

FEB 8

SHABBAT SHALOM! WELCOME HOME TO R&R

**ALL DAY
2-5 PM**

Craftivist Corner 

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

L3 Mixed Media

Art Studio 

(Ages 2 and Up)

Join us for open-ended art projects.

L3 Drawing and Painting

**Settoga 365:
Tu B'Shevat** 

Plant the seeds of community (and parsley!). *Til 4 pm.*

L2 Classroom 1

Play Plus  *

(Ages 3-5)

Games, toys, and play experiences.

7th Floor Reception Room

Play Space  *

(Ages 3 and Under)

Open Play

7th Floor Beit Midrash

Baby Play Space  *

(Ages 18 Months and Under)

Safe, soft play.

7th Floor Library

LEGOS for Big Kids  *

(Ages 8 and Up)

Lego challenges and open play for older children.

7th Floor Makom

2 PM

**Release and Relax
with Jenny Mendez** 

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


Mezzanine Classroom

2:30 PM

**MusicTalks: Musical
Instrument Petting Zoo** 


Each week, children will have a chance to meet musicians and engage with instruments up close. Week 5: Discover the commanding sound of the trumpet.

L2 Teen Center

Circle Games  *
(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

**The Secret Jewish History
of Bambi with
Susan Addeleston**  *

Bambi may seem like a simple children's tale, but it explores deep themes such as antisemitism and ecology, which the Disney adaptation often overlooks.

L1 Classrooms

3 PM

**The Gershwin Brothers +
Upper West Side Jazz** 

Join MusicTalks for an interactive afternoon of jazz beats! Discover beloved songs by the Gershwin Brothers, who lived just a few blocks from the JCC! Together, we will sing Summertime, conduct Rhapsody in Blue, and play a "You Think I've Got Rhythm" game.

L2 Auditorium

**Sound Meditation with
Jenny Mendez** 

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


Mezzanine

**Pop-up Stories from
the Trees**  *

Join PJ Library Parent Connector Roz Singer to hear fun stories about Tu B'Shevat! *Held within Play Plus.*


7th Floor Reception Room

4 PM

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


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** 

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

Mezzanine Classroom

Structured Play  *
(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** 

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.

 : Adults  : Family  : 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.*

BRIEF R&R SURVEY

We want to improve your R&R experience. Please fill out our short survey for a chance to win **\$180 in JCC credit!**



SCAN
FOR THE
SURVEY

FAMILY ART DAY

This interactive event is designed to inspire a love for literature in all ages. Create your own books, design personalized bookmarks, and engage in storytelling activities. *Part of the Books That Changed My Life Festival.*

Sun, Feb 9, 10-11 am



SCAN TO LEARN MORE

THE TORAH OF TODAY

Join us, in partnership with Pardes Institute of Jewish Studies, for a monthly series where we'll explore Jewish texts in the context of contemporary American life. All are welcome.

4 Tuesdays, Feb 11, Mar 11, Apr 8 + May 13, 6:30-9 pm



SCAN TO LEARN MORE

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.