3 or 5 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 12/31/18

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

#### Ones: Must be 1 before 12/31/18

- 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

*Note: A special THANK YOU to our PAC Committee. The November Book Fair was a tremendous success!*

### 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

#### Wood Panel Painting Night

Sun., January 7 • 8:00 pm • \$45

#### Book Bonanza

Five children's book authors will be joining us to read one of their books. A craft for each book will be included. Book signing available on pre-ordered books. Bagels will be served.

Sun., January 21 • 11:00 am • Free

### Parenting Center

#### New Mom Series

Starts Thurs., January 25, 2018

For more information and to register go to:  
[www.miyjcc.org/early-childhood-parenting-center](http://www.miyjcc.org/early-childhood-parenting-center)



#### Parenting Center Lectures:

Open to the Community • 8:00 pm • Room 206

**January 16 ....5 Steps to a Healthy New Year** with Dr. Adam Glassman, DC, C.A.C.C.P. Family Wellness Chiropractor, Specializing in Pediatrics and Pregnancy

**February 13...Bullying & Social Media** With Debora A. Riccardi, DNP, RN, CPNP, Director, Community Health Nursing Hospital Administration, Cohen Children's Medical Center

**March 20.....Getting Kids to Eat Healthy from the Start** with Anastasia Schepers MS, RD, CDN on behalf of Kohl's Cares Keeping Kids Healthy

#### Darlene Graham Rockin' Tots

Parent & Me Class

Sundays • 6 week session begins January 7 • 10:00 am





MID-ISLAND Y JCC

## Youth & Teen Center

Gayle Meigel, MEd, Youth & Teen Director/Associate Camp Director | x324 | gmeigel@miycc.org  
Katy Kreiner, MEd, Youth Program Supervisor | x307 | kkreiner@miycc.org  
Stephanie Ozner, MSW, Teen Program Supervisor | x361 | sozner@miycc.org  
Stephanie Rosenzweig, Administrative Assistant | x334 | srosenzweig@miycc.org



Gayle Meigel  
Youth & Teen Director  
Associate Camp Director

### SCHOOL'S CLOSED! Vacation Programs

**Grades K-6 • 10:00 am-3:30 pm**

**MLK DAY** ..... Mon., 1/15

**PRESIDENT'S WEEK** .. Mon., 2/19-2/23

**SPRING BREAK** ..... Fri., 3/30 and  
Mon., 4/2-Fri., 4/6

#### Before & After Care

**Grades K-6 — For All Holiday Programs**

For All Holiday Programs Daycare must be prepaid at the time of registration. Hours needed must be on the registration form.

**Monday-Friday • 6:30 am-6:30 pm**  
**Additional fee: \$8.50/hour**

### TEEN PROGRAMMING

For more information about Community Service and Leadership programs, please contact: Stephanie Ozner, MSW, Teen Program Supervisor, x361 or email sozner@miycc.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 activities, potty-training, feeding, 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: 1/7 & 3/11 • 10:00 am-3:00 pm**

**Red Cross Infant and Pediatric CPR/First Aid: Sundays:**  
**1/28 & 3/18 • 10:00 am-4:30 pm • M: \$115 NM: \$150**  
Includes Babysitting 101 handbook, Red Cross Deluxe takeaway kit & 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 4 • Time slots available:**  
**11:15 am-1:15 pm | 12:15-2:15 pm | 2:15-4:15 pm**

##### MLK Day of Service

##### Making Life Kinder — 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 15 • 10:00 am-12:30 pm**

##### One Day Fun Day — Grades 5-9

A day full of fun both in-building and on trips — just for teens!  
**Once per Month: January 14 | February 8 | March 11**  
**Program prices vary, starting at: M: \$25 NM: \$35**  
For more details, please call x361.



#### Weekends at the "Y"

Join us once a month for an exciting program just for teens! 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

**Once per Month • 6:00-9:30 pm • Online registration only**  
**January 6 | February 10 | March 17**  
**Pre-registration: M: \$25 NM: \$35 (closes 5 pm the day prior)**  
**At the Door: M: \$30 NM: \$40 (spots are limited)**

##### Club Saturday Night Grades 5-8

### Family Time Events

**Enables busy families to enjoy quality time together!**



#### Family Bingo Night

**For parents and children of all ages.**

Toys and prizes given out after every round.

**Sun., January 28, 5:00-7:00 pm** Register by Fri., January 26.  
**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. Includes painting materials, healthy snacks and beverages. Must be 4 years or older to participate.

**Sunday, March 18 • 6:30-7:30 pm**  
**M: \$10/family member**  
**NM: \$15/family member**



MID-ISLAND Y JCC

## The Learning Center

Gayle Meigel, MEd, Youth & Teen Director/Associate Camp Director | x324 | gmeigel@miycc.org  
Katy Kreiner, MEd, Youth Program Supervisor | x307 | kkreiner@miycc.org  
Contact The Learning Center at: learningcenter@miycc.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 In All 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. Prices start at: M: \$60/hr NM: \$70/hr**

#### College Counseling

**Grades 10-12**

Our Certified School Counselors will help your teen navigate the overwhelming college and post-secondary education application process with everything from college search assistance to the preparation of their college essay.

**Call for a free 30-min. orientation session with one of our School Counselors. Additional private sessions:**  
**45 minutes • M: \$60 NM: \$70**

#### PSAT/SAT/ACT/AP Prep Courses at the JCC

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 or call 1-800-KAP-TEST.

### Regents/SAT II/AP Review Classes Grades 8-12

Give your kids an academic edge. Review classes in all subjects, taught by New York State Certified Teachers with a maximum of 12 students in each class. Classes are designed as an 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:

**Runs 5 Weeks, meets once a week for 2 hours • M: \$225**

#### Small Group Regents Review Classes:

**Runs 8 weeks • Meets 1x/week for 1½ hours • M: \$270**

#### SATII & AP Review Classes:

**Runs 5 weeks • Meets 1x/week for 2 hours • M: \$375**

#### Notes:

- All Non-Members add \$90 non-member fee
- Sign up for 2 classes and get the third at 30% off! (Of 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

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

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



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

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



**Notes: For Youth Sports Clinics — See p.22.**

**For Teen Support Groups —** Growing Up With Divorced Parents (grades 5-8) and College Readiness (grade 12) —  
See p.19 in the Support Groups & Services section.





MID-ISLAND Y JCC  
**Adler Center  
For Special Needs**

Sharon Hanover, MSW, Adler Center Director | x332 | shanover@miyjcc.org  
Jen Wambser, Program Coordinator | x356 | jwambser@miyjcc.org  
Danielle Jackowitz, MSW, Vocational & Adult Program Coordinator | x356 | djackowitz@miyjcc.org  
Lauren Watling, Administrative Assistant | x303 | lwatling@miyjcc.org



Sharon Hanover  
Adler Center Director

The Adler Center provides comprehensive programs and services for children through young 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 in the community.

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

**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 Wed., January 3 to Wed., 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 19 | Tues., February 20 | Wed., February 21**  
**Thurs., February 22 | Fri., February 23**  
**Mon., April 2 | Tues., April 3 | Wed., April 4**  
**Thurs., April 5 | Fri., April 6**

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

For more details, descriptions and fees, go to:  
[www.miyjcc.org/adler-center-for-special-needs](http://www.miyjcc.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: \$250**

**Saturdays:**

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

**Sundays:**

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

**1:00-1:30 pm | 1:30-2:00 pm**

**Registration:** Mail in only, from Fri., January 5 to Fri., January 12.

*Exceptional Swim Center: Made possible in part by the Herb Henig Fund.*

**Winter/Spring Programs**

**February-June - 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               | • ZUYO                 |
| • Swept Away vocational program  | • Artistic Expressions |
| • Pre-Teen/Teen Pals             | • Let's Get Physical   |
| • Saturday Night Bowling Club    | • Chopped              |
| • You Can Dance                  |                        |

**Adult Programming**

**NEW – Starting in February**

For information, please email Danielle Jackowitz:  
[djackowitz@miyjcc.org](mailto:djackowitz@miyjcc.org).



MID-ISLAND Y JCC  
**Adult Center**

Sara Shapiro, LMSW, Director | x335 | sshapiro@miyjcc.org  
Alana Rosenstein, LMSW, POB Cares/Project PACE Director | x385 | arosenstein@miyjcc.org  
Jonah Samuelowitz, LCSW, Adult Center Assistant Director | x328 | jsamuelowitz@miyjcc.org  
Meagan McBride, LMSW, POB Cares/Project PACE Social Worker | x383 | mmcbride@miyjcc.org  
Debra Hearst, Recreational Therapist | x359 | dhearst@miyjcc.org  
Shanee Kirschenbaum, LCSW, Partners in Caring Social Worker | x384 | skirschenbaum@miyjcc.org  
Beverly Gilbert, Program Coordinator | x359 | bgilbert@miyjcc.org  
Sharon Finkelstein, Administrative Assistant | x354 | sfinkelstein@miyjcc.org  
Ann Jaffe, RN, NNORC Nurse | x381 | ajaffe@northwell.edu  
Janet Golon RN, NNORC Nurse | x381 | jgonon@northwell.edu



Sara Shapiro, LMSW  
Adult Center Director



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.

**Fall classes are ongoing.**

**Registration required for all classes.**

**Please call Beverly, x359.**



**Beginner Watercolor**

**Instructor: Melanie Wolf**

**Tuesdays • 10:00 am-12:30 pm • M: \$205 NM: \$275**

*Call for information.*

**Intermediate Watercolor**

**Instructor: Melanie Wolf**

**Begins Fri., January 5, 2018**

**Fridays • 10:00 am-12:30 pm**

**M: \$205 NM: \$275**

**Advanced Watercolor**

**Instructor: Janice Nesta**

**Begins Wed., January 3, 2018**

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

**Instructor: Louise Fucci**

**Begins Thurs., January 4, 2018**

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

**Open Studio**

The art room will be open for you to paint. *Please call if interested. Registration required.*

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

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

For more information about these programs and to register, go to: [www.miyjcc.org/adult-center](http://www.miyjcc.org/adult-center)



**Poetry Reading Series**

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

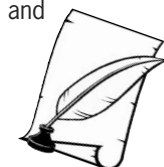
**Sundays • New Time: 2:00-4:00 pm**

**January 21.....Karen Schulte**

**February 25.....Edmund Miller**

**March 25 .....Bards Against Hunger, 5th Ed.**

*Poet & Editor James Wagner*



**Games, Cards & So Much More!**

**Mah Jongg: Beginner's Workshop**

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

**Tuesdays • 12:30-2:30 pm • 8 Sessions**

**M: \$135 NM: \$175**



**Canasta: Beginner's Workshop**

Participants learn the rules, strategies, and scoring in a run, with hands-on play. This is something new to do as a couple.

**Tuesdays • 10:00 am-12:00 pm • 8 Sessions**

**M: \$135 NM: \$175**



**Open Play**

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

**Thursdays • 10:30 am-2:30 pm**

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





# SEE... What's Happening!

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

## SUNDAY Activities

### Sunday Circle Entertainment

Looking for something to do on Sunday afternoon? Join this informal, friendly, couples group which offers guest speakers, musical, creative, self-inspired programs, outings, and more.

**1st & 3rd Sunday of the month • 3:00 pm**

**M: \$25/person/year NM: \$50/person/year**

Attend one meeting free of charge. Refreshments are served.

For more information, call Rhoda Nichter, (516) 938-5285

## MONDAY Activities

### Sad is Not Bad With Author Harriet Vogel

Harriet Vogel, author of *Sad is Not Bad*, as well as speaker and grief counselor, will be doing an experiential workshop on grief, bereavement and letting go.

**Mon., January 8 • 10:00 am**

### Building Your Brain - Intermediate Class

This next level program combines engaging group interaction with pencil and paper exercises for a challenging brain "workout" that's also a fun and social outing!

Pre-registration is required. Space is limited.  
Please call Alana, x385.

**10:00-11:15 am • \$2/session**

Note: See Thursdays for information on beginner's class.

### Express Yourself — Art Series Workshop

Led by art therapist Laura Lovaglio, this workshop we will explore different art mediums, including drawing, painting, and sculpting. Enjoy creating and learning about different forms of art. For information, please call x354.

**\$10 per class • Fee includes all supplies**



### Community Health Chats

With Ann Jaffe, RN

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

**4th Monday/month • 11:15 am-12:15 pm**

**January 22.....Neck and Back Pain with Scott Belding, PT**

**February 26.....How to Get a Good Night's Sleep –**

**Per Chance to Dream with Dr. Penny Stern,**  
MD, MPH, FACPM, FACOEM, Northwell Health

**March 26.....Diabetes with Susan Rothstein, RD, CDE;**  
Northwell Health

For more information, please call Ann, x381.

### NEW! Monthly Book Club

With rotating genres, chosen by participants.

**1st Monday/month • Starts February 5 • 1:00-2:00 pm**

For more information, please call Shinee, x384

## Strength In Aging

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

**2nd & 4th Monday/month • 10:00 am-11:00 am • Free**

**No program on February 19.**

For more information, please call Shinee, x384

## Lunch & Learn

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

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

**January 8.....Rabbi Moshe Weisblum, Temple Beth Tikvah**

**January 22.....Rabbi Neil Schuman, Manetto Hill Jewish Ctr**

**February 12....Rabbi Steven Conn, Plainview Jewish Ctr**

**February 26....Rabbi Scott Hoffman, Temple Israel of S. Merrick**

**March 12.....Rabbi Ronald Androphy, E. Meadow Jewish Ctr**

**March 26.....No program**

**Mondays • 12:30-1:30 pm • M: Free NM: \$5**

## TUESDAY Activities

### Keeping Healthy & Reminiscing With Veterans with Project PACE Staff

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.

**1st & 3rd (and 5th if applicable) Tuesday/month**

**10:30 am-12:00 pm • Free**

**January 2, 16, 30 | February 6, 20 | March 6, 20**

For more information, please call Shinee, x384

## Knitting Circle

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

**Tuesdays • 10:30 am-12:00 pm • Free**

**January 2, 16, 30 | February 13, 27 | March 13, 27**

## Tuesday 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.

**10:30-11:30 am • Free**

## Long Distance Caregiving Workshop

Join this stress-reduction workshop to discuss common concerns, including: finding community resources, managing family disagreements about care, meeting care needs from a distance, and finding available professional support.

**Tues., February 6 • 7:00 pm • Free**

For more information, please call Shinee, x384.



## Book Reading of Isaac

With Author Robert Karmon

Isaac is based on a true story and details the journey of a young boy surviving a Nazi massacre and living in a forest until he poses as a Russian and joins the Russian Partisans. It is a story about Isaac's will to survive, as well as a love story, as Isaac falls in love. Karmon will do a short reading and share the backstory of his book, with a discussion to follow.

**Tues., January 23 • 11:00 am**

## Tuesday Social Circle Entertainment

Lectures, entertainment and holiday celebrations.

**January 2.....John LaRosa**

**January 9.....Albert Mulad**

**January 16.....Tri M – Kennedy High School, POB**

**January 23.....Bill McCloy**

**January 30.....Tina & Vinny**

**February 6.....Albert Mulad**

**February 13.....Squeaky Clean**

**February 20.....No Meeting**

**February 27.....Blue Heron – Bill McCloy**

**March 6.....Joe DePalo**

**March 13.....Gregory Maldgana**

**March 20.....Mike Barry**

**March 27.....Tina & Vinny**

**11:30 am-1:30 pm • M: Free NM: \$10**

## WEDNESDAY Activities

### Wednesday Social Circle Discussions

Join us for lively discussions on a variety of topics, past, present, and future, from reminiscing to talking about current events.

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

### Wednesday Social Circle Entertainment

**January 3.....Everette Greenberg**

**January 10.....Joe DePalo**

**January 17.....Gregory Maldgana**

**January 24.....Long Island Jazz Ensemble**

**January 31.....Blue Heron – Bill McCloy**

**February 7.....John Walters**

**February 14.....Joe DePalo**

**February 21.....No Meeting**

**February 28.....Joe Nickels**

**March 7.....Paul Effman Trio**

**March 14.....Squeaky Clean**

**March 21.....Blue Heron – Bill McCloy**

**March 28.....John Walters**

**Wednesdays • 11:30 am-1:30 pm • M: Free NM: \$10**

Coffee will be available.

**NOTE:** Limited transportation available: \$8 per day\*

Tues. & Wed.: Various locations • Thurs.: TBA

## Social Seniors - Pizza Party at the Apartments

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



**January 24.....Shepherd Hill Apartments Community**  
Room, 115 Central Park Road, Plainview

**February 14.....Round Swamp Road Apartments Community**  
Room, 108 Round Swamp Road, Old Bethpage

**12:00-1:30 PM • FREE**

RSVP to Alana, x385, by the Monday before each party date.

## Social Seniors – Pizza Party at the JCC

**Wed., March 14 • 12:00-1:30 pm • Free**

## THURSDAY Activities

### Building Your Brain Beginner's Class

This introductory program combines fun and engaging group interaction with pencil and paper exercises involving individual cognitive skills to ensure that all participants benefit from a challenging brain "workout" that's also a fun and social outing!

For more information, please call Shinee, x384.

**Thursdays • 10:00-11:15 am • \$2/session**

See Mondays for intermediate class.



## Cover To Cover Book Club Selections

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

**January 25.....The Orphan Master's Son**

by Adam Johnson

**March 1.....News of the World**

by Paulette Jiles

**10:30-11:30 am • Free**

**POB Library/999 Old Country Road**



## Community Health Chats

With Janet Golon, RN

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

**January 11.....Common Breathing Disorders**

with Dr. Daniel Laurie, Northwell Health

**February 8.....Herbal Supplements: Benefits and Harms**

with Dr. Huy Hoang, Northwell Health

**March 8.....Urinary Incontinence: Causes and Treatments**

with Dr. Farzeen Firoozi, Northwell Health

**2nd Thursday of the Month • 1:00-2:00 pm • FREE**

**POB Library, 999 Old Country Road, Plainview**

For more information, please call Janet, (516) 822-3535, x381.





**Sharing Your Memories Workshop**  
**Led by Marilyn Leibowitz**

Share the stories of your life with peers. Also a way to stimulate your memories for later discussion with your family.

**2nd & 4th Thursday/Month** (except holidays)  
**3:30-4:30 pm • Free**  
**POB Library, 999 Old Country Road, Plainview**

**Y's Guys & Gals**

This program will resume in April.

**Jewish Movie Nights**

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

**January 18.....For My Father**

*Tarek, a Palestinian forced on a suicide mission in Tel Aviv to redeem his father's honor, is given a second chance when the fuse on his explosive vest fails to detonate. Forced to spend the weekend in Tel Aviv awaiting its repair, Tarek must live amongst the people he was planning to kill. To his surprise he connects with several Israelis on the outskirts of society, including the beautiful Keren, who has cut off contact with her Orthodox family. With nothing to lose, Tarek and Keren open up to one another and an unlikely love blooms between the two. Spending this time with Keren and his new friends, Tarek discovers the spark of life returning to fill his soul, but when the weekend ends, he must make the decision of his life.*

**February 15.....Wrestling Jerusalem**

*Writer-actor Aaron Davidman conjures a host of different characters in this one-man show, while seeking answers to the Israeli-Palestinian conflict. Davidman journeys into the heart of the Middle East, and the intersection of politics, identity and spiritual yearning. He embodies and gives voice to 17 different characters on all sides of the existential divide – deftly moving between male and female, Jewish and Muslim, Israeli and Arab – modeling what it takes truly to bear witness through the eyes of the other. Challenging long-held beliefs with sharp and unblinking observation, Davidman finds both entrenched isolation and shared humanity in the shifting moral compasses and competing narratives of all his characters.*

**March 15 .....Run Boy Run**

*Based on the bestselling novel by Israeli author Uri Orlev, Run Boy Run tells the extraordinary true story of a young Polish boy's struggle to outlast the Nazi occupation and maintain his Jewish faith through his intrepid will and the kindness of others. Escaping the Warsaw ghetto at the behest of his father, nine-year old Sruelik flees to the woods. There, he learns to hide from SS patrols and scour for food, until loneliness and the harsh onset of winter drive him back to civilization.*

**SeniorNet Presents An Introduction to the iPad  
In 5 Sessions**

SeniorNet's mission is to provide adults ages 50+ education for and access to computer technology. This course will teach you everything you need to know about your iPad! You will learn the basic iPad settings, how to use your device for organizing e-mail and text messages, use the photo and camera apps, acquire and read e-books, access the internet via its web browser, and how to find and install third-party apps.

**Thursdays • March 8, 15, 22 | April 12, 19**  
**9:30 am-12:00 pm • Bring your iPad to each session**  
**Cost for 5 Sessions: M: \$80 NM: \$95**  
*To register, please call Shanee, x384.*

**Attend 8 Programs  
Enter to Win A Prize!**

The Mid-Island Y JCC Adult Center has so many wonderful programs to offer. We would love for you to make it a New Year's Resolution to try as many as you can!

We know how hard it is to keep New Year's Resolutions, so we're offering you an incentive to attend 8 or more Adult Center programs this January.

**Pick Up Your Punch Card**

Come to the lobby Welcome Desk and pick up your Adult Center Punch Card. For each participating program session you attend during the month of January, you will get one card punch. If you have 8 card punches by the end of the month, you can enter to win a raffle prize!

*And the top prize is...a Kindle Fire Tablet!!*

**Participating Programs**

- Building Your Brain
- Canasta Beginner's Workshop
- Knitting Circle
- Lunch and Learn
- Mah Jongg Beginner's Workshop
- Social Circle
- Strength in Aging
- Veterans Group
- Watercolor Workshops
- Y's Guys and Gals

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

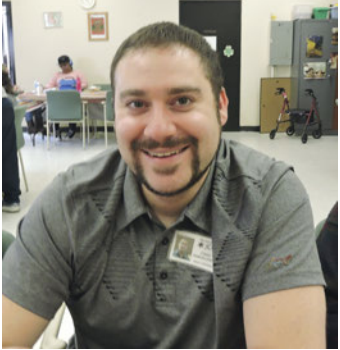
For more information about these programs  
and to register, go to:  
**[www.miyjcc.org/adult-center](http://www.miyjcc.org/adult-center)**



MID-ISLAND Y JCC ADULT CENTER

**Support Groups  
& Services**

Jonah Samuelowitz, LCSW | Assistant Director, x328 | [jsamuelowitz@miyjcc.org](mailto:jsamuelowitz@miyjcc.org)



Jonah Samuelowitz, LCSW  
Assistant Director, Adult Center

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?**

Professionally led group for primary caregivers and others providing care to a client or loved one. Participants are encouraged to share feelings and challenges and begin to realize they are not alone. The group offers support and strategies for coping along with information and resources.

**Fridays • 10:30 am-12:00 pm • FREE**

*For dates and more information, please call Jonah, x328.*

**• Are you caring for a loved one with Alzheimer's disease and other Dementias?**

This group links caregivers, family, and friends of individuals with Alzheimer's disease and other dementias with other caregivers to provide information and support. Offers a safe haven to share their feelings, talk through issues, develop coping strategies, and learn about community resources.

**Meets 4th Monday/month • 7:30 pm-9:30 pm**

*For more information and to join, please call Jonah, x328.*

**• Parkinson's Caregivers' Support Group**

This open group for caregivers of individuals with Parkinson's disease is professionally led by a licensed social worker. Participants share challenges, feelings, and resources while providing support for one another. Support, strategies, and unity are promoted and provide respite for caregivers.

**Dates & Times: TBA • Free to Caregivers**

*For information about the two groups listed above, please call Jonah, x328.*



**Parkinson's Wellness Sampler**

This is a program specifically designed for people living with Parkinson's disease. Our goal is to form a social group that will also focus on medication, boxing, 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.

**Ongoing • Runs in 6 week sessions**  
**2:00-3:00 pm • M: \$60 NM: \$90**

**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.

**Runs in 10-week cycles throughout the year.**  
**Mondays • 7:30-9:00 pm • M: \$170 NM: \$200**

*Pre-registration required, please call Jonah, x328.*

**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.

**Alternating Thursdays • 7:00-8:30 pm • Ongoing**  
**Fee: \$5 per Session**

*Pre-registration is not required.*  
*For information, please call Jonah, x328.*

**COPE: Connecting Our Paths Eternally**

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 cycles throughout the year.**

**Mondays • 7:30-9:00 pm • M: \$170 NM: \$200**

Pre-registration required, please call Jonah, x328.

### 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.

**Both run in 10-week cycles throughout the year.**

**Tuesdays • 7:00-8:30 pm • M: \$170\* NM: \$200\***

Pre-registration required, please call Jonah, x328.

### Separation & Divorce — New Group Forming For people in their 30s and 40s Same description as above.

### New — 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** Groups forming on an as-needed basis.

For more information, please call Jonah, x328.

### Pregnancy Loss Support

Led by a licensed clinical social worker with over 20 years of experience in the field of reproductive health and perinatal bereavement. This group provides a safe and supportive environment to process your experiences. Open to individuals and couples who have had a pregnancy loss at any stage — from early miscarriage to full-term stillbirth. This small group allows for intimate discussions enabling participants to talk about feelings of loss while connecting with others.

For more information about this group, please call Alana, x385.

### One-On-One Counseling

The JCC is able to offer limited, short-term, one-on-one counseling with a licensed social worker.

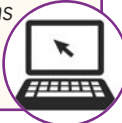
For more information, please call Sara, x335

**First Session: No charge • Additional Sessions: \$25/hr.**

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

To learn more about our support programs and services, go to:

[www.miyjcc.org/support-services](http://www.miyjcc.org/support-services)



### 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 cycles throughout the year.**

**Tuesdays • 7:00-8:30 pm • M: \$125 NM: \$150**

**\*Each additional child is \$75**

Pre-registration required, please call Jonah, x328.

#### 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. Support, guidance, and education are provided to teenagers to better understand their own identities in an informal, safe and fun environment.

For more information, please call Jonah, x328.

#### 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.

**6 Sessions • Alternating Sundays • 12:00-1:00 pm**

**M: \$100 NM: \$120 • Each additional child is \$75**

For dates, please call Sara, x335.

#### College Readiness

Once fall winds down and all of your applications are submitted, all that's left to do is wait. Instead of anxiously waiting for acceptance letters, come learn about how to make the most of your college experience. Join your friends in a supportive environment designed to ensure that you are ready to leave home.

Topics include selecting a major, budgeting, household basics, advocacy, and adjustment skills.

**8-Week Workshop Series • M: \$136 NM: \$160**

For dates, please call Gayle Meigel, x324.



**\*NOTE:** Families who register for both an adult & teen support group receive a 10% discount on the total cost.

### 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 Jonah:**  
(516) 822-3535, x328  
or [jsamuelowitz@miyjcc.org](mailto:jsamuelowitz@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.

### Jewish Communal Fund Food Pantry

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



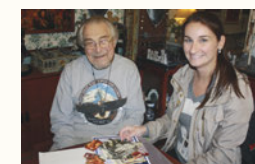
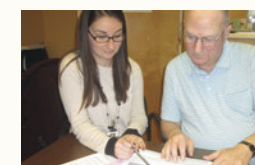
**NOTE:** For more information, please see "Y" Volunteer, p.9.



### 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.



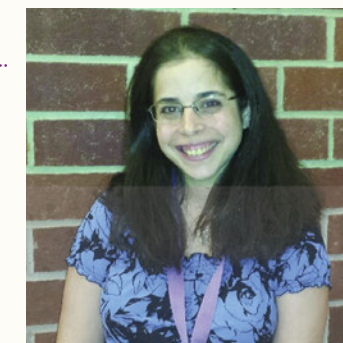
#### Programs & Services Include:

- 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](mailto: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 to Morton Village Shopping Center 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@miycc.org

## Lunch & Learn



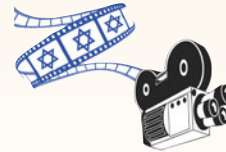
**Mondays • 12:30-1:30 pm**  
**M: Free NM: \$5**

**January 8**.....Rabbi Moshe Weisblum, Temple Beth Tikvah  
**January 22**.....Rabbi Neil Schuman, Manetto Hill Jewish Center  
**February 12**....Rabbi Steven Conn, Plainview Jewish Center  
**February 26**....Rabbi Scott Hoffman, Temple Israel of S. Merrick  
**March 12** .....Rabbi Ronald Androphy, E. Meadow Jewish Center  
**March 26** .....TBA

*NOTE: For more details, see Adult Center, p.15.*

## Jewish Movie Nights

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



**January 18**.....For My Father  
**February 15**.....Wrestling Jerusalem  
**March 15** .....Run Boy Run

*NOTE: For more details, see Adult Center, p.17.*



## Israeli Cultural Connection (ICC)

Yael Katz, x349 | ykatz@miycc.org **Programs conducted in Hebrew**

### "הקשר הישראלי"

"הקשר הישראלי" של הגי סי סי מהווה בית לקהילה הישראלית המתגוררת בלונג איילנד, ומשרת כבית שני לישראלים החיים כאן והמעוניינים להישאר מחוברים למורשת ולתרבות הישראלית. באמצעות אירועים תרבותיים חברתיים ישראלים אוטנטים, מציג 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 (אלא אם כן צוין 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.**

## B.R.I.J.E.

**Building Russian Inspired Jewish Expression**  
**For Russian Speaking Families**

**Join Us!** BRIJE provides programs and events for adults, children and families of Russian Jewish descent, centered around Shabbat and the Jewish holidays. 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 at:

**dzeltser@miycc.org**

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



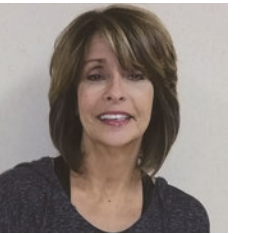
MID-ISLAND Y JCC

# Fitness & Wellness Center

George Loft, Fitness & Recreation Director | x316 | gloft@miycc.org  
Barbara Sachs-Traina, Group Fitness Director | x317 | bsachs@miycc.org  
Ricky Meschkow, Evening Building Supervisor | x318 | rmeschkow@miycc.org  
Dawn Solomon, Administrative Assistant | x308 | dsolomon@miycc.org



George Loft



Barbara Sachs-Traina

## 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**

## Group Fitness Classes

**NOTES:** Click on the **Fitness Schedule** button on our website home page for the most current class schedule!  
FREE babysitting for members with children ages 5 months to 8 years. Call Barbara, x317.



• **FlexFIT Flexible Fitness Classes** — FREE to members \*

### \*NEW! Body Works

Innovative 30-minute classes comprised of four disciplines: The 360 of Core, Muscle Balance (focusing on opposing muscle groups), Corrective Exercise, (injury prevention) and Stretching.

**Mondays • Begins Jan. 8 • 10:45-11:15 am • Studio B**

### \*NEW! Boot Camp Challenge

Early morning fitness work-out – boot camp style.

**Tuesdays • Begins Jan. 2 • 6:10-6:55 am • Studios A & B**

### \*Tai Chi Indoors - New Day & Time

**Fridays • Begins January 5 • 12:00 pm • Studio A**

### MS Spin

6 weeks of spin class designed for people living with MS.

**Fridays • Begins Jan. 8 • 10:00-11:00 am • \$30**

### Senior Water Aerobics

A low impact group fitness alternative that helps you gain muscle strength and cardio fitness.

**Tuesdays • Begins January 2 • Runs 17 weeks**  
**9:15-10:00 am or 8:00-9:00 pm • M \$187 NM \$306**

**Thursdays • Begins January 4 • Runs 17 weeks**  
**9:15-10:00 am • M \$187 NM \$306**

### • LiveFIT Wellness Lectures

A series of interactive lectures geared towards developing and maintaining a healthier lifestyle.

### Stand Up Straight! Wellness Lecture

Rachna Patel, PT, DPT, will discuss the importance of posture, balance and core strength. Please wear comfortable clothing.

**Tues., January 9 • 7:30-8:30 pm • M: FREE NM: \$10**  
Pre-registration encouraged. Call x317 to register.

## Sports Clinics & Leagues



### ADULT Basketball League

**18 & Older**

Registration open now.\*

**Games played: Mondays, Wednesdays or Thursdays**  
**8:00 pm or 9:15 pm • 8 regular season games + playoffs**  
**Team Fee: \$800**  
**New participants must purchase a reversible jersey: \$20.**

### TEEN Basketball League

**Grades 9-12**

Registration open now.\*

**Games played: Mondays or Wednesdays**  
**6:45 pm or 8:00 pm • 8 regular season games + playoffs**  
**Cost: M: \$100 NM: \$125**  
**New participants must purchase a reversible jersey: \$20.**

\*For dates and information, call Ricky, x318

### 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

### NEW! Weekly Pick-Up Soccer (Futsal)

**For All Ages**

Come out and play this fast-paced sport. Show your skills in a fun and competitive environment. 3V3 and 4V4.

**Thursdays • 7:30-9:00 pm • \$10 per player/per session**  
For more info, please call Ricky: (516) 822-3535, x318







# MID-ISLAND Y JCC Aquatics Center

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



## 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 2017-18 Class Dates

Winter session began in December. Prices will be prorated.

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

## Pool Hours

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

Sunday.....	7:00 am-9:30 pm
Monday-Thursday .....	6:00 am-10:30 pm
Friday.....	6:00 am-5:30 pm
Saturday.....	7:00 am-5:30 pm

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

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

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



Deidra Clark-Towers  
Aquatics Director

## Dolphin Swim Team

**Winner of the 2014, 2015, 2016 and 2017  
Metro JCC Swimming Championships!**



## Seeking New Members for the 2017-18 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.

## MAKE A SPLASH

**Summer fun all year round for everyone!**

### Parties include:

Two private lanes • Private party room  
Pool toys & games • And lots of fun!

### But the fun doesn't stop there...

Choose from organized games, instructional swim, or just splash around. All parties include Red Cross certified staff! No party is too big or too small.

For information, please contact Drew at:  
**(516) 822-3535 x331**  
or email [partycentral@miyjcc.org](mailto:partycentral@miyjcc.org)

NOTE: MS Swim — Information and registration — Please call the MS Society at (631) 864-8337  
Water Exercise Classes — Please call Barbara: (516) 822-3535, x317

# Party CENTRAL

## Birthday Parties

We provide everything you need for a fun-filled, memorable event.

**– Children's Parties –**  
For ages 1 to 12.  
Many Party Themes Available.  
**Contact Drew FlynnDavis:**  
**(516) 822-3535, x331**  
**[partycentral@miyjcc.org](mailto:partycentral@miyjcc.org)**  
or go to **[www.miyjcc.org/parties](http://www.miyjcc.org/parties)**

**– Winter Party Special –**  
Book a Birthday Party by March 2018  
and the birthday child  
**PLUS** one friend are  
**FREE!**





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Esta información está disponible gratuitamente en otros idiomas. Póngase en contacto con un agente de ventas certificado de Humana al 631-332-0206 (TTY: 711).

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MID-ISLAND Y JCC  
**Calendar At-A-Glance**



	DATE	TIME	EVENT/PROGRAM	PAGE
JANUARY	Tues., January 2	6:10-6:55 am	FlexFIT: Boot Camp Challenge	22
	Fri., January 5	12:00 pm	FlexFIT: Tai Chi Indoors	22
	Sat., January 6	6:00-9:30 pm	Saturday Night Out: Grades K-6 & Grades 5-8	11
	Sun., January 7	8:00 pm	Wood Panel Paint Night	10
	Mon., January 8	10:45-11:15 am	FlexFIT: Body Works	22
	Mon., January 8	12:30-1:30 pm	Lunch & Learn: Rabbi Moshe Weisblum, Temple Beth Tikvah	15
	Tues., January 9	7:30-8:30 pm	LiveFIT Wellness Lecture: Stand Up Straight	22
	Thurs., January 11	1:00-2:00 pm	Community Health Chats: Common Breathing Disorders	16
	Mon., January 15	10:00 am-3:30 pm	Vacation Programs: MLK Day	11
	Mon., January 15	10:00 am-12:30 pm	MLK Day of Service	9
	Tues., January 16	8:00 pm	Parenting Lectures: 5 Steps to a Healthy New Year	10
	Thurs., January 18	7:00-9:00 pm	Jewish Movie Nights: For My Father	17
	Mon., January 22	11:15 am-12:15 pm	Community Health Chats: Neck & Back Pain	15
	Mon., January 22	12:30-1:30 pm	Lunch & Learn: Rabbi Neil Schuman, Manetto Hill Jewish Center	15
	Wed., January 24	12:00-1:30 pm	Social Seniors: Pizza Party at Shepherd Hill Apartments	16
FEBRUARY	Sat., January 27	8:00-11:00 pm	MIYJCC Bowling Bash	5
	Sun., January 28	5:00-7:00 pm	Family Bingo Night	6
	Thurs., February 8	1:00-2:00 pm	Community Health Chats: Herbal Supplement: Benefits & Harms	16
	Mon., February 12	12:30-1:30 pm	Lunch & Learn: Rabbi Steven Conn, Plainview Jewish Center	15
	Tues., February 13	8:00 pm	Parenting Lectures: Bullying and Social Media	10
	Wed., February 14	12:00-1:30 pm	Social Seniors: Pizza Party at Round Swamp Road Apartments	16
	Thurs., February 15	7:00-9:00 pm	Jewish Movie Nights: Wrestling Jerusalem	17
	Mon., February 19-23	10:00 am-3:30 pm	Vacation Programs: President's Week	11
	Mon., February 26	11:15 am-12:15 pm	Community Health Chats: How To Get A Good Night's Sleep	15
	Mon., February 26	12:30-1:30 pm	Lunch & Learn: Rabbi Scott Hoffman, Temple Israel of S. Merrick	15
MARCH	Sun., March 4	1:00-4:00 pm	Purim Carnival	7
	Thurs., March 8	1:00-2:00 pm	Community Health Chats: Urinary Incontinence	16
	Mon., March 12	12:30-1:30 pm	Lunch & Learn: Rabbi Ronald Androphy, E. Meadow Jewish Center	15
	Thurs., March 15	7:00-9:00 pm	Jewish Movie Nights: Run Boy Run	17
	Tues., March 17	8:00 pm	Parenting Lectures: 5 Steps to a Healthy New Year	10
	Sun., March 18	6:30-7:30 pm	Family Paint Night	11
	Tues., March 20	8:00 pm	Parenting Lectures: Getting Kids to Eat Healthy From the Start	10
	Mon., March 26	11:15 am-12:15 pm	Community Health Chats: Diabetes	15
	Thurs., March 29-30	10:00 am-3:30 pm	Vacation Programs: Spring Break	11
	Sun., March 25	9:00 am-2:30 pm	Blood Drive	6
APRIL	Mon., April 2-6	10:00 am-3:30 pm	Vacation Programs: Spring Break	11
	Sun., April 29	10:00 am	Rockin' With Darlene Graham & Friends	6



**MIYJCC BUILDING HOURS:**

Sun: 7am-10pm\*

Mon-Thurs: 6am-11pm\*

Fri: 6am-6pm\*

Sat: 7am-6pm\*

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

**FRONT OFFICE HOURS:**

Sun: 9am-9pm

Mon-Thurs: 9am-9:30pm

Fri: 9am-5pm

Sat: Closed

**BOARD OF DIRECTORS**

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**PROGRAM REGISTRATION FORM**

Registrant's Name: \_\_\_\_\_ Member ID#: \_\_\_\_\_

Parent's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Town, Zip \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Emergency Name/Phone: \_\_\_\_\_ / \_\_\_\_\_

Email: \_\_\_\_\_ I would like to receive the JCC Cyberflyer: Y \_\_\_\_\_ N \_\_\_\_\_

Class Name: \_\_\_\_\_ Class Code (listed in guide): \_\_\_\_\_

Class Day/Time: \_\_\_\_\_ / \_\_\_\_\_ 2nd Choice Class: \_\_\_\_\_

Page in Brochure: \_\_\_\_\_ Class Fee: \_\_\_\_\_ List any allergies: \_\_\_\_\_

Daycare Hours Required (Grades K-6 Only): From: \_\_\_\_\_ to: \_\_\_\_\_

Credit Card No.: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CW Date: \_\_\_\_\_

**FOR ACCOUNTING USE ONLY**

Member Fee: \_\_\_\_\_ Date Paid: \_\_\_\_\_

Non-Member Fee: \_\_\_\_\_ Check No: \_\_\_\_\_ Transaction No: \_\_\_\_\_

Accounting Code: \_\_\_\_\_ Received by: \_\_\_\_\_

**Friday Night Candle Lighting**

JANUARY	FEBRUARY	MARCH
1/5 ..... 4:25 pm	2/2 ..... 4:57 pm	3/2 ..... 5:30 pm
1/12 ..... 4:32 pm	2/9 ..... 5:06 pm	3/9 ..... 5:38 pm
1/19 ..... 4:40 pm	2/16 ..... 5:14 pm	3/16 ..... 6:46 pm
1/26 ..... 4:48 pm	2/23 ..... 5:22 pm	3/23 ..... 6:53 pm
		3/30 ..... 7:01 pm

