

Mid-Island Y JCC

JANUARY-MARCH 2020

CHAILIGHTS

Early Childhood REGISTRATION
2020-2021 is OPEN!



**Bowling
BASH!**

**Ladies
NIGHT OUT**

**Purim
CARNIVAL**



STEM



Outdoor
NATURE



Instructional
SWIM

MID-ISLAND Y JCC CHAILIGHTS In this ISSUE

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HERE'S What's Happening...

UPCOMING HOLIDAY
and VACATION PROGRAMS

Wed., January 1

Happy New Year!

Mon., January 20MLK Day

Mon., February 17-21 PRESIDENT'S Week

HOLIDAY BUILDING HOURS/CLOSURES:

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



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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 those of you 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 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 be 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 Parkinsons 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 Y JCC. 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 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

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 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). The investment is well worth the value! 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 on 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.

MID-ISLAND Y JCC NEWS & EVENTS

Development NEWS

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



CAPITAL MATTERS!

Look at how far we have come...

Camp Shelter DEDICATION

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 HKC locations. On August 9, 2019 we held a dedication of the new MIYJCC 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 MIYJCC in so many ways. We could not do what we do without them.



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.

Dedication of Sensory Playground

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.

Craig Weinstein 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 MIYJCC in this effort. Thank you to both families for their

continued support of our work and for helping to make the MIYJCC a stronger and more vibrant agency.



The Weinstein Family, CEO Rick Lewis and MIYJCC staff at the plaque dedication of the sensory playground.

What Does The Mid-Island Y JCC Mean to Me?

by Rhoda Samuels Nichter

For thirty two years, I packed my husband Murry's gym bag almost every night and put it in the trunk of his car. On the way home from work in the evening, he would go to the Mid-Island Y JCC and swim for about an hour and then come home for dinner. I worked at night, so I swam 32 laps (1/4 mile) almost every day for 32 years. When Murry retired, we swam together during the day.

After 62 years of marriage, Murry died at age 92. I am now 93 and while I can't do 32 laps any more, I am able to come and exercise in the water. I attribute our longevity to our swimming exercise and am grateful to the MIYJCC for providing this wonderful facility.

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.

We recently held a special dedication with the entire Hankin family and some of their friends.

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.



The Hankin Family at the playground dedication.

Far right: The finished product!



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!

MID-ISLAND Y JCC **News & EVENTS****MLK
DAY OF
SERVICE****1.20.20**

9:45 am–12:00 pm

**"CHANGING THE WORLD ONE DREAM AT A TIME"**

Join us for our 5th Annual Packing Event on Mon., January 20, 2020.

Go to mijcc.org to register.MID-ISLAND Y JCC **News & EVENTS****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.

**STRIKE UP SOME FUN AT THE ANNUAL
MIYJCC Bowling Bash****Saturday, February 8, 2020 8:00-11:00 PM****BUFFET STYLE DINNER • COCKTAILS • BOWLING • RAFFLES**
AMF Syosset Lanes • 111 Eileen Way, Syosset**REGISTER ONLINE AT: mijcc.org**

Benefitting the Adler Center's social and vocational programs.

**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.

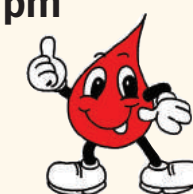
**MID-ISLAND Y JCC
ANNUAL BLOOD DRIVE
Donate blood and Save a Life!****Help us reach our goal!****To be eligible to give blood you must:**

- 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.



Presenting the **Mid-Island Y JCC** Community

PURIM

Sunday, March 8,

CARNIVAL

2020 1:00 pm-4:00 pm

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



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: mijcc.org

...don't forget to register for



SUMMER

at the Purim

One-day-only special rates* at the

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

CAMP 2020

Carnival & **SAVE!**

Purim Carnival. Camp Discounts up to \$200

Offers not valid towards previously purchased camp programs or Early Bird rates for Summer 2020.



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

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



Gail Warrack
Director of Volunteer Services

MLK Day of Service Event

Changing the World, One Dream at a Time Through hands-on projects, volunteers will create packages that directly impact those struggling with food insecurity and poverty on Long Island. Generously funded by UJA Federation NY.
Want to volunteer for this event? Sign up at miyjcc.org.
Open to children, teenagers, and adults of all ages.
Mon., January 20 • 9:45 am-12:00 pm



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.



• VOLUNTEER YOUR TIME Assist seniors living in the Plainview-Old Bethpage and 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 winter is upon us, items such as coffee, tea, and soups will help us provide warmth to clients accessing the food pantry.

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



MID-ISLAND Y JCC Early Childhood Center

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



Melanie Witkes, MEd
Early Childhood Center Director

WINTER/SPRING ENRICHMENT PROGRAMS

Registration is ongoing. The Winter/Spring session begins on **Sun., February 2, 2020** and runs through **Fri., June 5, 2020**.
Register online at: miyjcc.org/enrichment

Early Childhood Programs 2020-2021

Registration is open. Limited spots available.

OUR PROGRAM:

- Theme-based learning, in accordance with developmentally appropriate goals for each age group; each child has the opportunity to explore a variety of topics.
- Curriculum that emphasizes the teaching of the whole child with small group and one-to-one instruction.
- State certified teachers provide hands-on hands on learning, all while being aligned with the NYS Pre-Kindergarten Foundation for the Common Core.
- Jewish values and traditions are holistically interwoven into our program. Children are taught to be global citizens.
- Music, art, movement, physical education, and nature specialists, as well as weekly swim instruction.

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

Early Childhood Program Information

THREES & PRE-K

Children must be 3 or 4 years old before 12/31/20
3 year olds: 5 days/week • Pre-K: 5 days/week
Full-day programs include weekly swim instruction.
(Children must be toilet trained)
• **Extended Day: 9:00 am-1:00 pm** (Threes 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: Tuesday & Thursday • 9:00-11:45 am**
• **3-Day: Monday/Wednesday/Friday • 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.–Thurs. • 6:30-9:00 am and/or 3:15-6:30 pm
Friday • 6:30-9:00 am and/or 3:15-6:00 pm
Cold breakfast provided prior to 8:30 am for children enrolled in the Twos, Threes, and Pre-K.

Transportation available for children in a 2 year old program and up. Children will be transported on Mid-Island Y JCC mini-buses. Car seats provided for 2 & 3 year olds. Deposit required at time of registration; balance billed in equal payments. If we are unable to provide bus service, your full deposit will be refunded. For more information, call the Early Childhood office, x342.

Upcoming EVENTS

• Come Celebrate Tu b'Shevat with us **Sun., February 9, 10:00-11:00 am**

• **Meet the Authors a Literacy Event** Scholastic Book Fair **Sun., March 29 at 10:00 am** FREE for the community

• **Tilles Center Shows**
RENT
February 15 at 2:00 pm

BANDSTAND
March 15 at 4:00 pm
For more information, contact Stacey Wallenstein, x357, swallenstein@miyjcc.org.



Project REPLENISH

Our 5th Annual Project Replenish surpassed our expectations by providing over **6,500 pounds** of non-perishable food, toiletries, and cleaning supplies to help stock our pantry shelves. We are grateful to all our donors and participating synagogues.



Together, We Can Make Every Moment
A Time For Good

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



Interested in Volunteering?

Contact Gail Warrack: 516.822.3535, x347 | gwarrack@miyjcc.org
or Rhonda Green: 516.822.3535, x346 | rgreen@miyjcc.org





MID-ISLAND Y JCC Youth & Teen Center

Stephanie Rosenzweig, Youth Program Supervisor, x312 | srosenzweig@miyjcc.org
 Neal Rosenberg, Teen Program Supervisor, x361 | nrosenberg@miyjcc.org
 Patricia Raifer, Administrative Assistant, x334 | praifer@miyjcc.org

SCHOOL'S CLOSED! Vacation Programs

Grades K-6 • 9:00 am-3:00 pm

MLK DAY.....Mon., 1/20

PRESIDENT'S WEEK.....Mon., 2/17-2/21

Before & After Care

Grades K-6 – For All Holiday Programs

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

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 for
 Vacation Programs, go to: miyjcc.org/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 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.

Sun., March 22, 6:30 – 7:30 pm

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

Includes painting materials,
 healthy snacks,
 and beverages.

FAMILY BINGO NIGHT!

For parents and children of all ages.

Toys and prizes given out after every round.

Sun., January 26, 5:00-7:00 pm

Register by Fri., January 24.

Fee: \$20 • Member Discounted Fee: \$15

Extra cards: \$8 each

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

FREE admission and dinner for children 4 and under.

For more information, please call Patricia, x334.



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

Teen PROGRAMMING

For more information about Community Service and Leadership programs,
 please contact: Neal Rosenberg, Teen Program Supervisor, x361 or email nrosenberg@miyjcc.org

What's Happening?

BABYSITTING & BEYOND

Grades 7-10

Taught by a nanny with 10+ years experience. Learn techniques for interviewing/finding a job, 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



PURIM CARNIVAL VOLUNTEERS NEEDED!

Grades 6-12

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

Sun., March 8 • Time slots available:

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

MLK DAY of SERVICE:

Changing The World, One Dream at a Time

Grades 9-12

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

Mon., January 20 • 9:45 am-12:00 pm



MID-ISLAND Y JCC The Learning Center

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

REGENTS/SAT II/AP REVIEW CLASSES

Grades 8-12

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

REGENTS REVIEW CLASSES:

5 Sessions • 1x/week, 2 hrs

Fee: \$295 • Member Discounted Fee: \$225

SMALL GROUP REGENTS REVIEW CLASSES:

8 Sessions • 1x/week, 1½ hrs

Fee: \$354 • Member Discounted Fee: \$270

SAT II & AP REVIEW CLASSES:

5 Sessions • 1x/week, 2 hrs

Fee: \$450 • Member Discounted Fee: \$375



SCORE HIGHER

with the world leader in test preparation, Kaplan Test Prep.

SAT classes are given on weekdays and Sundays.

For more information or to register,

please contact Kaplan directly at 1-800-KAP-TEST.

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



MID-ISLAND Y JCC Adler Center

Individuals with Special Needs

Sharon Hanover, MSW, Adler Center Director, x332 | shanover@miycc.org
Stephanie Ozner, MSW, Adler Center 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
Alison Giangregorio, Access Coordinator, x392 | agiangregorio@miycc.org
Lauren Watling, Administrative Assistant, x303 | lwatling@miycc.org



Sharon Hanover
Adler Center Director

VACATION Programs

OPWDD Vacation Respite Programs Ages 3-21

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

Eligibility status and documentation is required.

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

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

Registration Online Only.

Thursday, January 2 to Friday, January 10.

Proof of OPWDD eligibility must be emailed to

lwatling@miycc.org.

Registration will be first come, first serve.

A waitlist will be instituted if program days close out.

Winter/Spring Recess: 9:30-2:30 pm • Cost: \$25 per day

Mon., February 17 | Tues., February 18 | Wed., February 19

Thurs., February 20 | Fri., February 21

Mon., April 13 | Tues., April 14 | Wed., April 15

Thurs., April 16 | Fri., April 17

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: \$320

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

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

Registration: online only from

Thurs., January 2 to Fri., January 10.

A waitlist will be instituted if program date closes out.

WEEKDAY Adult Programs

Tuesday and Thursday - Runs Weekly
Begins January 7, 2020

Art & Sculpting Class 10:00-10:45 am • \$40 session
Game Strategies 11:00-11:45 am • \$40 session
Culinary Art Class 12:00-12:45 pm • \$40 session
Group Personal Training 1:00-1:45 pm • \$50 session
YOGA 2:00-2:45 pm • \$40 session

WINTER/SPRING Programs

February-June - Don't forget to sign up!

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.S.,
- J.O.B.S.S. 2.0
- J.O.B.S.S. in the Community
- MIY Cooks
- MIY Eats
- Adler 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
- Fit-Tastic
- Saturday Adult Night Out



MID-ISLAND Y JCC Adult Center

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
Beverly Gilbert, Program Coordinator, x359 | bgilbert@miycc.org
Ann Jaffe, RN, NNORC Nurse, x381 | ajaffe@northwell.edu
Janet Golon, RN, NNORC Nurse, x381 | jgonlon@northwell.edu
Bonnie Millman, Administrative Assistant, x354 | bmillman@miycc.org



Sara Shapiro, LMSW
Adult Center Director

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

Jan. 26.....Pamila Venkatesawaran

Feb. 23.....Duane Esposito

Mar. 22.....Gayl Teller

FIND IT ON miycc.org

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



We invite you to stop by, participate, and

MAKE NEW FRIENDS!

The Adult Center offers social, educational, cultural, and entertaining activities throughout the week.

Games, Cards & SO MUCH MORE!

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.

Coming Soon:

Mah Jong: Evening Beginner's Workshop

Mah Jong Tournament

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

MONDAY Activities

Aging with CHUTZPAH!

Learn to manage the challenges of aging through discussion, mindfulness, and creative expression. Questions? Call Shinee, x384.
Mondays • 7 week session • Free • February 10 - March 30
No program February 17

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 Bonnie, x354.
Mondays • 10:00-11:15 am • \$5 per session

Lunch & Learn

Community Rabbis lead a discussion on interesting topics. Please bring your own lunch. Coffee and tea are served. Questions? Call Shinee, x384.
Mondays • 12:30-1:30 pm
Fee: \$5 • Member Discounted Fee: Free
All programs take place at the MIYJCC.

January 13 - Rabbi Bravo, Makom NY
January 27 - Rabbi Bennet, Temple Chaverim
February 10 - Rabbi Weisblum, Congregation Beth Tikvah
February 24 - Rabbi Weinstein, Simchat HaLev
March 9 - Rabbi Cohen-Rosenberg, Temple Or-Elohim, A Community Reform Congregation
March 23 - Rabbi Shmueli, Plainview Synagogue

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.

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

Social 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

January 7 – Joe DePiola
January 14 – Ron Morton
January 21 – Paul Effman Trio
January 28 – Squeaky Clean
February 4 – Karen Bella
February 11 – Blue Heron
February 18 – No program
February 25 – Blue Heron
March 3 – Gregory Muldgnav
March 10 – Joe DePiola
March 17 – LI Jazz Emsemble
March 24 – Karen Bella

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**
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 am-1:30 pm**

Fee: \$10 • Member Discounted Fee: Free
January 1 – No program
January 8 – Blue Heron
January 15 – Blue Heron
January 22 – Joe DePiola
January 29 – Bobbi Ruth
February 5 – LI Jazz Emsemble
February 12 – Joe DePiola
February 19 – No program
February 26 – Ron Morton
March 4 – John Walters
March 11 – Karen Bella
March 18 – Ramona
March 25 – Joe DePiola

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 Shinee, 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@miyjcc.org.



NEIGHBORHOOD NATURALLY OCCURING RETIREMENT COMMUNITIES

FREE programs and services for residents to help them live independently in their home

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
- Educational, social and wellness programs
- Friendly visiting

Project PACE

Project PACE is a state-funded NNORC program to provide programming and services to help older adults (ages 60+) age-in-place in their homes in Western Plainview.

According to New York State Office for the Aging guidelines, the programs listed below are for residents of Project PACE - adults over age 60 residing in Plainview west of route 135, with limited exceptions*. Please call 516-822-3535 x385 with any questions or to schedule an enrollment visit.

PROGRAMS

Social Seniors – Pizza Party at the Apartments

Enjoy pizza and live music at the Barnum Avenue Apartments
Select Wednesdays • 12:00-1:30 pm • FREE
February 12
Barnum Avenue Apartments Community Room, 80 Barnum Avenue, Plainview.
 RSVP to Alana at 516.822.3535, x385 by Monday, 2/10/2020

Create Together

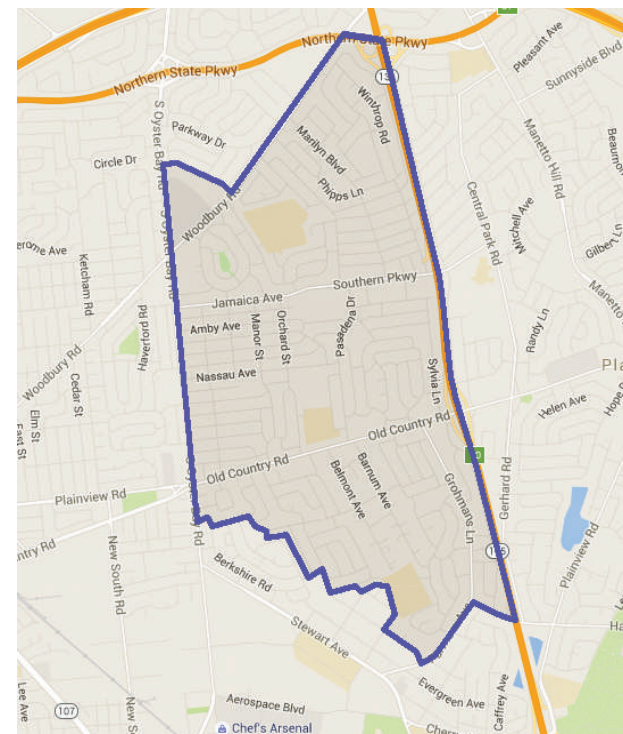
Join us for an intergenerational crafts program with a local art instructor and local girl scouts.
Select Tuesdays, Wednesdays and Thursdays • 3:30–5:00 pm 1/22, 3/26, 4/7
 For more information, call Genevieve at 516.822.3535, x391

Games Galore and So Much More!

Barnum Avenue
 Join your Project PACE 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.
Barnum Avenue Apartments Community Room, 80 Barnum Avenue, Plainview
 Call for dates. For more information, call Genevieve at 516.822.3535, x391

Health and Wellness Workshops

Our neighbors at APEX Physical Therapy will host health workshops specifically for our Project PACE!
Thurs., January 16 – Hip and Knee Arthritic Pain and its Management
Thurs., February 13 – Low Back and Sciatica Pain
Thurs., March 12 – How to Maximize Flexibility and Mobility
 APEX Physical Therapy, 700 Old Country Road, #106, Plainview, NY 11803
 For more information, call Alana at 516.822.3535, x385.



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

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 516-822-3535, x385 with any questions or to schedule an enrollment visit.

PROGRAMS

Games Galore and So Much More! (Monday edition 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.

Shepherd Hill Apartments Community Room
115 Central Park Road, Plainview, NY 11803

Mondays • 2:30-3:30 pm

January 6, 13, 27 • February 3, 10, 24

March 2, 9, 16, 23, 30

Please note: no meeting 1.20 or 2.17 due to holidays.

For more information, call Bonnie at 516.822.3535, x 354.

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 516.822.3535, 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 516.822.3535, 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. Marzena Gienuisz, 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, x381.

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!

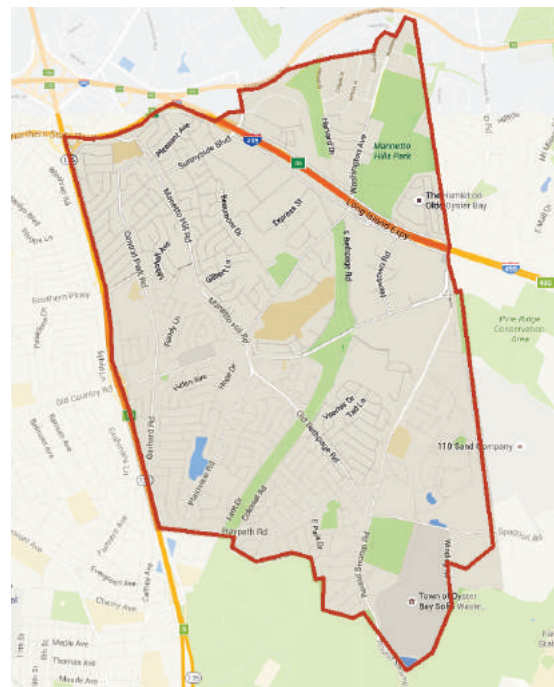
Adult coloring sheets will also be available.

Round Swamp Rd Apartments Community Room

108 Round Swamp Road, Old Bethpage, NY

Call for dates.

For more information, call Bonnie at 516.822.3535, x354.



*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 516-822-3535 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 516.822.3535, 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

2nd Thursday of the month, 9:30–11:30 am

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

Bagel Brunch at the Eastwoods Road Apartments

40 Muttontown Eastwoods Road, Syosset

Join NNORC-SOS for live music, bagels, and spreads.

Select Thursdays from 12:00–1:30 pm

January 30 • March 26

Pre-registration is required. RSVP to Alana at 516.822.3535, x385 by the Monday before each program date.

Senior Health Lecture Series

at Northwell Syosset

Syosset Hospital Conference Room A&B,

221 Jericho Turnpike, Syosset • Select Thursdays at 2:30 pm

January 9 – Fall Prevention

February 13 – Heart Health

March 12 – What's in Your Medicine Cabinet

Blood Pressure Screening available

For more information, call Alana at 516.822.3535, x385.

BeFit: Group Fitness Sampler

Midway Jewish Center, 330 South Oyster Bay Road, Syosset

Come get active, try different exercises, have fun, and meet your Syosset neighbors. Try a different exercise class each month at no cost! Led by a fitness instructor from the Mid-Island Y JCC.

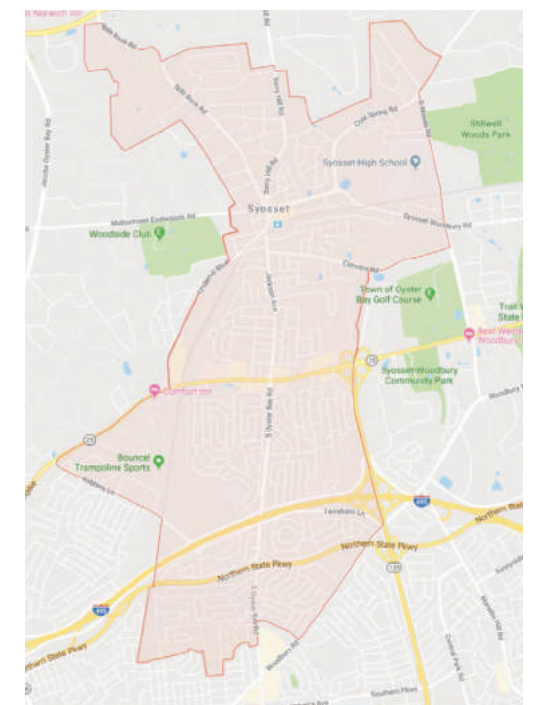
Third Thursday of the Month, 2:00–2:45 pm.

January 16 – Tai Chi with Nancy Chin

February 20 – Zumba Gold with Cathy Pinner

March 19 – Senior Cardio with Mindy Vasta

Pre-registration is required. RSVP to Alana at 516.822.3535, x385 by the Monday before each program date.



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



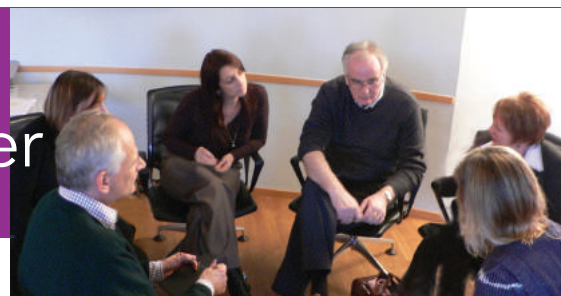
MID-ISLAND Y JCC Adult Center SUPPORT SERVICES

Sara Shapiro, LMSW, Director, x335 | sshapiro@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

Bonnie Millman, Administrative Assistant, x354 | bmillman@miyjcc.org



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 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.

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.

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.

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.

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.

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.

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: 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.9.

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, x328 or email hcook@miyjcc.org

This project was made possible by an award from the Brookdale Foundation Group



MID-ISLAND Y JCC Jewish LIFE

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

Shanee Kirschenbaum, LCSW, PIC Social Worker, x384 | skirschenbaum@miyjcc.org

Jewish Movie Nights

Thursdays • 7:00-9:00 pm

POB Library Auditorium

Free to the Community

January 23: Torn

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 Waszkinel discovers that he was born to Jewish parents. The film follows his 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 unaccepted 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.

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.

May 5: "The Amusement Park 900 Years of Thrills and Spills, and The Dreamers and Schemers Who Built Them"
by Stephen M. Silverman

June 23: "Famous Father Girl: A Memoir of Growing Up Bernstein"
by Jamie Bernstein (daughter of Leonard Bernstein).



Join Us!

BRIJE provides programs for those of Russian Jewish descent. 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.



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.



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).

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 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.

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.



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



MID-ISLAND Y JCC

LiveFIT Health & Wellness Center

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



Barbara Sachs-Traina
Health & Wellness Director

LiveFIT Wellness Lectures

A series of interactive lectures that focus on preventative and pro-active practices geared towards improving and maintaining a healthier lifestyle.

For more information or to register, call Barbara, x317

All lectures require advance registration.

Fee: \$10 • Member Discounted Fee: FREE

Living Gluten Free

Led by Alexandra Cerone, MS.RN., at Northwell Health will focus on living with celiac disease or gluten/wheat intolerance. Recipes and resources will also be discussed.

Tues., February 4 • 7:00-8:00 pm

Pre-registration preferred

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

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.

LiveFIT Wellness Center

Parkinson's

BOXING 4 PARKINSON'S – 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.

Monday/Wednesday • 10:00-11:00 am

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

Multiple Sclerosis Spin

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

Begins Fri., January 3 • 10:00-11:00 am

Runs 6 Weeks Fee: \$5 per class

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

FIND IT ON miyjcc.org

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



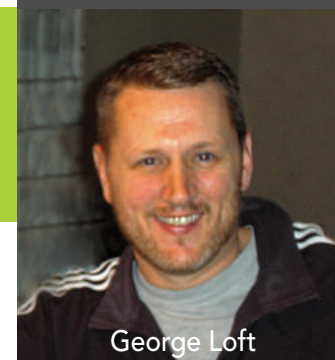
MID-ISLAND Y JCC

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

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

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

8:00-9:00 pm • 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

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:

SpartansBasketballLeague.com

or call: (631) 770-3600

Members receive a \$50 discount.

Use code: MIYJCC

FIND IT ON miyjcc.org

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



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)9:00-10:30 am

Adv. Beginner (2.5-3.0)..... 10:45 am-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: Beginners.....11:00 am-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 am-12:15 pm

Intermediate (3.0-3.5).....12:30-2:00 pm



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.



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.

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...1/7, 14, 21, 28...2/4, 11, 25...3/3
 Wed...11 weeks...12/4, 11, 18...1/8, 15, 22, 29...2/5, 12, 26...3/4
 Thurs...12 weeks...12/5, 12, 19...1/9, 16, 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

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.

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.

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

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

JANUARY	FEBRUARY	MARCH
1/34:22 pm	1/75:02 pm	3/65:35 pm
1/104:29 pm	1/145:11 pm	3/136:43 pm
1/174:37 pm	1/215:19 pm	3/206:50 pm
1/244:45 pm	1/285:27 pm	3/276:58 pm
1/314:54 pm		