

JAN 18

SHABBAT SHALOM! WELCOME HOME TO R&R

ALL DAY 2-5 PM

Craftivist Corner **A**

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

L3 Mixed Media

Art Studio **F**

(Ages 2 and Up)

Join us for open-ended art projects.

L3 Drawing and Painting

Play Plus **F** *

(Ages 3-5)

Games, toys, and play experiences.

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.

7th Floor Library

LEGOS for Big Kids **F** *

(Ages 8 and Up)

Lego challenges and open play for older children.

7th Floor Makom

Camp Settoga Pop-up **F** *

Lobby

2 PM

Release and Relax with Jenny Mendez **A**

A gentle yoga class focused on releasing physical tension promoting relaxation.

Mezzanine Classroom

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. Week 2: All About That Bass with Yanni Burton

L2 Teen Center

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

Jewish History with Susan Addleston **A** *

Dive into a captivating journey through Jewish history with this always popular class. This week: Jews in Dutch New York: The Beginning. Jews arrived in Dutch New Amsterdam in 1654. Who were these first immigrants? Why did they come to America in 1654? What obstacles had to be overcome? How did they influence our history?

L1 Classrooms

3 PM

Tribute to the Jewish Composers of Disney: Mary Poppins to Aladdin **F**

Join MusicTalks for a tribute to some of the most beloved Disney tunes performed by our string ensemble. Discover the stories of the Jewish composers who wrote the most famous songs, celebrate the beauty of film music, and participate in a Disney sing-along.

L2 Auditorium

Sound Meditation with Jenny Mendez **A**

This class uses sound frequency and vibrations to positively influence the body, mind, and spirit.

Mezzanine

4 PM

What Is a Good Life? Timeless Texts + Modern Minds with Rabbi Alfredo Borodowski **A** *

This weekly workshop explores ancient Jewish traditions and new scientific discoveries about building a life of well-being and meaning. We will blend traditional sources, psychological studies, and practical exercises, moving from knowledge to transformation.

L1 Classrooms

Energize and Unwind with Jenny Mendez **A**

An active yoga class that energizes the body and unwinds the mind.

Mezzanine Classroom

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

4:15 PM

R&R in the Round: A Weekly Singing Circle **F**

Join us for a joyful celebration of the power of song and community. *Instruments will accompany our singing.*

Lobby



R&R: SHABBAT AT THE JCC IS BACK!

Looking for something new and interesting to do as a family or with friends? R&R is a fantastic weekly, free opportunity to be together as a family and community: Experience the best of the JCC with workshops in art, yoga, meditation, food, music, lectures, and indoor and outdoor play.

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.

**Programs noted with an asterisk are technology-free and suitable for those who are traditionally Shabbat observant.*

CHILDREN'S BOOK DRIVE + FAIR

Embrace the magical power of books to transform children's lives! The JCC will collect new and very gently used books for children up to age 13 in our lobby. Books will be distributed at our Children's Book Fair. In partnership with the Office of New York City Council Member Gale A. Brewer.

Book Drive: Mon, Jan 20–Fri, Jan 24 | **Book Fair: Sun, Jan 26, 1–4 pm**



**SCAN FOR
ACCEPTED
ITEMS**

WE START TO SING! THE PAPER BAG PLAYERS

In Person. Bursting with zany stories, audience participation, sing-along songs, foot-stomping dances, and larger-than-life characters, this funny, friendly, and thrilling hour of theater is perfect for children ages 3 through 9, and perfect for everyone! *Part of the Books That Changed My Life Festival.*

Sun, Jan 26, 11 am



**SCAN FOR
TICKETS +
INFO**

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.

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.



SCAN TO LEARN MORE