

FEB 22

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

Face Painting with Jaime Gruber **F**

L2 Hallway

Camp Settoga Pop-up **F** *

Lobby

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

Camp Settoga Pop-up **F** *

Lobby

2 PM

Release + Relax with Jenny Mendez: Session 1 **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 7: Bella Viola—Meet the violin's older sister with Tia Allen.

L2 Teen Center

Circle Games **F** *

(Ages 4-7)

Our variety of structured games gets kids moving.

7th Floor Conference Room

Jewish History with Susan Adelman: Fiorello Laguardia—Our Nation's Best Mayor **A** *

Reporter, WWI pilot, city official, Member of the House. Socialist? Republican? Democrat? Learn all about this multi-lingual author, lawyer, civil rights activist, and builder of NYC!

L1 Classrooms

3 PM

From Disney to Broadway: Tu B'Shevat Tribute to Trees + Nature **F**

Join MusicTalks as they pay tribute to renewal and the earth, culminating in an interactive game where audience members will create a musical world through improvisation.

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

Release + Relax with Jenny Mendez: Session 2 **A**

Mezzanine Classroom

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.

L1 Classrooms

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. *Please note: 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.*

BRIEF R&R SURVEY

We want to improve your R&R experience. Please let us know if you'll be attending by filling out our short survey for a chance to win \$180 in JCC credit!



SCAN FOR THE SURVEY

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