Early Childhood Registration 2020-2021 is OPEN!

Bowling BASH!

Ladies NIGHT OUT

Purim CARNIVAL

STEM

Outdoor NATURE

Instructional SWIM
A MESSAGE from the PRESIDENT & CEO

Dear Members,

Happy New Year.

As we close out another year, we reflect on what we have accomplished and what we look forward to in the new year.

We want to thank all those who generously contributed to our fundraising events, including our end-of-year campaign, and have chosen the MIYJCC as your charity of choice. Although our end-of-year campaign has concluded, we hope that you will continue to support our Agency by attending upcoming events and by participating in our Universal Accessibility Capital Campaign. With your ongoing support, we have raised close to $800,000 towards our $1 million goal.

We are excited to announce that we have completed many of the capital improvements outlined in the last issue of Chailights, including a handicap accessible poured-in-place playground, roof and basement repairs, and renovations to the Reflections and Second Home Day Care rooms. Both rooms have been equipped with state-of-the-art sound systems, enhanced technology, and general renovations; the Alzheimer’s room now has a completely renovated and ADA compliant bathroom. Coming this Spring, we look forward to starting the ramp project which will provide full accessibility to the 200 wing. Additional upgrades on the horizon will include installation of a ramp by the lower staircase in the 100 hallway and new flooring throughout the 200 hallway and Roth Family Multi-Purpose Room.

In addition to our Capital Campaign, we have been awarded nearly $325,000 in Federal and State security grants to supplement our own Agency investment. Some work has already been completed, but much more is on the way. Stay tuned.

Throughout the year, we will continue to upgrade our security, launch new programming for Holocaust Survivors and families of Holocaust Survivors, enhance our Parkinson’s programming, expand our new Jewish Values Curriculum and so much more. As an Agency, we are devoted to our community and feel honored that we have been able to give so much to so many.

We want to take this opportunity to thank all of you for your dedication to the Mid-Island YJCC. All of us working together will ensure that we are able to continue to meet the needs of our community in 2020 and into the future.

Sharon Sabba Finstein
President, Board of Directors

Rick Lewis
Chief Executive Officer

MIYJCC
The Center of it ALL
45 Manor Hill Road, Plainview, New York 11003-1396
(516) 822-3335 | Fax (516) 822-3298 | www.miyjcc.org

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.

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Do you find the gym intimidating?
If so, you’re certainly not alone……but it doesn’t have to be!
It appears to the inexperienced, to be a room full of strange scary machines with a lot of fit, confident “gym rats.” To help you with this “fear,” I’m going to give you 5 inspiring tips:

#1 YOU ARE NOT BEING JUDGED!
One of the biggest issues people have is feeling self-conscious and feeling like they’re being “judged.” In reality, I think people are barely looking at you at all and in reality they are spending their energy focused on themselves. Don’t be afraid to do your own thing, even if you’re new. The bottom line is that you are far less visible than you might think.

#2 WORK OUT WITH A PERSONAL TRAINER
Personal trainers may not be for everyone, but if you find yourself intimidated and unsure of where to begin, then a personal trainer is a great way to get started. They’ll be there to guide you, and motivate you so that you’ll feel less out of place. We have a “LET’S GET STARTED PACKAGE” for only $99 (three 45 minute sessions or four 30 minute sessions). If you’re serious about wanting to add health and fitness to your lifestyle and don’t know where to begin, a personal training package is a great place to start.

#3 LISTEN TO MUSIC
When you put on motivating music, you enter your own little world. It makes it much easier to tune everything else out and focus on the task at hand. It gives you a little bounce and attitude if you have a killer playlist – one that’s motivating to YOU! If you walk in with your headphones on and your favorite music playing, you’ll feel a lot more comfortable right away. Ever listen to podcasts? Get lost in a true crime story, celebrity interview, or audio book and the hour passes quickly!

#4 WORK OUT WITH A FRIEND
Consider working out with a friend. Schedule the time – this way you hold each other accountable. It also provides a sense of camaraderie that will make the gym feel a lot less intimidating and more welcoming.

#5 FITNESS CENTER ORIENTATION TIMES – Learn about our equipment, how to use it, and what machines are best suited for you. No appointment needed.
Orientation and Times:

- MONDAYS……….9:30 am & 7:00 pm
- TUESDAYS…………. 8:00 pm
- WEDNESDAYS………… 7:00 pm
- THURSDAYS…………. 9:30 am
- FRIDAYS………………..1:00 pm

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 to our website at 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.

Camp Shelter DEDICATION
Look at how far we have come…

We are so thankful that UJA Federation is currently working on enhancing all areas of the Henry Kaufmann Camp Grounds which includes our Mid-Island Camp. $30 million dollars is being invested at all HIC locations. On August 9, 2019 we held a dedication of the new MYJCC camp shelter in honor of Amy and Scott Jaffee who, along with UJA Federation, have made the renovations of these facilities possible. We thank UJA Federation and Amy and Scott Jaffee for being such incredible supporters of the MYJCC in so many ways. We could not do what we do without them.

Sensory play equipment was recently added to our playground so that our Adler Center participants have some new and innovative items to enjoy. We held two dedications, with the unveiling of special plaques, to thank the donors who made this all possible.
Crag Weinstien and his family, through the estate of Evelyn Shapiro, were instrumental in making this project happen. The Sol and Mildred Lederman Supporting Foundation also loved this project so much, that they once again supported the MYJCC in this effort. Thank you to both families for their continued support of our work and for helping to make the MYJCC a stronger and more vibrant agency.

Universal Accessibility CAPITAL CAMPAIGN
We are excited to update you on our current Universal Accessibility Capital Campaign and the progress made to date. Work is now complete on several projects, most recently a new surface in one of our playgrounds which makes it accessible for all. These playground renovations have been made possible with a generous naming gift in memory of Wallace “Hank” Hankin. When we break ground on our new ramp is up to you – we cannot accomplish this goal without additional funding. Please consider a gift today! miyjcc.org/capital.

All of the donors who have contributed so far to our campaign can be found on our Universal Accessibility Capital website: miyjcc.org/capital. If you are reading this and would like to help us reach our Million Dollar goal, please call Michele Posner, Director of Development at 516.822.3535, x 319 or email mposner@miyjcc.org. Thank you!
“CHANGING THE WORLD ONE DREAM AT A TIME”
Go to miyjcc.org to register.

MLK DAY OF SERVICE
1.20.20
9:45 am–12:00 pm

FAMILY BINGO NIGHT
Sun., January 26, 2020 5:00-7:00 pm
You must pre-register by Fri., January 24
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.
Fee: $20 per person
Member Discounted Fee: $15 per person
Extra cards: $8 each
Price includes pizza and a bingo card for each game. Children 4 and under can enter and eat for FREE.
For more information, please call Patricia, x312.

FAMILY Paint Night
Family members can paint their own canvas or work on a large canvas in pairs!
Led by one of our Art Specialists who will walk you through a scenery painting.
You can bring up to 5 family members. Must be 4 years or older to participate.
Sunday, March 22
6:30-7:30 pm
Fee: $20 per family member
Member Discounted Fee: $15 per family member
Includes painting materials, healthy snacks, and beverages.

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 22
9:00 am-2:30 pm
For more information or to schedule your appointment, please call Neal, x361.
Up, Up and Away!
Let's Play Ball!
One-day-only special rates* at the Purim Carnival. Camp Discounts up to $200

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
To register for the Purim Carnival

...don’t forget to register for

SUMMER at the Purim

CAMP 2020

One-day-only special rates* at the Purim Carnival. Camp Discounts up to $200

*Where space is available, some exclusions apply. Camp discounts applicable for new and returning campers.

To register for the Purim Carnival or Bubbe’s House go to: miyjcc.org

Bubbe’s House
11:45 am-1:00 pm
An interactive show including an Arts & Crafts project
Member Tickets: $8 for Adults and $12 for Children
Non-Member Tickets: $10 for Adults and $15 for Children
Prices include admission to the Purim Carnival!
or Bubbe’s House go to: miyjcc.org

Presenting the Mid-Island Y JCC Community
Life’s most persistent and urgent question is:
“What are you doing for others?”
—Martin Luther King

Collection Drive Success: We asked and you responded!
Our members donated: Over 1,000 pounds of items to assist with HURRICANE DORIAN RELIEF. 177 pairs of glasses for the EYES FOR THE NEEDY Organization. 164 coats were collected for the NEIGHBORS HELPING NEIGHBORS Outreach Event.

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 6, 13, 22, 27 | February 3, 10, 24 | March 2, 9, 16, 23, 30
Register for 1 or multiple dates.
Please contact Rhonda Green, x346.

● **ASSISTANCE AT HOME** VOLUNTEER YOUR TIME Assist seniors living in the Plainview-Old Bethpage or Syosset communities. Help in as little as 1-2 hours per week.

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

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

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

CANDLESWISHES PROJECT — Bring the joy of celebrating a birthday by hosting a party for children who often have their birthday pass without a celebration.

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 | gwarrack@miyjcc.org
or Rhonda Green: 516.822.3535, x346 | rgreen@miyjcc.org

Together, We Can Make Every Moment
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**SCHOOL’S CLOSED! Vacation Programs**

**Weekends at the “Y”**

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 • 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.

**Family Time EVENTS**

**FAMILY PAINT NIGHT**

Family members can paint their own canvas or work on a large canvas in paint led by one of our Art Specialists who will walk you through a scenery painting. You can bring up to 5 family members. Must be 4 years or older to participate.

Sun., March 22, 6:30 - 7:30 pm

Fee: $20/family member • Member Discounted Fee: $15

Includes painting materials, healthy snacks, and beverages.

**Notes: Teen Support Groups — See page 20 Youth Sports Leagues — See page 24**

**MID-ISLAND Y JCC Youth & Teen Center**

Stephanie Rosenzweig, Youth Program Supervisor, x312 I srosenzweig@miyjcc.org

Neal Rosenberg, Teen Program Supervisor, x361 I nrosenberg@miyjcc.org

Patricia Raifer, Administrative Assistant, x334 I praifer@miyjcc.org

**Before & After Care**

Grades K-6 • For All Holiday Programs

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

Mon.-Fri. • 6:30 am-6:30 pm (6:00 pm on Fridays)

Additional fee: $8.50 per hour

**Find It On miyjcc.org**

For more information or to register, go to miyjcc.org/vacation-programs

**Find It On miyjcc.org**

For more information about these programs and to register, go to miyjcc.org/youth-teen-center

**MLK Day of Service: Changing the World, One Dream at a Time Grades 9-12**

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

Mon., January 20 • 9:45 am-12:00 pm

**Volunteers Needed!**

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 8 • Time slots available: 11:15 am-1:15 pm | 12:15-2:15 pm | 2:15-4:15 pm

**SAT Classes**

SAT classes are given on weekdays and Sundays.

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

If POB School District is closed we will still be holding classes.

There are no make-ups or refunds allowed for missed classes. (Equal or lesser value, not applicable to siblings and/or friends, or One Day Regents Review Classes.)

**What’s Happening?**

**Babysitting & Beyond Grades 7-10**

Taught by a nanny with 10+ years experience. Learn techniques for interviewing/finding a job, behavior management strategies, creative playtime, potty-training, feeding, and basic meal-making! Includes full Red Cross Infant/Pediatric CPR 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: January 26 or March 1

10:00 am-2:00 pm

Red Cross Infant and Pediatric CPR/First Aid:

Sundays: January 12 or March 15 • 10:00 am-2:00 pm

Fee: $150 • Member Discounted Fee: $115

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

**Find It On miyjcc.org**

For more information about these programs and to register, go to miyjcc.org/youth-teen-center
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
• Limited OPWDD spots available
• Additional spaces may be available for children without OPWDD eligibility

Registration Online Only.
Thursday, January 2 to Friday, January 10

For Children & Teens
• Sunday Funday
• Fit ‘n Fun
• Be the Best Sport-Multi-sports
• Saturday Night Fever
• ALIVE vocational program
• Teens Night Out
• Sunday Explorers
• Artistic Expressions
• Pre-Teen/Teen Pals
• Let’s Get Physical
• Saturday Night Bowling Club
• Chopped
• You Can Dance

For Adults
• J.O.B.S., J.O.B.S. 2.0
• J.O.B.S. in the Community
• MY Cooks
• MY Eats
• Adlar Wonders
• Yoga & Mindfulness
• Saturday Adult Bowling
• Creative Arts
• Saturday Adult Evening Class
• Adult Sunday Funday
• Young Adult/Adult Pals
• Young Adult/Adult Fit n Fun
• FA Tactic
• Saturday Adult Night Out

Winter/Spring Programs
February-June - Don’t forget to sign up!

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

Tuesdays: 1:00 – 3:00 pm
Fee: $225 • Member Discounted Fee: $170

Instructor: Janice Nasta
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

Mah Jong, Canasta and Bridge Classes
New classes are forming. Pre-registration required.

If interested in participating, please call Bonnie, x354.

Canasta: Daytime Beginner’s Workshop
Mondays: 11:00 am – 12:30 pm

New classes forming throughout the year in 8 week sessions. Call for dates.

Fee: $180 • Member Discounted Fee: $140

Mah Jong: Daytime Beginner’s Workshop
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 in 8 week sessions. Call for dates.

Fee: $180 • Member Discounted Fee: $140

Bridge: Daytime Beginner’s Workshop
Thursdays: 10:00 am – 12:00 pm

New classes forming throughout the year in 8 week sessions. Call for dates.

Fee: $180 • Member Discounted Fee: $140

If you are interested, call Bonnie, x354.

Adobe Reader

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: $220

Saturdays: 9:00-9:30 am • 10:00-10:30 am
Sundays: 9:00-9:30 am • 9:30-10:00 am

Registration: online only from
Thurs., January 2 to Fri., January 10

A waistlist will be instituted if program date closes out.

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

CONTACT US TO MAKE ALTERNATIVE arrangements. Please call Bonnie at x354.

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

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MEET THE CENTER DIRECTORS
Social Circle Entertainment
Enjoy live music and friendly conversation. Coffee and tea will be available. Tuesdays • 11:30-1:30 pm
Fee: $10 • Member Discounted Fee: Free
January 7 – Joe DePola
January 14 – Ron Morton
January 21 – Paul Effman Trio
January 28 – Spacely Clean
February 4 – Karen Bella
February 11 – Blue Heron
February 18 – No program
February 25 – Blue Heron
March 3 – Gregory Muldavin
March 10 – Joe DePola
March 17 – LI Jazz Ensemble
March 24 – Karen Bella

WEDNESDAY Activities

Social Circle Discussion
Join us for fun, 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
No program January 1, 8 and February 19

Social Circle Entertainment
Enjoy live music and friendly conversation. Coffee and tea will be available. Wednesdays • 11:30-1:30 pm
Fee: $10 • Member Discounted Fee: Free
January 1 – No program
January 8 – Blue Heron
January 15 – Blue Heron
January 22 – Joe DePola
January 29 – Bobbi Ruth
February 5 – LI Jazz Ensemble
February 12 – Joe DePola

THURSDAY/FRIDAY Activities

Jewish Movie Nights
Thursdays • 7:00-9:00 pm
POB Library Auditorium • Free to the Community
January 23: Torn (for description see pg. 22)
February 20: #uploading_Holocaust (for description see pg. 22)
Questions and descriptions? Call Shanee, x384.

Jewish Author Series
Authors come to speak about their books and share their knowledge and expertise with us!
Fern Bernstein, Mah Jongg Mondays on Fri., March 27 at 10:30 am at Manetto Hill Jewish Center

New Social Group FOR MEN
Professionals Enjoying Retirement Club (PERC) Looking for a place to meet other retired professionals? Make friends, exchange ideas, engage in activities such as lectures, trips, and volunteer opportunities. If you’re interested in joining, please contact Hillary Cook, LCSW, x328 or email hcook@myjcc.org

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. Questions? Call Bonnie, x354.
Tuesdays • 10:30 am-12:00 pm • Free
January 7, 21 • February 4, 18 • March 3, 17, 31

Knitting Circle
Join us for enjoyable conversation as we knit. All skill levels welcome.
Tuesdays • 10:30 am-12:00 pm • Free
January 7, 21 • February 4, 18 • March 3, 17, 31

Current Events Discussion
Join us for a stimulating and interactive discussion on current topics. Tuesdays • Ongoing • 10:30-11:30 am • Free
No program February 18.
POB Cares

POB Cares is a state-funded NNORC program to provide programming and services to help older adults (ages 60+) age-in-place in their homes in eastern Plainview and Old Bethpage. According to New York State Office for the Aging guidelines, the programs listed below are for residents of POB Cares - adults over age 60 residing in Plainview and Old Bethpage east of route 135, with limited exceptions*. Please call 516-822-3353, x385 with any questions or to schedule an enrollment visit.

PROGRAMS

Games Galore and So Much More!
(Mondays at Shepherd Hill)
Join your POB Cares neighbors for an open recreation hour, featuring conversation, games, refreshments, and fun! Bring your own game or learn how to play one of ours! Adult coloring sheets will also be available.

Round Swamp Apartments Community Room
115 Central Park Road, Plainview, NY 11803
Mondays • 1:30–2:30 pm
January 6, 13, 27 • February 3, 10, 24
March 2, 9, 16, 23, 30
Note: please no meeting 1.20 or 2.17 due to holidays.
For more information, call Bonnie at 516.822.3353, x354.

Intergenerational Cake Decorating
Join the Baking Coach® and local students, as we create beautiful and tasty treats!

Round Swamp Road Apartments Community Room
108 Round Swamp Road, Old Bethpage, NY 11804
Call for dates and times.
Seating is limited, call Bonnie at 516.822.3353, x354 to reserve your space!

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 • 12:00–1:30 pm • FREE
January 15 • Round Swamp Road Apartments, Community Room
108 Round Swamp Road, Old Bethpage
March 18 • Shepherd Hill Apartments, Community Room, 115 Central Park Road, Plainview.
Please call Bonnie at 516.822.3353, x354 to RSVP by the Monday before each program date.

Community Health Chats with Janet Golon, RN
Health specialists offer discussions on various health topics. Free blood pressure screening available.

Thursdays • POB Library • Free • 1:00-2:00 pm
January 9
Topic: I Can’t Sleep. Insomnia!
Presented by: Dr. Marzana Gliszczinski, from Northwell Health
February 13
Topic: Heart Health
Presented by: Dr. Steven Savella, Cardiologist from Northwell Health
March 12
Topic: Update on the Modern Management of Strokes
Presented by: Dr. Henry H. Woo, Neurosurgeon at Northwell Health
For more information, call Janet, x821.

Games Galore and So Much More!
Round Swamp
Join your POB Cares neighbors for an open recreation hour, featuring conversation, games, refreshments, and fun! Bring your own game or learn how to play one of ours! Adult coloring sheets will also be available.

Round Swamp Rd Apartments Community Room
108 Round Swamp Road, Old Bethpage, NY
Call for dates
For more information, call Bonnie at 516.822.3353, x354.

Additional Information:
*State law requires that certain senior housing units be excluded from eligibility. Please call with any questions or to confirm your eligibility.

NNORC SOS

NNORC-SOS (Seniors of Syosset) is a state-funded program to provide programming and services to help older adults (ages 60+) age-in-place in their homes in Syosset.

According to New York State Office for the Aging guidelines, the programs listed below are for residents of NNORC-SOS - adults over age 60 residing in Syosset, with limited exceptions*. Please call 516-822-3353, x385 with any questions or to schedule an enrollment visit.

PROGRAMS

Home Care 101 Lecture/Discussion
Syosset Public Library, 225 South Oyster Bay Road, Syosset
Join NNORC-SOS and Caring People Home Healthcare for an overview of the various options for home care services. Many seniors are unaware that Medicare provides limited coverage for home care services. Types of home care, including a companion care, home health aide services, and nursing care, will be reviewed. An overview of possible funding sources, including long-term care insurance, Medicaid, Medicare, and private pay, will be provided.
Wed., January 22, 2019 • 11:00 am
For more information, call Alana at 516.822.3353, x385.

Drop-in Hours
Mondays:
at Northwell Syosset Hospital
Syosset Hospital Conference Room A&B, 221 Jericho Turnpike, Syosset
Select Mondays, 11:00 am–1:00 pm
January 6 • February 3 • March 2

Wednesdays:
Veteran-Specific Drop-in Hours at the VFW
20 Queens Street, Syosset
Select Wednesdays, 1:00–3:00 pm
January 22 • February 26 • March 25
at Eastwoods Rd Apartments
40 Eastwoods Muttontown Rd, Syosset
Select Wednesdays, 1:00–3:00 pm
February 19 • March 18

Thursdays:
at Syosset Public Library
225 South Oyster Bay Road, Syosset
Select Thursdays from 12:00–1:30 pm
January 9 • February 13 • March 5, 12, 19, 26
at Northwell Syosset Hospital
Syosset Hospital Conference Room A&B, 221 Jericho Turnpike, Syosset
Select Mondays, 11:00 am–1:00 pm
January 6 • February 13 • March 12

*State law requires that certain senior housing units be excluded from eligibility. Please call with any questions or to confirm your eligibility.

Non-sectarian program of the Mid-Island Y JCC. Membership is not required. This project is supported by funding from The New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.
**Support Services**

**Center**

**ADULT**

**Support Groups**

**Caregiver Support Group**

Are you caring for a loved one with health issues related to Parkinson’s? 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 • 10:15-11:30 am • FREE

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

---

**Bereavement: Loss of Spouse**

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.

---

**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.

3rd Wednesday of every month • 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.

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**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 and 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.

---

**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 and 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.

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**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.

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**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.

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**Infertility Support**

Are you caring for a loved one with health issues related to Parkinson’s? 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 • 10:15-11:30 am • FREE

For more information, 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.

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**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

If interested, please call Hillary, x328.

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**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.

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**Look Up For Adam — Coping with Addiction and Loss — Reading 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

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

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

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**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, x.335.

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

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, x.347.

Food Pantry
Fee: $50/day
Member Discounted Fee: $140

Free to the Community

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.

BRIJE for Children is a safe and enriching social day program overseen by 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, x.328 or email hcooky@miyjcc.org

SPARK!
A program for people experiencing Early Memory Loss
Join us for this new program which will focus on enhancing cognition and well-being for those with mild memory loss or early stage dementia. The program includes physical, intellectual, and social stimulation.

Wednesdays 10:00 am- 1:00 pm • Begins January 8
First Session: Fee: $40 • Member Discounted Fee: $35
Monthly thereafter: Fee: $160 • Member Discounted Fee: $140

Call us for more information and to register!
Contact: Hillary at 516.822.3535, x.328 or email hcooky@miyjcc.org
This project was made possible by an award from the Brookdale Foundation Group.

RELECTIONS
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, x.328 or email hcooky@miyjcc.org

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

January 23: Terr
Can one be a Catholic priest and an observant Jew at the same time? Twelve years after he was ordained as a Polish Catholic priest, Romuald Waszinukl discovers that he was born to Jewish parents. The film follows the amazing journey: from conducting mass in a church in Poland to life as an observant Jew in a religious kibbutz in Israel. Torn between two identities he is unable to renounce either, and consequently, he is unacceptable by both religions, as well as the state of Israel. Now, he is required to choose.

February 20: #uploading_holocaust
Thousands of young Israelis join “the journey to Poland” each year to learn about the Holocaust. Looking into the journey through the videos they upload on YouTube reveals a moving and troubling image about the way collective memory is formed in the web age. In the YouTube clips they create, students share private and moving moments of fear and despair - unmediated testimonies of themselves trying to make sense of the senseless. Using these clips as raw material, the film follows the journey to Poland from a variety of intimate viewpoints.

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

Jewish Author Series
Authors come to speak about their books and share their knowledge and expertise with us!
Fern Bernstein, Mah Jongg Mondays Fri., March 27, 2020 at 10:30 am at Manetto Hill Jewish Center
Fern, married and the mother of three boys, takes us into her modern middle-class suburban Long Island world where one day she gets the “Big Idea” to learn the Chinese tile game called mah jongg. Weekly games provide the setting for deep-seeded friendships to form around the mah jongg table. This is a heartwarming story about the wonderful things that can happen when five women are destined to come together to play an old Chinese game, sitting around a table with 152 tiles, dice, and a mah jongg card. Love always; love all ways, for time has no guarantees.


Jewish Genealogy Society of L.I.
Explore your Jewish roots.
Sundays • 2:00-4:00 pm
January 26, February 23, March 22
Questions? Email info@jgsli.org.

Jewish 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.

Japanese 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.
<table>
<thead>
<tr>
<th><strong>LiveFIT Wellness Lectures</strong></th>
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<tbody>
<tr>
<td><strong>The LiveFIT Health &amp; Wellness Center</strong> 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.</td>
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**Parkinson’s**

**BOXING 4 PARKINSONS – ROCK STEADY BOXING**

A boxing class especially designed for people living with Parkinson’s disease. Led by Michelle Weinstein, licensed and experienced Rock Steady trainer. Boxing can promote optimal agility, increase speed and muscular endurance, provide better balance, hand-eye coordination, and footwork. At Rock Steady, the opponent is Parkinson’s disease. TBA

**Multiple Sclerosis**

**Multiple Sclerosis Aquatics**

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

**Multiple Sclerosis Spin**

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

**Common Ground Alliance**

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

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

Fee: $60 • Common Ground Alliance Members: Free

**Diabetes Wellness Center**

OFF TO COLLEGE WITH T1D

Join JDRF in partnership with the Mid-Island Y JCC for an evening of education and networking, featuring a presentation on preparing students with type 1 diabetes (T1D) for life at college and a discussion and Q&A with a panel of current college students and their parents.

Tues., January 7 • 7:00-8:30 pm

Free to the Community

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**Pickleball Injuries – Prevention and Rehab**

Pickleball is the fastest-growing sport for seniors. As more people enter the game, the amount of injuries are increasing. Paul Block, Ready Care PT, will discuss pre-game exercises and physical therapy to help with the prevention and rehabilitation of injuries involved with playing the game.

Wed., March 18 • 7:00-8:30 pm

Pre-registration preferred

**Pre-registration preferred**

**New! ZUMBA AM**

Thursdays, 8:20-9:15 am

---

**SPORS Clinics & Leagues**

**Basketball LEAGUE**

Winter Registration Now Open!

Grades K-2: Clinic/Training

For pricing and registration, go to: SpartansBasketballLeague.com or call: (631) 770-3600

Members receive a $50 discount.

Use code: MIYJCC

**Pickleball Sessions OPEN PLAY**

Members: Fri., April 3 • 9:00-11:00 am

Non-Member: Mon., April 6 • 9:00-11:00 am

Starts Mon., April 13 • 12 weeks

Fee: $120 • Member Discounted Fee: $96

Mon: Intermediates (3.0-3.5)..........................

Intermediate (3.0-3.5)..........................

Fri: Advanced Beginner (2.5-3.0)..............

Intermediate (3.0-3.5)..........................

Tues: Advanced Beginner (2.5-3.0)..............

Free: $5 per class

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**Specialty Classes**

**Senior Water Aerobics**

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

Tuesdays • Begins January 7

9:15-10:00 am • Runs 17 weeks

Fee: $306 • Member Discounted Fee: $187

Thursdays • Begins January 9

9:15-10:00 am • Runs 16 weeks

Fee: $288 • Member Discounted Fee: $176

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**FlexFIT Group Fitness Classes**

FREE to Members

Flexible fitness classes. For more information or to register, call Barbara, x317.

Drop in • FREE to members • $12 Drop in for non-members

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

**NEW! ZUMBA AM**

Thursdays, 8:20-9:15 am

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For more information about these programs, go to: miyjcc.org

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**FIND IT ON miyjcc.org**

Click on the Fitness Schedule Button on our website home page for the most current class schedule!
Pool Hours
Open Swim, Family Swim, Lap Swim:
Sunday: 7:00 am-8:30 pm
Monday-Thursday: 5:30 am-10:30 pm
Friday: 5:30 am-5:30 pm
Saturday: 7:00 am-5:30 pm
POOL CLOSED: 5:30-7:00 pm, Sun.-Thurs.

For swim team practice.

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 swimmer’s 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.

Winter 2019-20 Class Dates
Sun... 8 weeks... 12/8, 15... 1/5, 12, 26... 2/2, 9... 3/1
Mon. 10 weeks... 12/2, 9, 16... 1/6, 13, 27... 2/3, 10, 24... 3/2
Tues. 11 weeks... 12/3, 10, 17... 1/4, 14, 21, 28... 2/4, 11, 25... 3/3
Wed. 11 weeks... 12/4, 11, 18... 1/5, 12, 26... 2/5, 12, 26... 3/4
Thurs 12 weeks... 12/5, 12, 19... 1/4, 14, 23, 30... 2/6, 13, 27, 3/5
Fri... 12 weeks... 12/6, 13, 20... 1/10, 17, 24, 31... 2/7, 14, 28... 3/6
Sat... 12 weeks... 12/7, 14, 21... 1/11, 18, 25... 2/1, 8, 29... 3/7

Dolphin Swim Team

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.

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.

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

Find it on miyjcc.org
Please support our sponsors!
More than just therapy
We're ready to meet your rehab needs so that you may be safely discharged back home!

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(516) 367-3400
info@whiteoaksrehab.com
www.whiteoaksrehab.com

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www.wurtzlaw.com  elan@wurtzlaw.com
527 Old Country Road • Plainview, NY 11803

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**MIYJCC Building Hours**

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<th>Day</th>
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<tr>
<td>Sunday</td>
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<td>Monday-Thursday</td>
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<td>Friday</td>
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<td>Saturday</td>
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*Fitness Center & Pool close 1/2 hour earlier

**Hankin Welcome Desk Hours**

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**Friday Night Candle Lighting**

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