Though apart, we're still together.

The team at the JCC brings you curated amusement, links to thought-provoking articles, recommended movies, exercises to do at home (including Mirabai’s Yoga), a schedule of virtual presentations, and all kinds of encouragement to weather the isolation.

Thursday, March 19, 2020. Issue #1

Health & Fitness

Heather Skoda, JCC General Manager, has bravely recorded this workout video from her own living room to motivate us to stay fit and active during the closure. Her video features a cameo appearance by her fur baby who doesn’t quite understand why Heather is home and talking to herself.

So get your comfy clothes on, turn up the volume on your computer, and get moving!

Jewish Engagement

Joanne Greene, Director of Jewish Engagement, recommends The Plot Against America by Philip Roth. It’s now available as a mini-series on HBO (new episodes Monday at 9pm.) It’s about a working-class Jewish family in New Jersey watching the political rise of aviator-hero and xenophobic populist Charles Lindbergh. In this six-part re-imagining of history, Lindbergh becomes president and turns the nation toward fascism. You can start streaming it now and an article to pair with your viewing.

Watch Heather now

HBO Online
Stay tuned for many more videos from Osher Marin Health and Fitness.

Next issue: Mirabai ’s Yoga!

And here’s an article to pair with your viewing:

**Cultural Arts Trips**

James Sokol, Director of Adult Learning and Living has recommends getting to know one of his most favorite Broadway performers.

Watch and listen to his introduction, then enjoy the following clips.

- James’ Introduction
- Sutton Foster in “Show Off” from The Drowsy Chaperone:
  - Watch Show Off
- Sutton Foster in the title song of Anything Goes:
  - Watch Anything Goes

**Jewish Peoplehood**

Heidi Sanders, Director of the Taube Center for Jewish Peoplehood:

This week we are all in need of some comfort and nourishment. Shabbat is the perfect time to tune out the incessant cycle of news and ground ourselves in what’s truly important: family and community. Making challah is a simple, sensory delight that connects us to our larger Jewish community, and it uses few ingredients. Think of it as a cooking meditation on a week when we need it most.

Check out Gabi Moskowitz's Olive Oil Challah recipe and, remember, Friday night challah makes for amazing Saturday morning French toast!

**Preschool**

**Camp & Youth**
Tamar Lai, our Director of Early Childhood Education, suggests that the little ones at home might enjoy this online, virtual concert:

"Ramah Sings" with Rabbi Josh Warshawsky

TONIGHT, Thursday, March 19 5:30 PM PT

Join in by going to his Facebook Live page.

Brittany Mahalik, Director of Camp & Youth programs, shares a little "camp magic" for you at home today. She sings:

What Can Make a Hippopotamus Smile?

No doubt, it's this ADORABLE video. It was clearly recorded for any one of her Happy Campers of Camp Kehillah, but you'll enjoy it, too.

It's the right kind of catchy.

Go to the concert

Watch this

Then watch this!

Performing Arts

Linda Bolt, Director of the Kanbar Center for Performing Arts, recommends tuning into NPR's

Adult Learning

Danielle Vierra, Adult Learning and Living:

Music...we all love it! Are you a Bach fan? Is it all
The 5 Most Uplifting Tiny Desk Concerts.

I love the Tiny Desk concerts. It's a great concept with a super eclectic range of music in a very small production, and with so much talent!"

She's spot on. Rare talent and plenty of entertainment.

jazz for you, or some classic Fela Kuti? Whatever you listen to, it's not just delightful, but also healthy!

Danielle offers us some thoughtful reading about the deep meaning of music and what it holds for humanity.

Visit Tiny Desk

Read the Harvard study

Dept. of Random Levity

Prediction:
There will be a baby boom in nine months, and then one day in 2033 we shall witness the rise of the Quaranteens.

Stay well, Friends.

We'll send you another issue of your virtual JCC on Sunday, March 21.

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