

HERE FOR YOU. HERE FOR GOOD.



August 25, 2021 - 17 Elul 5781

JCA PROGRAMS

*Local programs highlighted in light blue

JAKE COHEN, Jew-ish: A Cookbook: Reinvented Recipes from a Modern Mensch - Virtual cooking demo and Q & A

Presented in partnership with the National JCC Literary Consortium and hosted by the MJCCA Book Festival in Your Living Room

Thursday, August 26th | 8 pm ET



A brilliantly modern take on Jewish culinary traditions for a new generation of readers, from a bright new star in the culinary world. Join us as Jake demonstrates how to make his famous "Everything Bagel Galette" -- just in time for the High Holidays! [Please click here for the recipe!](#)

All books include shipping to the US and Canada only. Books will be shipped after the event and can take 7 - 10 business days to receive due to Covid-related USPS delays!

Virtual tickets: \$6 | \$38 includes *Jew-ish* cookbook and shipping

[Register](#)

A VERY ISRAELI ROSH HASHANAH: Cooking holiday favorites with Chef Michael Solomonov & Cookbook Author Adeena Sussman

Weds. September 1st | 8 PM EST



Join the JCA and Jewish communities around the country for a one hour live, interactive virtual cooking class with James Beard Foundation award-winning chef Michael Solomonov (restaurateur and author of the *Zahav* cookbook) and New York Times bestselling cookbook author Adeena Sussman who will prepare:

- *Halvah Gazoz* – a refreshing and deliciously flavored seltzer
- *Salatim* (a trio of salads)
- Chicken with Date Syrup

These Holiday recipes will be shared with registered participants in advance, and audience members will be able to submit questions. The event will air live on Sept. 1, and then be available to view on demand at the same link until Sept. 8.

Advanced registration required by 12 noon on Weds. 9/1 to receive the viewing link and password. Finances should not be a barrier to participation. Please contact Deena at dschoenfeld@mainejewish.org to request subsidized or free tickets to this event.

[Register](#)

AROUND THE JEWISH WORLD

*Local programs highlighted in light blue

WELCOME BACK ICE CREAM SOCIAL

Congregation Bet Ha'am, 81 Westbrook St, South Portland
Sunday, August 29th | 1:30PM - 3:00PM

Here's the scoop: You're invited to a 'Welcome Back Ice Cream Social' at Bet Ha'am! Catch up with old friends, make new ones, meet the new Executive Director & board members, and discover volunteering opportunities! The festivities will include live music from Spruce Rooster, Yoga with Ashley Flowers, Kids activities, and of course, your chance to decorate and eat an ice cream sundae.



BEHIND THE SCENES WITH ISRAELI SUPERSTAR DAVID BROZA

From the Orange County Jewish Community Scholars Program
Sunday, August 29th | 4 PM ET



Join the Orange County Jewish Community Scholars Program for a conversation between Israeli composer Danny Maseng and Israeli musical superstar David Broza. The program is the first of a series of three conversations with legends of Israeli music. Each conversation will delve into the background, influences and styles of a particular musician, and will discuss how his or her work reflects ongoing social and political challenges faced by the modern State of Israel.

[Register](#)

MOSAIC ART WORKSHOP: CREATE A ROSH HASHANAH THEMED CARD OR PICTURE

Presented by the Lappin Foundation
Monday, August 30th | 7:30 PM ET



Join the Lappin Foundation and Israel based mosaic muralist Mia Schon for a one-hour collage workshop. Participants will learn how to creatively repurpose old magazines and paper to create a Rosh Hashanah card that you can use to wish a Happy New Year to loved ones near and far.

[Register](#)

A MANDYLICIOUS CHALLAH BRAIDALONG FOR ROSH HASHANAH

Presented by 18Doors – *Unlocking Jewish*
Monday, August 31st | 7:30 PM EDT



Join Challah Guru Mandy Silverman of Mandylicious and 18Doors' Molly Kazin Marshall for a virtual challah-making class. In honor of Rosh Hashanah, we will be making a special apple-shaped, round challah (complete with sprinkles, of course!).

Tickets: \$18

[Register](#)

ROSH HASHANAH RESOLUTIONS: VOICES AND PERSPECTIVES ON TESHUVAH & HEALING



As we prepare to depart from the Hebrew month of Elul and enter into the month of the High Holidays, together we take time to reflect on the past year: ways our communities have been wronged, issues we're accountable for, and steps that we can take to begin healing, moving forward together and advancing Jewish equity, diversity and inclusion (JEDI). Join JFNA's JEDI Initiative for a meaningful and interactive conversation around repentance, *teshuvah* and healing.

Presenters:

Joan Lubar, Incoming Board Chair of Milwaukee Jewish Federation and JEDI Initiative co-chair

Yoshi Silverstein, Executive Director at Mitsui Collective

Rabbi Menachem Creditor, Scholar in Residence at UJA-NY

Stacey Aviva Flint, Executive Director of Bonai Shalom in Colorado

Tova Ricardo, Leadership board member of Kamochah and Moed

Eric Fingerhut, President and CEO of JFNA

[Register](#)

YOGA & FITNESS

OUTDOOR YOGA IN PAYSON PARK

With Ashley Flowers Yoga

Wednesdays | 5:30 – 6:30 PM



There is no better place to practice yoga than outdoors with the grass beneath your toes, and the wind in your hair! Practicing outside also allows us ample space for social distancing and lots of fresh air. Find a deeper sense of connection to yourself, to mother earth, and to your community with in-person, outdoor yoga! Pre-registration required through Ashley's website. Class location will be emailed to registered attendees.

[Register](#)

ONLINE YOGA CLASSES

With JCA instructor Ashley Flowers



- **Monday - 5:30 PM Evening Yoga**
- **Tuesday - 11:30 AM Midday Yoga**
- **Wednesday - 9:00 AM Rise & Flow Yoga**
- **Thursday - 10:15 AM Midday Yoga**
- **Friday - 9:00 AM Rise & Flow Yoga**

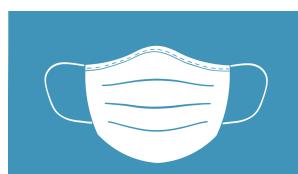
Classes are \$5/session. Plus enjoy several free yoga/meditation videos [here!](#)

[Register](#)

JCA NEWS & UPDATES

JCA COVID-19 POLICY UPDATE

With the health and safety of our community members, visitors and staff as our highest priority, and following the recommended guidelines, the JCA has updated our policy to require that all visitors, program attendees and staff must wear masks in our indoor public spaces. Thank you for helping us stay safe, and we look forward to seeing you at the J.



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