

Mid-Island Y JCC

CHAILIGHTS

OCTOBER-DECEMBER 2019

Universal
ACCESSIBILITY
Campaign

NEW
Enrichment
PROGRAMS

PARKINSONS
Wellness Day Program

Holiday
Events **and**
PROGRAMS

Camp 2020 Early Bird Savings

45 Manetto Hill Road
Plainview
(516) 822-3535
miyjcc.org

MID ISLAND
YJCC
The Center of it ALL



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UPCOMING HOLIDAY & VACATION PROGRAMS

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HOLIDAY BUILDING HOURS/CLOSURES:

Tues., October 1	Rosh Hashannah CLOSED
Tues., October 8	Erev Yom Kippur Close at 3:15 pm
Wed., October 9	Yom Kippur CLOSED
Thurs., November 28	Thanksgiving CLOSED
Tues., December 24	Christmas Eve CLOSE at 6:00 pm
Wed., December 25	Christmas Day Close at 4:00 pm
Tues., December 31	New Year's Eve Close at 6:00 pm
Wed., January 1	New Year's Day CLOSED

Note: Fitness Center closes 1/2 hour before the building.

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.

Cover/Interior Design: Gwen Petruska, Senior Graphic Designer, MIYJCC

Dear Members,

Happy New Year! During the High Holy Days and throughout the year, we at the Mid-Island Y JCC (MIYJCC) take a look at all we have accomplished, the populations we serve, and those we have yet to serve in our community. It is important, as a Jewish Community Center, that we are available to everyone and open our hearts and doors to every member of our community, regardless of religion, ethnicity, or country of origin.

While our Agency's mission is to serve all, we are proud to continue the Jewish traditions and values upon which we were formed and remain committed. To that end, we are happy to announce a new donation from a community member which is specifically directed towards enhancing Jewish Life and Learning throughout the MIYJCC. This exciting new gift includes the teaching and celebrating of Jewish life, culture, and holiday celebrations throughout our Agency and the wider community.

In our Early Childhood Center, Rabbi Bennet, who has joined our staff as the Agency's Jewish Educator, is helping to lay the foundation for our Jewish Values curriculum. Rabbi Bennet will also work alongside Stacy Kelly, our Jewish Music Educator, to lead monthly ruach (spirit) events around Jewish holidays and celebrations. Additionally, Stacy will lead our Early Childhood students in monthly Oneg Shabbat programs on Fridays, as well as, weekly Oneg Shabbat programming in Second Home Daycare. Yael Katz, our Hebrew Language Educator, along with a Shinshin (Israeli Shaliach) will provide weekly Hebrew language lessons and Israel education to our 3's and Pre-K students.

With this funding, we will also expand our holiday celebrations for our community as a whole. On Thursday, October 17, 2019, at 6:30 pm, we will host a community event in our Outdoor Nature Classroom in celebration of Sukkot. Please consider joining us in our sukkah for dessert followed by music under the stars in our outdoor Amphitheatre.

Additionally, we will be providing more services to Holocaust survivors and their families. We are partnering with Selfhelp Community Services to host a Holocaust survivors support group that will be meeting here at the MIYJCC, and plans are in place to start a Second Generation Group for survivor's families. Additionally, we will be launching our new "Brunch with a Survivor" program for teenagers and survivors.

It is hard to believe that these horrific events took place nearly 80 years ago, yet hatred is still ever present in today's world. Last October, immediately following the tragic shooting at the Tree of Life Synagogue, we came together as a community, 3,000 strong, to show our support. One year later, we will be coming together once again to remember those lives lost and to show that as a community we are Stronger Together.

On Sunday, November 3, 2019, we will be creating 84,000 delicious, healthy meals from dry ingredients, in a high energy assembly line process, for those experiencing food insecurity on Long Island. We ask that you come dressed in your favorite tie-dye clothing and be part of our "Pack Shack Funnel Party". Space is limited so advanced registration is a must.

Thank you for your continued support. Shana Tovah U'Metukah, have a happy, healthy, and sweet new year!

Sharon Sabba Fierstein



President, Board of Directors

Rick Lewis



Chief Executive Officer

MID-ISLAND Y JCC NEWS & EVENTS

Membership NEWS

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

Diana Kristall, Assistant Membership Director, x313 | dkristall@miyjcc.org

Shari Behar, Membership Associate, x339 | sbehar@miyjcc.org



Joanne Ethe
Membership Director

Tell Us Your Story!

Dear Members,

Have you had an experience at the MIYJCC that's impacted you in some way, large or small? For example...

- A meaningful experience or interaction with a staff member, program, or fellow member
- An epiphany in our pool or a breakthrough in your fitness routine
- A sense of accomplishment in an art class
- Perhaps you met a friend (or a soulmate) while participating in one of our many activities
- Have had peace of mind knowing your children are here being well taken care of
- Accomplished a personal goal
- Experienced a kindness from your fellow members or felt a strong sense of belonging to our wonderful center

We want to tell the story of the MIYJCC, so we're looking for great stories to capture all that is possible here.

So...what's yours? Tell us in a page, a paragraph, or a few sentences. We can use your name if you'd like, or if you're shy, you can remain anonymous. If you find it difficult to write down your story, stop by my office and share it with me...I'll do the writing!

Please submit your story by email to jethe@miyjcc.org or stop by my office in the lobby. All those who submit a story, will receive **2 FREE GUEST PASSES** so you can share a great experience here with your friends!

INTRODUCING...MID-ISLAND Y JCC TWO-FER TUESDAYS



Members are invited to **bring a guest to work out FREE the first Tuesday of every month** – because we all know that everything is better with a friend!

PLUS...if your guest joins the MIYJCC,
YOU get a month for **FREE**
and your friend gets **50% off the enrollment fee**.
It's a **WIN WIN!**

For more information, please contact

Joanne Ethe, Membership Director:
(516) 822-3535, x306 or email jethe@miyjcc.org

Be Informed...Stay Connected

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 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



UNIVERSAL ACCESSIBILITY CAPITAL CAMPAIGN

Goal is to raise One Million Dollars and improve Accessibility at the MIYJCC for all

We are excited to update you on our current Capital Campaign and the start of our renovations to provide Universal Accessibility at the MIYJCC building and campgrounds. We are over the half-way mark to our fundraising goal, having raised over \$500,000 to date. This funding has been raised through individual donors, foundations, and corporations. Renovations began this summer with work on a new surface installation in one of our playgrounds; the building extension

for the access ramp to the 200 hallway is slated to begin in the fall. Repairs and replacements have also been completed to the Early Childhood roof, boiler room, and other structural work has been completed in the basement.

The remaining items include; the renovation and improvements to the bathroom and meeting space in the Alzheimer's Respite room, new floors in the 200 hallway and the Roth Family Multi-Purpose Room and additional accessibility upgrades at our summer day camp at the Henry Kaufman Campgrounds. The phased project will likely take us a full year to complete.

Thank you to all of the donors who have contributed so far to the campaign. Donor names can be found on our Universal Accessibility Capital website www.miyjcc.org/capital. If you are reading this and would like to help us reach our goal for this vital campaign, please call Michele Posner, Director of Development at 516.822.3535, x 319 or email mposner@miyjcc.org. Thank you.



Dedication of the new Amy & Scott Jaffee Home Base

As we have previously reported, UJA Federation is currently working on enhancing all areas of the Henry Kaufmann Campgrounds and that, of course, includes our Mid-Island Camp. Approximately, \$30 million dollars is being invested all around the site. On August 9, 2019 we held a dedication of the new MIYJCC



Amy and Scott Jaffee along with UJA executives and donors at the dedication.



Camp Director Josh Henkel and some of the children who entertained our special guests.

in honor of Amy and Scott Jaffee, who, through UJA Federation, have made the renovations of these facilities possible. Guests were entertained by MIYJCC campers, and speeches were made by UJA's Eric Goldstein, MIYJCC's Rick Lewis, and others. We thank UJA Federation and Amy and Scott Jaffee for being such incredible supporters of the MIYJCC in so many ways. We could not do what we do without them.

Philanthropy at work with our youth

At the Community Synagogue in Port Washington, 9th and 10th graders are involved with a youth foundation that raises money all year long for the organization of their choice. These high school kids review proposals that are sent in from a variety of Island wide organizations and discuss, their reasoning for who they ultimately chose to fund. Site visits also take place. This past spring, they chose The Rudman Family Food Pantry at the MIYJCC and presented us with a check at the Community Synagogue. We thank these teens very much for their incredible support.



Young philanthropists and their synagogue leaders, after the presentation to the Rudman Family Food Pantry.

MID-ISLAND Y JCC **News & EVENTS****SATURDAY****November 2, 2019 • 7:30 -11:00 pm**Mid-Island Y JCC
45 Manetto Hill Road**A fun, entertaining night out
with friends!**

Cocktails • Lite Bites • Dessert • DJ

BRING ON THE COMPETITION!

to raise money for our Early Childhood & Youth Programs.

You've gotta be in it to win it!**DON'T MISS****Hollyrock Entertainment's Ultimate Live T.V. Game Show!**

Plus, classic, competitive games to enjoy during the night.

Early Bird Ticket: \$50 per person**Event Ticket** (after October 10): \$60 per person**RAFFLE TICKET PRE-SALE**

10 for \$30 20 for \$50 40 for \$75

Game On purchases are
tax-deductible except for \$40 per ticket–
the event value per person.**Thank you for your support!****SPONSORSHIPS:** Please submit by 10/19/2019**Name Listing:** \$125**Raffle Table Sponsor:** \$350**Cocktail Sponsor** (includes 2 Event Tickets): \$500**Game Sponsor** (includes 4 Event Tickets): \$1,000**Entertainment Sponsor**

(includes 10 Event Tickets & 20 Raffle Tickets): \$2,500

All sponsorships include digital signage. Title sponsorship available.*COMMITTEE:** Sabrina Blumkin, Lindsay Etienne, Amanda Hordos, Sarah Glassman, Heather Kreitzman, Marla Littman,
Naomi Mandell, Jennie Rosenzweig and Carly Wilder**REGISTER NOW!****MIYJCC.ORG**Contact : **Kristin Schlossman**, Director of Special Events 516.822.3535 x321 kschlossman@miyjcc.org

MID-ISLAND Y JCC News & EVENTS

Mid-Island Y JCC

Fall Back Into CAMP

JOIN US FOR AN AFTERNOON FILLED WITH FUN!

Bounce Houses • Hayrides
Pumpkin Patch Games • Camp Activities
Fall Art Project • And much more!

SUNDAY • OCTOBER 27 • 1:00-4:00 PM

FREE FOR ALL • At the Henry Kaufmann Campgrounds

For more information, please contact Patricia Raifer 516.822.3535, x334 or praifer@miyjcc.org



WE'RE ALL A LITTLE CRAZY

#SameHere Movement

Community Mental Health Program

Program will feature:

A presentation
from Eric Kussin,
a former sports executive
and founder of
#SameHere Global
Mental Health Movement



Keynote speech
by Mike Mauti,
former NFL Linebacker,
Big 10 Linebacker of the Year
at Penn State, and
First Team All-American

Thursday, November 14th, 2019 at 7:00 pm

at the Mid-Island Y JCC 45 Manetto Hill Road, Plainview

Contact: Bonnie Millman 516.822.3535 x354 bmillman@miyjcc.org



This program is generously funded by The Sophia Valsamos Foundation, TSVF.org.

A Day of Unity and Service



Last October, immediately following the tragic shooting at the **Tree of Life Synagogue**, we came together as a community to show our support. One year later, we are coming together to remember those lives lost and to once again prove that as a community we are **Stronger Together**.

Help create 84,000 delicious, healthy meals from dry ingredients in a **high energy** assembly line process for those experiencing **food insecurity** on Long Island.

Come dressed in your favorite tie-dye clothing and be part of our Pack Shack Funnel party event!

Sunday, **November 3, 2019**
1:00-3:00 pm or 4:00-6:00 pm *(choose one)*

Mid-Island Y JCC 45 Manetto Hill Road, Plainview

Ages 8 and up are welcome • Space is limited

REGISTER NOW at:
miyjcc.org

Ripped From the Headlines

Calling all LAW & ORDER fans!

Come take part in a re-enactment of the courtroom drama. Based on actual cases, participants will assume different roles in a trial setting.

Become a witness, district attorney, defense counsel or judge!
You'll be on the edge of your seats!

November 6, 2019 10:30 am

Fee: \$15. Member Discounted Fee: \$10

Pre-registration required



October is Breast Cancer Awareness Month

One in 40 Jewish women will be diagnosed with breast cancer within a year.

We invite you to join in, promote awareness and fight to end this disease.

There are 3 ways you can participate:

- Join **BOOT CAMP** on Oct. 6 9:30 am
- Join the **MAKING STRIDES WALK** on Oct. 20 at Jones Beach Field 5
- Attend the **PINK Challah Bake** on Oct. 24 7:00-8:30 pm to share information and resources and support others.

WE ARE EXCITED!

Syosset Residents now have a **NNORC S.O.S. (Seniors of Syosset)**, in addition to our NNORCS in Plainview and Old Bethpage.

The Mid-Island Y JCC can provide free supportive services to seniors 60+ who are aging-in-place in their homes in Plainview, Old Bethpage, or Syosset through our Neighborhood Naturally Occurring Retirement Community programs

Programs & Services Include:

- Consultation with a community health nurse for non-emergency medical questions and concerns
- Emotional support and assistance from a licensed social worker to access benefits and resources
- Volunteer-based transportation to local medical appointments and food shopping
- Volunteer-based minor home repairs and chore workers
- Educational, social and wellness programs
- Friendly visiting



Contact : **Alana Rosenstein**, LMSW, Supervising NNORC Director 516.822.3535 x385 arosenstein@miyjcc.org

Holiday Programs & Celebrations

Chesed Toy Drive

December 1-13, 2019

Bring a smile to the face of a child in need!

Please drop off new, unwrapped toys. Donation bins will be available all day in the Mid-Island Y JCC lobby.

The Chesed Toy Drive, "chesed" meaning act of kindness, helps us make the holidays special for families in need. Donated toys will be distributed to Ohel Children's Home & Family Services and throughout our community.

If you prefer to make a contribution to purchase toys, please drop off or mail a check to:

**Mid-Island Y JCC, 45 Manetto Hill Road,
Plainview, NY 11803 — Attn: Toy Drive**

Please make checks payable to the Mid-Island Y JCC.

For more information, please call: (516) 822-3535, x361

Annual JCC Menorah Contest

Mon., December 16 - 20, 2019

Create your own original menorah.

Use your imagination and have fun!

- *Deadline for entries, drop off in the Youth Office with your child's name/grade under the menorah.*
- *Entries will be on display in the lobby.*
- *Judging will take place.*
- *Winners will be chosen at the Menorah Lighting on December 23, in three grade categories: Pre-K-Kindergarten, Grades 1 & 2, Grades 3-6.*

Family Fun Day at the MIYJCC

Wed., December 25 • 11:00 am-2:00 pm

— Fun For All Ages —

Arts & Crafts • Open Swim
Zumba • Climb Time • Open Gym
Open Mah Jongg Games (please bring your set)

Coffee and apple juice will be served.

Fee: \$5/person • \$18/family

Member Discounted Fee: FREE

Community Menorah Lighting

Mon., December 23 • 6:30 pm

**Open to the community at the
Mid-Island Y JCC**

Menorah contest winners will be announced.



Daily Dreidel Spinning

Mon., December 23 - Mon., December 30

In the MIYJCC lobby • 5:00 pm

For more information, please call x301



Early Childhood Mad Science Chanukah Party

Sun., December 15 • 10:00 am

Fee: \$12 ea. | \$40/family of up to 4 | \$50/family of 5

Member Discounted Fee: \$10 ea.

\$28/family of up to 4 | \$30/family of 5



CHANUKAH FAMILY FRY FEST

Sun., December 15, 2019 • 2:00 pm

Join us on Sunday, December 15 for an afternoon of food and fun! Come fry and decorate your very own donuts! Make your own edible menorah! Learn how to play dreidel and enter our tournament to win prizes! Get hands on with Chanukah crafting! And enter our raffle! Contact Shanee x385 or Hillary x328 for more information.

MID-ISLAND Y JCC "Y" Volunteer?

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



Gail Warrack
Director of Volunteer Services

What are YOU doing for others?

Look at the ways you can help our community!

Volunteer Opportunities/Projects :

Volunteers Needed...

Time For Lunch – We need volunteers to cook and serve a delicious, hot lunch to the clients in our Reflections program. This is a wonderful opportunity to give of your time, talent, and compassion to this group of seniors with Alzheimer's and dementia.

Cook for Good with us on one of these dates:

October 7, 21

November 6, 13, 18, 25

December 2, 9, 16

If interested you must sign up with Rhonda Green.



Volunteer Drivers – Have an hour or two a week to help? We are excited to be recruiting volunteers for our new NNORC program, SOS (Seniors of Syosset). Provide transportation for a senior living in the Plainview-Old Bethpage or Syosset community to a local medical appointment, food shopping, or local errand.

#Giving Tuesday – Join us in the lobby on **December 3, 2019** and learn about the ways you can give back to our community.

Save the Date: MLK DAY OF SERVICE January 20, 2020

Collections...

Donations of Eyeglasses – EYE Make a Difference is an eyewear donation program that helps people around the world who don't have access to much needed eyewear due to income, distance or disaster. Please donate your prescription glasses, readers and sunglasses. Box will be in the MIYJCC lobby **October 1-October 15, 2019.**

New & Gently Used Coats – We will be participating in Tikkun Alliance of the North Shore (TANS) Coat Drive. We will be collecting new and gently used coats from **November 1-10, 2019** to distribute at the Neighbors Helping Neighbors event on **Sun., November 17, 2019.** This event will provide warm coats to those in need.

*All coats should be cleaned and ready to wear.

Chesed Toy Drive – We will be collecting new, unwrapped toys which will be distributed to Ohel Children's Home and Family Services and throughout our community, so children can experience the joy of the holiday season. The toy drive will be held from **December 1-13, 2019.** Please place your donations in the bins that can be found in our lobby. Please contact Gail Warrack or Rhonda Green for more information at 516-822-3535, x347 or email gwarrack@miyjcc.org or rgreen@miyjcc.org.

Do Good, Feel Good-Mitzvah Projects!

Time For Dinner – Volunteer to cook and deliver a warm meal to either a homebound senior or an individual experiencing food insecurity. Increase the well-being of the client by providing this warm meal to alleviate hunger and a brief visit to reduce isolation. You can cook alone or with a group and provide as few as one delivery or as many you wish. You must sign up with Gail Warrack or Rhonda Green.

Candlewishes Project – Bring the joy of celebrating a birthday by hosting a party for children who often have their birthday pass by without any celebration. In partnership with LIFQHC (Long Island Federally Qualified Health Center) in Hempstead, volunteers will host a party at LIFQHC and provide pizza, cake, activity, and gifts for children celebrating a birthday in a given month. For more information, contact Gail Warrack at 516-822-3535, x347 or gwarrack@miyjcc.org

#shareyourbirthday – Having a birthday party? Receive a gift that you do not need or want? Encourage others to share joy on their birthday by donating to a child who may not receive any gifts on their special day. You can ask for donations in lieu of gifts or you can collect party supplies at your celebration. Participating in #shareyourbirthday is a great way to let others feel the joy of giving. Donations can be dropped off to Gail and Rhonda for the Candlewishes project or we can connect you with an organization to donate them to.

Pack the Pantry – Hold a food drive at a local supermarket to help stock The Rudman Family Food Pantry. We will provide you with signs, bags, and handouts for your drive. You must contact the manager of the store for approval. Contact Rhonda Green at 516-822-3535, x346 or rgreen@miyjcc.org for more information.



Interested in Volunteering?

Contact Gail Warrack: (516) 822-3535, x347 | gwarrack@miyjcc.org
or Rhonda Green: (516) 822-3535, x346 | rgreen@miyjcc.org





MID-ISLAND Y JCC Early Childhood Center



Melanie Witkes, MSEd
Early Childhood Center Director

Melanie Witkes, MSEd, 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, Office Coordinator | x360 | mrosenbaum@miyjcc.org
 Stacey Wallenstein, Parenting Center Coordinator | x357 | swallenstein@miyjcc.org

Enrichment Programs

Fall/Winter enrichment classes, some spaces are still available.
 Registration is ongoing. Register online at:

miyjcc.org/ecc-enrichment

Next session starts Sunday, February 2, 2020

SCHOOL'S CLOSED! Daycare Available

COLUMBUS DAY.....Monday, 10/14

VETERAN'S DAY.....Monday, 11/11

DECEMBER BREAK....Monday, 12/23 - 12/24 and

12/26* - 12/31*. Lunch and snack are included. Children will
 nap after lunch and must have a nap mat, sheet or cot sheet.

Infants -Two's • 9:00 am - 3:00 pm • \$90

Two's through Pre-K • 9:00 am - 3:00 pm • \$80

Vacation programs must be prepaid at the time of registration.

There are no refunds for vacation programs.

*12/24 until 3:00 pm and 12/31 until 5:30 pm.

Wrap-Around Care – Vacation Programs

Before & After Care

Mon-Thurs • 6:30-9:00 am and/or 3:00-6:30 pm

Fri • 6:30-9:00 am and/or 3:00-5:30 pm

(12/24 daycare available only, until 3:00 pm)

\$8.50 per hour • (No daycare on 12/25/19)

To register for **Vacation Programs** and **Wrap-Around Care**,
 go to: miyjcc.org/ecc-vacation-programs.

Upcoming Events

Mad Science Chanukah Party

Sunday, December 15 • 10:00 am

Fee: \$12 each | \$40/family of up to 4 | \$50/family of 5

Member Discounted Fee: \$10 each

\$28/family of up to 4 | \$30/family of 5

Game Night

Sat., November 2 • For more information, see p. 6

Scholastic Book Fair

Mon., November 18- Thurs., November 21

2020-21 Nursery School Registration

All fees will be available on **Mon., November 11, 2019.**

Register ONLINE on the following dates:
miyjcc.org/early-childhood-center

- Priority Registration for children enrolled at the MIYJCC in the 2019-20 school year: **Opens Mon., November 25**
 - For members with a child NOT enrolled at the MIYJCC in the 2019-20 school year: **Opens Mon., December 2**
 - Non-Member Registration: **Opens Mon., December 9**
- Call for a tour! For more information, call Rebecca, x342.

Early Childhood Program Information

THREES & PRE-K

Children must be 3 or 4 years old before 12/31/20

5 days/week

Full-day programs include weekly swim instruction.

(Children must be toilet trained).

- **Extended am: 9:00 am-1:00 pm** (Three year olds ONLY)
- **Full Day: 9:00 am-3:15 pm**

HALF-DAY TWOS

Children must be 2 years old before 12/31/20

Offered mornings • 2 or 3 days/week

- **2-Day: Tues & Thurs • 9:00-11:45 am**
- **3-Day: Mon/Wed/Fri • 9:00-11:45 am**

FULL-DAY PROGRAM-ONE'S & TWO'S

Children explore their environment and develop individuality
 and independence based on emerging interests and capabilities.

2 year olds must be 2 before 12/31/20

1 year olds must be 1 before 12/31/20

Mon-Fri • 9:00 am-3:15 pm

INFANT PROGRAM— 6 weeks old before 9/1/20

Mon-Fri • 9:00 am-3:15 pm

Wrap-Around Care – Extended Daycare

2020-21 School Year — All Ages

Mon-Fri • 6:30-9:00 am and/or 3:15-6:30 pm

Fri • 6:30-9:00 am and/or 3:15-6:00 pm



MID-ISLAND Y JCC Youth & Teen Center

Stephanie Rosenzweig, Youth Program Supervisor | x312 | srosenzweig@miycc.org

Neal Rosenberg, Teen Program Supervisor | x361 | nrosenberg@miycc.org

Patricia Raifer, Administrative Assistant | x334 | praifer@miycc.org

SCHOOL'S CLOSED! Vacation Programs

Grades K-6 • 9:00 am-3:00 pm

COLUMBUS DAY Mon., 10/14

ELECTION DAY Tues., 11/5

VETERAN'S DAY Mon., 11/11

CONFERENCE DAY Tues., 11/19

DECEMBER BREAK Tues., 12/23* - Mon., 12/31,

* 12/24 until 3:00 pm. (No daycare on 12/25/19)

* 12/31 until 5:30 pm.

Wrap-Around Care

Grades K-6 – For All Vacation Programs

Daycare must be prepaid at the time of registration.

Hours needed must be on the registration form.

Monday-Friday • 6:30-9:00 am and/or 3:00-6:30 pm
(6:00 pm on Fridays) • \$8.50 per hour

FIND IT ON miycc.org

For more information or to register for
Vacation Programs, go to: miycc.org/vacation-programs



Weekends at the "Y" – From October through May

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

KID'S NIGHT OUT: Grades K-4 • CLUB SATURDAY NIGHT: Grades 5-8

2019: 11/16 • **2020:** 1/11, 3/21, 5/16

Pre-registration closes 5:00 pm the day prior. Available online only. At the door spots are limited and based on availability.

What's Happening?

Babysitting & Beyond For Grades 7-10

Taught by a nanny with 10+ years of experience working with children. Learn techniques for interviewing, finding a job, handling discipline problems, creative play time activities, potty-training, feeding, and basic meal-making skills. Includes a full Red Cross Infant and Pediatric CPR and First Aid course. Must complete both sessions to be added to our babysitting referral list.

Please pick one of each course to attend:

Babysitting 101: Sundays • 10:00 am-3:00 pm
Sun., November 17

Red Cross Infant and Pediatric CPR/First Aid:
Sundays • 10:00 am-4:30 pm
Sun., November 24

Fee: \$150 • Member Discounted Fee: \$115

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

Youth Personal Training

Whether training for a sport, losing weight, or having a positive mentor, personal training may be just what they need. Designed specifically for teens to reach goals and build confidence.

45-Minute Sessions

2 Sessions: \$89 | 4 Sessions: \$146 | 6 Sessions: \$209

Please contact the Fitness Center, x308, for more details.

NEW - Professional Enrichment Partnerships

The Mid-Island Y JCC is now offering exciting and expanded professionally-led classes to enhance your child's learning experience! Registration is ongoing and can be prorated.

FIND IT ON miycc.org

For more information about these programs and to
register, go to: miycc.org/youth-teen-enrichment-partners



Notes: Teen Support Groups — See p.18. Youth Sports Leagues — See p.21.

SAVINGS
UP TO \$600!



Splish Splash!



Movin'on Up!!



Up, up and Away!



SCORE!



Early Summer Camp

Dont' forget to take advantage of our **ONE DAY ONLY**

New This Year... 2020

Tree Top Adventure Village **EXPANSION**

Indoor/Outdoor Upper Camp Pavillion **FULLY RENOVATED**

Playground **HANDICAP ACCESSIBLE**

summercamp@miyjcc.org • miyjccsummercamp.org



Bird Specials

Private Tours
Available

Call to Schedule
yours NOW!

516. 822. 3535, x334

Early Bird Savings on **October 27, 2019**

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

Mid-Island Early Childhood Camp

45 Manetto Hill Road, Plainview
516.822.3535, x342
rkatz@miyjcc.org

Mid-Island Day Camp

Henry Kaufmann Campgrounds
516.822.3535, x334
summercamp@miyjcc.org





MID-ISLAND Y JCC Adler Center

Individuals with Special Needs

Sharon Hanover, MSW, Adler Center Director | x332 | shanover@miycc.org

Stephanie Ozner, MSW, Assistant Director | x356 | sozner@miycc.org

Danielle Jackowitz, MSW, Vocational & Adult Program Coordinator | x390 | djackowitz@miycc.org

Lilach Koch, Access Coordinator | x389 | lkoch@miycc.org

Lauren Watling, Administrative Assistant | x303 | lwatling@miycc.org



Sharon Hanover
Adler Center Director

What's NEW in the Adler Adult Programs for ages 21+?

Creative Arts

Tap into your creativity and express yourself through art in this class that will include painting, sculpting, and more.

Mondays • 7:45-8:45 pm Weekly

Class Fee: \$430 • Member Discounted Fee: \$390

Runs 15 weeks per semester • Starts October 21

Sweet Treats

A new internship program where individuals can learn skills in business, culinary, and customer service.

Mondays • 6:30-7:30 pm Twice a month

Class Fee: \$365 • 16 sessions per year • Starts October 28

Adler Wonders

Practice, perform, and share your love of music and showmanship through this new musical theatre group.

Tuesday • 6:15-7:15 pm weekly

Class Fee: \$480 • Member Discounted Fee: \$440

Runs 15 weeks per semester • Starts October 15

Thursday Bowling Club

Enjoy some mid-week fun bowling and hanging out with friends.

Thursdays • 7:30-9:00 pm • 14 Sessions per year

Class Fee: \$15 • Member discounted Fee: \$10

plus the cost of activities and food • Starts October 24

Sunday Adult Classes

Enjoy a Sunday afternoon with friends!

Yoga: 2:00-3:00 pm • Game Strategies: 3:00-4:00 pm

Swim/Art: 4:00-5:00 pm • Cooking: 5:00-6:00 pm

Starts November 17, 2019 • Fee: \$20 per class

EXCITING NEWS!

Coming Soon

The Adler Center is now an approved OPWDD Day Hab Program without Walls - for individuals with developmental disabilities over 21 years of age that utilizes the multi-faceted, accessible, fully integrated environment of the Mid-Island Y JCC. In addition, we will be using our multiple community based sites and linkages for volunteer service, travel opportunities, and environmental education, as well as pre-employment options.

Coming Up...

Join us on Sun. October 13

Team Adler for the Autism Speaks Walk

To join our team, please contact Lauren Watling, x303 or lwatling@miycc.org by Tues., October 1, 2019.

FREE WORKSHOPS FOR PARENTS

To register for these workshops, please contact Lauren Watling, x303 or lwatling@miycc.org by November 4, 2019.

TALK:

Talking About Life & sexuality with Kids, teens and young adults.

November 18, 2019 7:00-8:30 pm

Would you like to be more comfortable discussing the facts of life and sexuality with your young person? The FREE parents' workshop will discuss: * Puberty * Relationships * Sex * Assisting individuals with special needs to understand sex related matters * Promoting a healthy sexual development and a positive self-image

FREE WORKSHOPS FOR YOUNG ADULTS AND ADULTS

Healthy Relationships

December 4, 2019 7:00-8:15 pm

In addition to the basic ingredients of a healthy relationship, respect, love, trust, and communication, this interactive workshop explores how these characteristics appear in a world where technology is such a common communication tool. The facilitator will lead a discussion on boundaries, consent, and communication skills. Through videos, web-based games, and discussion, participants can learn skills to help them strive for healthy relationships.

Consent

December 11, 2019 7:00-8:15 pm

In this workshop, participants will learn what consent is, how we express consent verbally/non-verbally, and what the benefits of asking/giving consent are.

FIND IT ON miycc.org

For the new Adler programs, descriptions and details, go to: miycc.org/adler-center-for-special-needs





MID-ISLAND Y JCC **Adult Center**



Sara Shapiro, LMSW
Adult Center Director

Sara Shapiro, LMSW, Director | x335 | sshapiro@miycc.org
 Alana Rosenstein, LMSW, Supervising NNORC Director | x385 | arosenstein@miycc.org
 Hillary Cook, LCSW, Adult Center Social Worker | x328 | hcook@miycc.org
 Meagan McBride, LMSW, Associate NNORC Director for POB Cares | x383 | mmcbride@miycc.org
 Genevieve Gans, LMSW, Associate NNORC Director for Project PACE | x391 | ggans@miycc.org
 Shanee Kirschenbaum, LCSW, Partners in Caring Social Worker | x384 | skirschenbaum@miycc.org
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 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 | jgonlon@northwell.edu



We invite you to stop by, participate, and make new friends. The Adult Center offers social, educational, cultural, and entertaining activities throughout the week.

Arts & Culture — For All Ages

Watercolor Workshops

Learn varied techniques from our artists. Demos are presented and critiqued. Supply list sent upon confirmation. Prior watercolor experience is required.

Classes are ongoing. Registration required for all classes.

For more information, call Bonnie, x354

Instructor: Melanie Wolf

10 week session - Classes are ongoing. Call to register.

Tuesdays • 1:00-3:00 pm

Fee: \$225 • Member Discounted Fee: \$170

Instructor: Janice Nesta

10 week session - Classes are ongoing. Call to register.

Wednesdays • 11:45 am-2:45 pm

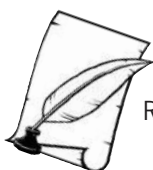
Fee: \$280 • Member Discounted Fee: \$210

Instructor: Louise Fucci

10 week session - Classes are ongoing. Call to register.

Thursdays • 11:45 am-2:45 pm

Fee: \$280 • Member Discounted Fee: \$210



Open Studio

Open Studio in the art room.
Registration required. Please call for availability.

Fee: \$5 • Member Discounted Fee: Free

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

Oct. 27.....Evelyn Kandell

Nov. 24.....Charles Fishman

Dec. 15.....Richard Levine

Games, Cards & So Much More!

Mah Jong & Canasta Classes and Tournaments*

New classes are forming. Pre-registration required. If interested in participating, please call Bonnie, x354



Canasta: Daytime Beginner's Workshop

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

Mondays 11:00 am – 12:30 pm

New classes forming throughout the year. Call for dates.

Fee: \$140 • Member Discounted Fee: \$110



Mah Jong: Daytime Beginner's Workshop

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

Mondays 1:00 pm – 2:30 pm

New classes forming throughout the year. Call for dates.

Fee: \$140 • Member Discounted Fee: \$110



Mah Jong: Evening Beginner's Workshop

We are looking to offer an evening class. If you are interested, call Bonnie, x354.

Game Room - Open Play

Come and play Mah Jong, Bridge, Canasta, board games, and more. Coffee and tea will be served. Looking for people to play with? Call us for help finding a match.

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

Fee: \$5 • Member Discounted Fee: Free

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

FIND IT ON **miycc.org**

For more information about these programs and to register, go to: **miycc.org/adult-center**



MONDAY Activities

Strong Social Seniors

Join us for social discussions with active seniors. Learn coping mechanisms while celebrating your strength as an older adult.

Mondays • 10:00-11:00 am • Free

October 28 • November 25 • December 9, 23

Questions? Call Bonnie, x354.



Building Your Brain

Engaging and interactive brain games designed to strengthen memory, reasoning, creative thinking, and more.

Have fun while stretching your mind.

Pre-registration is requested. *Questions? Call Alana, x385*

Mondays • 10:00-11:15 am • \$5 per session



Community Health Chats

With Ann Jaffe, RN

Healthcare specialists offer discussions on various health topics. Free blood pressure screening available.

4th Monday of the month • 11:30 am-12:30 pm • Free

October 28 - Medicare Open Enrollment Learn about your options with Medicare and Medicare Advantage Plans

November 25 - Vision Changes as we Age

Just as our bodies age, so does our eyesight. Learn how to

keep your eyes healthy and make sure you are seeing

our best with L. Ginsberg, RN, MA, Program Director,

Community Health Initiatives, Northwell Health

December 23 – No Program

Lunch & Learn

Community Rabbis lead a discussion on interesting topics, including the Bible, Jewish law, and Jewish holidays.

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

Mondays • 12:30-1:30 pm

Fee: \$5 • Member Discounted Fee: Free

All programs take place at the MIYJCC.

October 28 - Rabbi Neil Schuman, Manetto Hill Jewish Center

November 11 - Rabbi Joel Levenson, Midway Jewish Center

November 25 - Rabbi Jason Fruithandler, Woodbury Jewish Center

December 9 - Rabbi Jack Dermer, Merrick Jewish Centre

December 23 - Rabbi Steven Conn, Plainview Jewish Center

TUESDAY Activities

Veterans Discussion: Topics of Interest Present and Past

A discussion group for veterans featuring tips for keeping active and healthy, reminiscing about common experiences, current events, and more.

10:30 am-12:00 pm • Free

October 15, 29 • November 5, 19 • December 3, 17, 31

No Program Oct 1

Questions? Call Bonnie, x354.

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

Knitting Circle

Join us for enjoyable conversation as we knit.

All skill levels welcome.

10:30 am-12:00 pm • Free

October 15, 29 • November 5, 19 • December 3, 17, 31

No Program Oct 1

Current Events Discussion

Join us for a stimulating and interactive discussion on current topics.

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

Social Circle Entertainment

Enjoy live music and friendly conversation. *Coffee and tea will be available.*

Tuesdays • 11:30 am-1:30 pm

Fee: \$10 • Member Discounted Fee: Free

No program on Oct 1, 8, 15 and 22 due to Jewish holidays

October 29 – Paul Effman Trio

November 5 – Blue Heron

November 12 – John Walters

November 19 – Joe DePiola

November 26 – Ron Morton

December 3 – Paul Effman Trio

December 10 – Ricky Penn

December 17 – Joe DePiola

No Program on Dec 24 and 31

WEDNESDAY Activities

Social Circle Discussion

Join us for friendly discussions on a variety of topics, past, present, and future. Reminisce and discuss topics of interest.

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

Social Circle Entertainment

Enjoy live music and friendly conversation.

Coffee and tea will be available.

Wednesdays • 11:30 am-1:30 pm

Fee: \$10 • Member Discounted Fee: Free

October 2 – Karen Bella

October 9 – No Program

October 16 – No Program

October 23 – Joe DePiola

October 30 – Squeaky Clean

November 6 – Naomi Zeitlin

November 13 – Joe DePiola

November 20 – Gregory Muldgana

November 27 – Blue Heron

December 4 – John Walters

December 11 – Ramona

December 18 – Squeaky Clean

December 25 – No Program

Wednesday Activities continued...

Social Seniors — Pizza Party at the Apartments

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

Wednesdays • 12:00-1:30 pm • FREE

October 16 - Barnum Avenue Apartments
Community Room, 80 Barnum Avenue, Plainview

November 13 - Shepherd Hill Apartments,
Community Room, 115 Central Park Road, Plainview

THURSDAY Activities

Jewish Author Series

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

Steve Israel, **Big Guns: A Novel** (For description see page 19)

Tues., December 10 at 10:30 am • Mid-Island Y JCC • \$5 fee
To RSVP or for more information, call Shinee, x384

Please save the dates for the following authors:

Fern Bernstein, **Mah Jongg Mondays** on Fri., March 27,

2020 at 10:30 am at Manetto Hill Jewish Center

Stephen M. Silverman, **The Amusement Park 900 Years of**

Thrills and Spills, and **The Dreamers and Schemers Who Built**

Them on Tues., May 5, 2020 at 10:30 am at the Mid-Island Y JCC

Jamie Bernstein (daughter of Leonard Bernstein), **Famous**

Father Girl: A Memoir of Growing Up Bernstein on Tues.,

June 23, 2020 at 10:30 am at Merrick Jewish Centre

Cover To Cover Book Club Selections

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

Thursdays 10:30-11:30 am • Free

POB Library, 999 Old Country Road

October 24: Short story selections "The Bank Holiday" and "The Singing Lesson" by Katherine Mansfield

December 24: Short story selections "The Lady and the Dog" and "Grisha" by Anton Chekhov. For more information, call Alana, x385.



Community Health Chats with Janet Golon, RN

Health specialists offer discussions on various health topics. Free blood pressure screening available.

Thursdays • 1:00-2:00 pm • POB Library • Free

October 10: Ophthalmology and You presented by Suyeon (Ella) Yu from Ophthalmology Department Northwell Health

November 14: Complementary and Integrative Medicine: All You Need to Know About Holistic Medicine with Dr. Penny Stern, Northwell Health

December 12: Skin Health For Seniors with Dr. Mary Parisi, Dermatologist at Northwell Health. Questions? 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.

2nd and 4th Thursday of the month 3:30-4:30 pm • Free
POB Library, 999 Old Country Road Questions? Call Alana, x385.

Jewish Movie Nights



Thursdays • 7:00-9:00 pm

POB Library Auditorium • Free to the Community

October 24: Who Will Write Our History

December 19: Vitch

(For description see page 19)

AARP Defensive Driving Course

Get an insurance discount. This course has given millions of drivers the skills they need to drive safely, learn about normal age-related physical changes, and how to make adjustments to compensate. Reduce your chances of receiving a traffic violation, getting into an accident, or getting injured.

Thurs., November 7 & Tues., November 12

Must attend both dates • 6:30-9:30 pm

AARP Members: \$20 • Non-AARP Members: \$25

To register, please call Bonnie x354

SPECIAL COMMUNITY EVENTS

Ripped From The Headlines

Calling all Law and Order fans! Come take part in a re-enactment of the police and courtroom drama with like-minded fans. Based on transcripts of actual cases, participants will assume different roles in a courtroom trial setting. Become a witness, district attorney, defense counsel or even the judge. This interactive and entertaining program will evoke memories of past TV shows like *Perry Mason* and *Matlock* as well. You'll be on the edge of your seats!

November 6, 2019 • 10:30 am. Pre-registration required.

Fee: \$15 • Member Discounted Fee: \$10

We're All a Little "Crazy" Community Mental Health Program

We're All A Little "Crazy" believes that so much, including stressful life experiences, affects our mental health at different points in our lives. We all need to work together to combat the stigma surrounding mental health challenges and the difficult path those experiencing them face. Hearing stories of vulnerability told by celebrities and social media influencers illustrate how everyone is dealing with, and able to conquer, some form of challenge.

Program will feature:

- Keynote speech by Mike Mauti, former NFL Linebacker, Big 10 Linebacker of the Year at Penn State, and First Team All-American
- A presentation from Eric Kussin, a former sports executive and founder of We're All A Little "Crazy".
- Breakout discussion sessions for teens and adults. This program is generously funded by The Sophia Valsamos Foundation.

Thurs., November 14 • 7:00 pm.

For more information contact Shinee, x384.

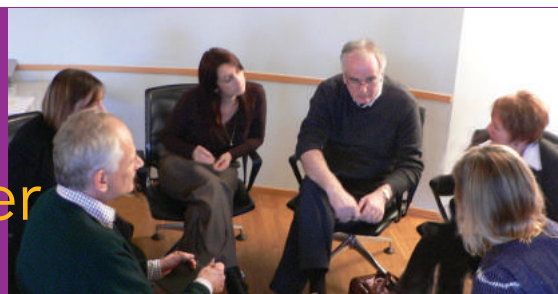
NEW SOCIAL GROUP FOR MEN

Professionals Enjoying Retirement Club (PERC)

Looking for a place to meet other retired professionals with similar interests? Make friends, exchange ideas, engage in activities such as lectures, trips, and volunteer opportunities. We need members! If you're interested in joining, please contact Hillary Cook, LCSW, x328 or email hcook@miycc.org.



MID-ISLAND Y JCC **Adult Center** SUPPORT SERVICES



Sara Shapiro, LMSW, Director | x335 | sshapiro@miyjcc.org
 Alana Rosenstein, LMSW, Supervising NNORC Director | x 385 | arosenstein@miyjcc.org
 Hillary Cook, LCSW, Adult Center Social Worker | x328 | hcook@miyjcc.org
 Shanee Kirschenbaum, LCSW, Partners in Caring Social Worker | x384 | skirschenbaum@miyjcc.org
 Meagan McBride, LMSW, Associate NNORC Director for POB Cares | x383 | mmcbride@miyjcc.org
 Genevieve Gans, LMSW, Associate NNORC Director for Project PACE | x391 | ggans@miyjcc.org
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 Ann Jaffe, RN, NNORC Nurse | x381 | ajaffe@northwell.edu
 Janet Golon RN, NNORC Nurse | x381 | jgon@northwell.edu

Support Group

Caregiver Support Group

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 Parkinson's disease. The group offers a safe place to discuss the stresses and challenges of caregiving. Members will receive valuable advice, resources, and, most importantly, support from people who truly understand.

Fridays • 10:30-11:30 am • FREE

For dates and more information, please call Hillary, x328.



Parkinson's Caregiver Support Group

Led by a licensed social worker, this group is for primary caregivers and others providing care to individuals with dementia and other chronic health conditions. The group offers a safe place to discuss the stresses and challenges of caregiving. Members will receive valuable advice, resources, and most importantly support from people who truly understand. If you are interested in participating, please contact: Hillary Cook, x328, or email hcook@miyjcc.org.

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 sessions throughout the year.

New groups are being formed. Call for dates and times.

Fee: \$150 • Member Discounted Fee: \$120

Registration required, please call Hillary, x328.

Beyond Bereavement: Transitions

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 Hillary, x328.

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 Michelle or Marilyn at (516) 274-0540*

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

Fee: \$150 • Member Discounted Fee: \$120

Registration required, please call Hillary, 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. New groups are forming.

Runs in 10-week sessions throughout the year.

Call for information

Fee: \$150 • Member Discounted Fee: \$120

Registration required. Please call Hillary, x328.

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.

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.

Fee: \$150 • Member Discounted Fee: \$120

If interested, please call Hillary, x328.

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 dates or more information, please contact Laura Ann: (631) 875-5049 or visit mommysangels.net.

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 Group 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.

Fee: \$150 • Member Discounted Fee: \$120

Each additional child is \$75

If interested, please call Hillary, 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.

This group is designed to help teenagers better understand their own identities in an informal, safe, and fun environment.

If interested, please call Hillary, 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.

Alternating Sundays • 12:00-1:00 pm

Fee: \$120 • Member Discounted Fee: \$100

Each additional child is \$75

If interested, please call Hillary, x328.

FIND IT ON miyjcc.org

To learn more about our support programs and services, go to: miyjcc.org/support-services



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

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.

Look Up For Adam —

Coping with Addiction and Loss - Beading Hearts

An organization providing socialization and support to raise awareness and help families cope with the life altering effects of addiction.

**2nd Wednesday of the month • Ongoing • 6:30-9:00 pm
Free to Community**

For more information, please contact Linda Nuszen: (631) 804-6322

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

Hatzilu Rescue Organization

Provides food, financial aid, social work intervention, and emotional support to Jewish individuals and families in need. To access services or to volunteer, please call 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.10.*

REFLECTIONS

Day Service Program for Individuals with Alzheimer's Disease and Dementia

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

Fee: \$50/day

May be eligible for LTC coverage.

Fee adjustments available for those in need.

To learn more, contact Hillary:

(516) 822-3535, x328 or email hcook@miyjcc.org



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



Jewish Movie Nights

Thursdays • 7:00-9:00 pm

POB Library Auditorium

Free to the Community

October 24: Who Will Write Our History
In November 1940, days after the Nazis sealed 450,000 Jews in the Warsaw Ghetto, a secret band of journalists, scholars and community leaders decided to fight back. Led by historian Emanuel Ringelblum and known by the code name Oyneg Shabes, this clandestine group vowed to defeat Nazi lies and propaganda not with guns or fists but with pen and paper. Now, for the first time, their story is told as a feature documentary.

December 19: 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. Eddie Vitch (nee Ignace Levkovitch) was a talented caricature and mime artist. He performed in Germany's most prestigious theaters. His documents identified him as "Levkovitch", a recognizably Jewish name. In other words, he was hiding in plain sight, or maybe the Nazis were protecting him?

Jewish Author Series

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

Steve Israel, **Big Guns: A Novel**

Tues., December 10, 2019 Former Congressman Steve Israel takes you behind the scenes of the gun debate in Washington in this "pleasingly wicked" indictment of the state of American politics. *Big Guns: A Novel* is set in a fictional town on Long Island that becomes ground zero for a pitched battle over gun rights and gun control.

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

Fee: \$5 Member Discounted Fee: Free

Takes place at the MIJCC. See page 14 for dates and speakers.

Jewish Genealogy Society of L.I.

Bringing together people interested in exploring their Jewish roots.

Sundays • 2:00-4:00 pm

October 27, November 24, December 15

Family History Workshop

November 3 • 12:30-5:00 pm

For more information, email info@jgsli.org



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

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



Israeli Cultural Connection (ICC)

Yael Katz | 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 לישראלים 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.

LIVE FIT WELLNESS CENTER SPECIAL EVENTS

Women's Health Fair

An evening dedicated to the well-being of women and their health issues. Various specialists and practitioners in their particular field will be available to speak with to obtain information and to help you on your path to a healthier lifestyle. Wear comfortable clothes and sample some of our most popular fitness classes.

Wed., November 20 • 7:30-9:30 pm
Free to the community

LIVE FIT WELLNESS CENTER

Parkinson's

PATHWAYS Wellness program for people living with Parkinson's

Begin your day by experiencing unique and educational lectures and end your day with a Rock Steady Boxing class. Lectures include aroma, art and music therapy, meditation, speech pathologists, and much more. Learn how to control and manage your symptoms while engaging with other people who are also living with the disease. Work towards a healthier lifestyle. Lunch included.

Wednesdays • 11:00 am-2:45 pm • 6 weeks
Fee: \$260 • Member Discounted Fee: \$240

Traumatic Brain Injury & Stroke

Common Ground Alliance

This group provides a social component to people living with strokes and traumatic brain injuries.

Meetings are held Thursdays • 6:30-8:00 pm

Common Ground Alliance Members: Free

For more information, contact Dr. Deborah Benson,
Director: (631) 699-5536

Multiple Sclerosis

Multiple Sclerosis Aquatics

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

Monday/Wednesday • 10:00-11:00 am

Registration through the MS Society: (631) 864-8337

Aquatics Plus

An extension of our Multiple Sclerosis program featuring a six-week sampling of disciplines featuring spin, meditation, and various fitness therapies to help with balance, fatigue, and cognitive difficulties.

Fridays • Begins October 25 • 10:00-11:00 am

For questions or to register, call Barbara, x317

Cancer Awareness Lectures

Keeping Fit Post Diagnosis

Essentrics - Stretch, Tone, and Restore for the Cancer Survivor Essentrics, led by Martine Resta, a certified instructor, is a low impact work-out done to music that flows continuously from one movement to the next. It will restore your joints and strengthen muscles, relieve pain, and stimulate your energy level.

Wed., October 30, 2019 • 7:00 pm

Free to the community

FIND IT ON miycc.org

For more information about these programs,
go to: miycc.org/wellness





MID-ISLAND Y JCC Fitness & Recreation Center

George Loft, Fitness & Recreation Director | x316 | gloft@miyjcc.org
 Barbara Sachs-Traina, Group Fitness Director | x317 | bsachs@miyjcc.org
 Dawn Solomon, Administrative Assistant | x308 | 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 — FREE to Members

NOTE: FREE babysitting for members with children ages 5 months to 8 years. Call Barbara, x317.

NEW! Restorative Yoga

Restorative yoga is a deep relaxing practice and a natural antidote against stress and anxiety. The use of props will keep the body in a comfortable posture to allow you to feel the effects of self-nurture and calm healing. Please wear comfortable clothing.

Begins Thurs., October 3, 7:00-8:00 pm
6 weeks (studio A)

Essentrics

Essentrics, led by Martina Resta, a Certified Instructor, is a fun way to stretch while toning without putting undo stress on joints and muscles. Routines add to exercise the brain and increase cognitive functioning by using a continuous flow of one movement to the next.

Wednesdays • 5:00-6:00 pm
6 weeks Drop in welcomed at all times

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

or call: **(631) 770-3600**

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

Pickle Ball Beginners Clinic

Tues., January 7 • 7:00-8:30 pm

Fee: \$25 • Member Discounted Fee: \$18

Learn how to play this fastest growing sport in the U.S.

A combination of tennis, badminton, and paddleball.

Group instruction. Space limited. Register by December 19, 2019.

Pickle Ball Sessions OPEN PLAY

Members: Fri., December 13 • 9:00-11:00 am

Non-Member: Mon., December 16 • 9:00-11:00 am

Starts Mon., January 13 • 12 weeks

Fee: \$120 • Member Discounted Fee: \$96

Mon: ...Intermediates (3.0-3.5).....9:00-10:30 am
 Adv. Beginner (2.5-3.0).....10:45-12:15 pm
 Intermediate (3.0-3.5).....12:30-2:00 pm

Tues: ...Advanced Beginner (2.5-3.0).....7:00-8:30 pm
 Intermediates (3.0-3.5).....8:30-10:00 pm

Wed: ...Novice11:00-12:30 pm

Thurs: ...Beginner-Adv. Beginner (2.0-2.5).....7:00-8:30 pm
 Adv. Beginner-Intermediate (3.0-3.5).....8:30-10:00 pm

Fri:Adv. Beginners (2.0-2.5).....9:00-10:30 am
 Intermediate (3.0-3.5).....10:45-12:15 pm
 Beginners (2.0-2.5)12:30-2:00 pm

FIND IT ON miyjcc.org

Click on the **Fitness Schedule Button** on our website home page for the most current class schedule!





MID-ISLAND Y JCC Aquatics Center

Deidra Clark-Towers, Aquatics Director | x330 | dclark-towers@miyjcc.org
 Rachel Persoff, Assistant Aquatics Director | x350 | rpersoff@miyjcc.org
 Dawn Solomon, Administrative Assistant | x308 | dsolomon@miyjcc.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, x330.*

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.

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.



Fall 2019 Class Dates

Sun...10 weeks...9/8, 15, 22...10/6, 13, 20, 27...11/3, 10, 17

Mon...9 weeks...9/9, 16, 23...10/7, 14, 21, 28...11/4, 18

Tues...11 weeks...9/10, 17, 24...10/8, 15, 22, 29...
11/5, 12, 19, 26

Wed...11 weeks...9/11, 18, 25...10/2, 16, 23, 30...11/6, 13, 20

Thurs...11 weeks...9/12, 19, 26...10/3, 10, 17, 24, 31...
11/7, 14, 21

Fri...11 weeks...9/13, 20, 27...10/4, 11, 18, 25...
11/1, 8, 15, 22

Sat...9 weeks...9/14, 21...10/5, 12, 19, 26...
11/2, 9, 16, 23

Pool Hours

Open Swim, Family Swim, Lap Swim:

Sunday.....7:00 am-8:30 pm

Monday-Thursday5:30 am-10:30 pm

Friday.....5:30 am-5:30 pm

Saturday7:00 am-5:30 pm

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

Dolphin Swim Team

**Winner of the 2014, 2015, 2016, 2017, 2018, and 2019
Metro JCC Swimming Championships!**



Seeking New Members for the 2019-20 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.*

FIND IT ON miyjcc.org

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



AquaSwim Water Aerobics

Low impact exercise in the water for all levels of fitness.
Builds muscle tone and improves balance.

Mornings: Tues. & Thurs. • 9:15-10:00 am • Ongoing
Evenings: Tues. • 8:00-9:00 pm • Dates: TBA

**If interested, please contact Barbara, x317
or email bsachs@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*

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MIYJCC Building Hours

Sunday: 7:00 am-9:00 pm*

Monday-Thursday: 5:30 am-11:00 pm*

Friday: 5:30 am-6:00 pm*

Saturday: 7:00 am-6:00 pm*

Hankin Welcome Desk 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

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

Friday Night Candle Lighting

OCTOBER	NOVEMBER	DECEMBER
10/46:15 pm	11/14:34 pm	12/64:10 pm
10/116:04 pm	11/84:26 pm	12/134:11 pm
10/185:53 pm	11/154:20 pm	12/204:13 pm
10/255:43 pm	11/224:15 pm	12/274:17 pm
	11/294:12 pm	

