

MAR 16

SHABBAT SHALOM! WELCOME HOME TO R&R

ALL DAY 2-5 PM

Craftivist Corner **A**

Join us for yarn arts benefitting Hats for the Homeless. All levels welcome. *Supplies provided.*

L3 Mixed Media

Art Studio **F**

(Ages 2 and Up)

Join us for creative explorations of open-ended art projects with interesting materials.

L3 Drawing and Painting

Face Painting with Jaime **F**

L2 Hallway

Play Plus **F** *

(Ages 3-5)

Games, toys, and play experiences for older toddlers and preschoolers.

7th Floor Reception Room

Play Space **F** *

(Ages 3 and Under)

Open Play

7th Floor Beit Midrash

Baby Play Space **F** *

(Ages 18 Months and Under)

Safe, soft play for infants and young toddlers

7th Floor Library

LEGOS for Big Kids **F** *

(Ages 8 and Up)

Lego challenges and open play for older children

7th Floor Makom

Rooftop Playground **F** *

(weather permitting)

Roof

2 PM

Slow Flow + Chill Yoga **A**

With Jenny A. Mendez

Mezzanine

2:30 PM

MusicTalks: Musical Instrument Petting Zoo **F**

Each week, children will have a chance to meet musicians and engage with instruments up close. This week: The Trumpet with Wayne Tucker.

L2 Teen Center

The Gettysburg

Address **A** *

The turning point of the Civil War took place in July 1863. Lincoln's immortal speech was given in November 1863. How did Lincoln's speech define the nature of the American government? With Susan Addeleston.

L1 Classroom

Circle Games **F** *

(Ages 4-7)

Our variety of structured games gets kids moving and helps them build social relationships, self-esteem, listening skills, gross motor development, and more.

7th Floor Conference Room

3 PM

The Sound of Music Sing-Along **F**

Join us for a joyous sing-along led by singer Imani Rousselle featuring beloved songs from *The Sound of Music*! The show will culminate with a special tribute to the song *Do-Re-Mi*.

L2 Auditorium

Joyful Reconnection Chair Yoga **A**

Focus on range of motion, joint conditioning, mobility, and balance. With Jenny A. Mendez.

Mezzanine

4 PM

Conscientious Conversations About Israel **A**

Join us for a compelling conversation on this week's Israel news with Gali Rabin, UWS shlicha. Delve into events across the ocean and in our backyard and explore the essence of being Jewish and Israeli these days.

L1 Classroom

Peace of Heart: A Cappella Performance **F**

Peace of Heart is a volunteer community choir that came together shortly after the 9/11 tragedies. They promote healing, diversity, community bonding, and mutual understanding through music.

Lobby

Mind/Body Reset: Breathing, Stretching + Meditation **A**

A grounding class incorporating breathing techniques, gentle yin yoga, and guided meditation. With Jenny A. Mendez.

Mezzanine

Structured Play **F** *

(Ages 4-7)
Join our energetic coaches for games and activities focused on friendly competition and group goals.

7th Floor Conference Room



R&R: SHABBAT AT THE JCC IS BACK!

Join us for programs for all ages that respect all levels of Shabbat observance. All food served is kosher. The lobby and 7th floor are technology-free zones; please refrain from cell phone usage and photo-taking. *R&R is generously funded by an anonymous donor.*

SHABBAT ELEVATOR IN USE.

A : Adults **F** : Family **E** : Everyone

All family programs require parent attendance in the room, except the Lego room, where parents can drop off children ages 8 and up and stay on the floor.

**This program is technology-free and suitable for those who are traditionally observant*

Havdalah + Song Circle to Pray for the Hostages

Join us tonight for a song circle and a musical Havdalah service for adults with Rabbi Joanna Samuels to pray for the release of the hostages held captive in Gaza since October 7.

7:30 pm, Free

Spring + Summer Clothing Drive for Children

Help ensure that new immigrants in District 3 public schools have the clothing they need for the spring and summer seasons. Drop off donated clothing in the JCC lobby.

Mon, Mar 11-Fri, Mar 22

For accepted items, visit mmjccm.org/donation-drives



Shabbat Shabbang Jr. + Settoga 365 Purim Party

Join us for a fantastic evening featuring a delicious Shabbat dinner, Purim fun, a carnival with bouncy houses and games, a live family show, *mishloach manot*-making, and dessert. Children are encouraged to attend in costume.

Fri, Mar 22, 5:30-7 pm, \$25



ONGOING JEWISH PROGRAMS FOR CHILDREN + FAMILIES

HAVURAH

Havurah is a fun and meaningful way for children in Pre-K-Grade 1 to develop their Jewish identities and build community. Through explorations of Jewish values, rituals, stories, and culture, the Havurah experience sparks wonder and joy, builds confidence, and inspires creativity.

OFF THE BIMAH

Children in Grades 6 + 7 can enter into the JCC's two-year B'nai Mitzvah program that ushers your child into young Jewish adulthood and lays the groundwork for continuing active participation in the Jewish community.



SCAN TO LEARN MORE

CAMP SETTOGA + DAY CAMP @ THE JCC

Two incredible Jewish day camp experiences for children—one in the city and one in the country! Designed around core Jewish values, both camps provide kids ages 3-12 with daily energy-filled and engaging activities to build lasting friendships and foster a sense of community in a warm and safe environment.

TEEN VOLUNTEER CORPS

Join the JCC Teen Volunteer Corps and engage in acts of kindness and community service to heal the world, starting in our UWS community. This volunteer-centered program offers teens a platform to impact the lives of others and themselves while connecting with Jewish values.