

Welcome to Mount Sinai!

135 Bennett Avenue @ 187th Street

Phone: (212) 568-1900

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Website: mtsinaishul.com

Email: office@mtsinaishul.com

Rabbi – Rabbi Ezra Schwartz : rabbi@mtsinaishul.com

Rabbi Emeritus – Rabbi Mordechai Schnaidman: office@mtsinaishul.com

Yoetzet Halacha- Dena Block: yoetzet@mtsinaishul.com

Rabbinic Intern- Rabbi Yoni Steinfeld - yonisteinfeld@gmail.com

Executive Director -Oren Hiller: oren@mtsinaishul.com

Assistant Director of Marketing & Program Development: office@mtsinaishul.com

Questions? [Welcome@mtsinaishul.com](mailto>Welcome@mtsinaishul.com)

Get Involved! Getinvolved@mtsinaishul.com

Essential resources: mtsinaishul.com/welcome

Visit mtsinaishul.com for upcoming and weekly events.

Like our Page on Facebook: [Mount Sinai Jewish Center](#)

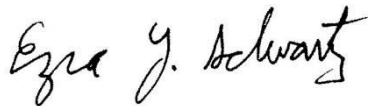
Join our Facebook Group: [Mount Sinai Jewish Center - Official Facebook Group](#)

Download Mount Sinai Jewish Center App available in iTunes and Google Play.

Shalom and welcome to the Heights!

Welcome to our new neighbors and I'm always glad to see the familiar faces that make our community thrive. I am confident that you will enjoy our community and its rich diversity of top-notch events, enlightening shiurim, inspiring tefillot and interesting people. For many, Washington Heights the first "real" community they live in. It is the place where adult life is established; life where we are no longer students, but professionals, no longer living in the shadow of our parents, but making it on our own. Because of this, our community has a unique feel. It pulsates with energy and never seems to take a rest. Our Shul is a hub of excitement. Take advantage of it. Get involved. Become not only members, but active leaders of this very special community. As you peruse this guide and our committee information, look for things that you can get involved with, ideas you hope to share and perspectives that are meaningful for you. Mount Sinai has been shaped and reshaped over five generations by its members, and I hope you leave your own mark here.

At Mount Sinai we hope to provide you with a safe, spiritual, and social base serving as a place from where you can set out on your quest to improve our world. Personally, I hope to get to know each and every one of you. Please email me rabbi@mtsinaishul.com, to invite yourself for a Shabbos meal with me and my family or with any question you may have. I look forward to working together with you to make our special community even better.



Rabbi Ezra Schwarz
5779 / 2018



Emergency Numbers:

Hatzalah – 212-230-1000 or 718-230-1000

Community Resources:

Mount Sinai Jewish Center-

(212) 568-1900

Shabbat hospitality-

hospitality@mtsinaishul.com

(212) 568-1900

Meals for new mothers-

familylife@mtsinaishul.com

(212) 568-1900

Men's Mikveh-

(212) 923-8410

Located at Dumbrow- 121-131 Bennett Ave. (at 187th), Basement

Women's Mikvah- Mikveh of Washington Heights

(212) 923-1100 (call for schedule)

Located at 4351 Broadway (corner of 186th & Broadway)

Keilim Mikvah

Located at 85 Bennett (Breuer's), between 186th and 184th, alley south of the shul. (Code 1345)

Jewish Community Council of Washington Heights-Inwood (212) 568-5450

Located at 121 Bennett Avenue

jccwashingtonheights.org

Moriah Senior Center

(212) 923-5715

Located at 90 Bennett Avenue

moriahseniorcenter.org

YM & YWHA of Washington Heights and Inwood

(212) 569-6200

Located at 54 Nagle Avenue

ywashhts.org

Sofrim/ Mezuzahs:

Rabbi Yaakov Hoffman

(301) 742-4004

(Rabbi of the Bridge Shul)

24 Laurel Hill Terrace, Apt. 3B

Rabbi Shmuel Bodenheim

(212) 781-5385

121 Bennett Ave., Apt. 61A

Shaatzneez Testing:

KAJ – Breuers – Rabbi Kalman Strauss – by appointment (212) 740-9194
Drop off at KAJ office at 700 West 186th Street

Eruv:

Mount Sinai Eruv (West) - (646) 450-ERUV/ (646) 450-3788, SMS (412) 213-8991, visit mtsinaishul.com

YU Eruv (East) - yueruv.org

Libraries:

Fort Washington Library (212) 927-3533
535 West 179th Street (between St. Nicholas & Audubon)

Inwood Library (212) 942-2445
4790 Broadway (near Dyckman St.)

Post Offices:

USPS- Washington Bridge (212) 543-2713
518 181st Street (between Audubon and Amsterdam)

Fort George (212) 942-5266
4558 Broadway (by 193rd Street)

The UPS Store (212) 740-9204
809 181st Street (between Fort Washington and Pinehurst)

You can also send packages (USPS, UPS) and buy boxes and stamps at “YU Productions” located in the basement of Belfer Hall (2495 Amsterdam Avenue)

Groceries:

Key Food (212) 740-3695
Broadway and 187th

There is an open deli counter that is all Kosher. They will deliver to your apartment for an extra \$3 if you make your purchase by 7 pm.

Just Kosher Mini Market (212) 927-4890
2557 Amsterdam Ave (between 186th and 187th)

Frank’s Gourmet Market (212) 795-2929
807 W 187th St

Ozzie’s Fresh Market (formerly Associated) (212) 543-0721
592 Fort Washington Avenue (corner of 187th)

Smile Deli (212) 923-8924
758 W 181st St (between Bennett and Fort Washington) *Open 24 Hours*

Jin's Superette (212) 923-4937
804 W 181st St (between Fort Washington & Pinehurst)

Fairway- (212) 234-3883
2328 12th Ave (at 130th St)

*There is a group shuttle to this store available, here are the details:

There must be 10 or more people in your group

The entire party needs to be picked up at the same location

The shuttle area runs between 64th – 181st and 12th Ave. – York Ave.

The shuttle operates Monday – Saturday from 9:00 am – 7:30 pm

You will have 1 ½ hours to complete your shopping trip

The shuttle will go to the same location no more than 2x/month.

We are happy to extend a 10% discount to all Senior Citizens!

To make a reservation for the Harlem shuttle, please call 212-234-3883 between 9 am and 5 pm and ask for Desiree or Jocelyn

Fairway also delivers! Go to their website.

Riverdale Kosher Market (718) 884-2222
5683 Riverdale Avenue (next door to Skyview wines)

www.Riverdalekoshermarket.com

Daily delivery to Washington Heights

Wine Stores:

Cabrini Wines (212) 568-3290
831 West 181st Street (between Pinehurst and Cabrini)

Liquor & Wine Essentials (212) 740-0444
720 West 181st Street (corner of Bennett)

Yuan & Yuan Wine & Liquor Shop (212) 923-5100
1492 Saint Nicholas Ave (West 185th Street)

Vines on Pine (212) 923-0584
814 West 187th Street (between Fort Washington Ave and Pinehurst Ave)

Restaurants:

Golan Heights

2553 Amsterdam Ave (btwn 186th and 187th)

(212) 795-7842

Grandmas Pizza

2551 Amsterdam Ave (btwn 186th and 187th)

(212) 927-4895

Lake Como Pizza

2549 Amsterdam Ave (btwn 186th and 187th)

(212) 740-0110

Chop Chop

501 West 184th Street (at Amsterdam) *Free Delivery over \$15* chopchopkosher.com

(212) 246-7246

Dunkin Donuts

398 Audubon Avenue (at 185th Street)

NOTE – this is the ONLY kosher location locally. Other locations are NOT kosher certified

(212) 781-3288

Burgers & Grill

2543 Amsterdam Ave (and 187th St)

(212) 543-8017

The Pizza Block

5677 Riverdale Avenue (next door to Skyview wines)

Open motzei shabbat in the winter

(718) 708-7004

Orthodox Shuls:

Mount Sinai Jewish Center

135 Bennett Ave. (corner of 187th St.)

(212)-568-1900

Breuer's (K'hal Adath Jeshurun)-

85-93 Bennett Ave.

(212)-923-3582

KAJinc.org

Shenk

560 West 185th St.

Shenkshul.com

Washington Heights Congregation- (the Bridge Shul)

135 Bennett Ave. (corner of 187th St. – lower level)

(212)-928-7370

bridgeshul.com

Yeshiva University- Main Beis Medrash (Glueck Center)

185th and Amsterdam

Small Shuls/Shteibels:

Dumbrow (Beth Hamedrash D'Chasidim)-

712 West 187th St.

Agudah (Beth Hamedrash Beth Joseph)- (212) 569-2219
56 Bennett Ave. (entrance on 184th St.)

Chabad of Washington Heights (212)-781-3413
50 Overlook Terrace, Suite BBCC

The Beis Community Shul (775) 538-2538
587 Fort Washington (at 187th St.)

Congregation Shaare Hatikvah (212) 928-8924
711 West 179 St

Fort Tryon Nursing Home (212) 568-4469
801 West 190th St.

Beis Medrash Machzikei Torah (212) 568-1018
851 West 181 St (corner of Cabrini)

Congregation Beis HaMedrash Hagodol
610 West 175 St

Parenting Resources:

Washington Heights is home to many families with children. Local resources including libraries, daycare centers, parenting listservs, pediatricians, and babysitting resources abound! For more information, contact familylife@mtsinaishul.com.

Visit mtsinaishul.com/family for links to Rabbi Schwartz's shiurim on the halacha of childcare on Shabbos.

Playgrounds (not an exhaustive list):

Javits Playground (near the entrance to Fort Tryon on Fort Washington Avenue) – IN THE ERUV – one entrance

Bennett Park (Fort Washington Avenue @ 185th Street) – IN THE ERUV

J. Hood Wright Park (Fort Washington Avenue @ 175th Street) – **NOT** IN THE ERUV

Fort Tryon Playground (Broadway and Dyckman Street) – **NOT** IN THE ERUV

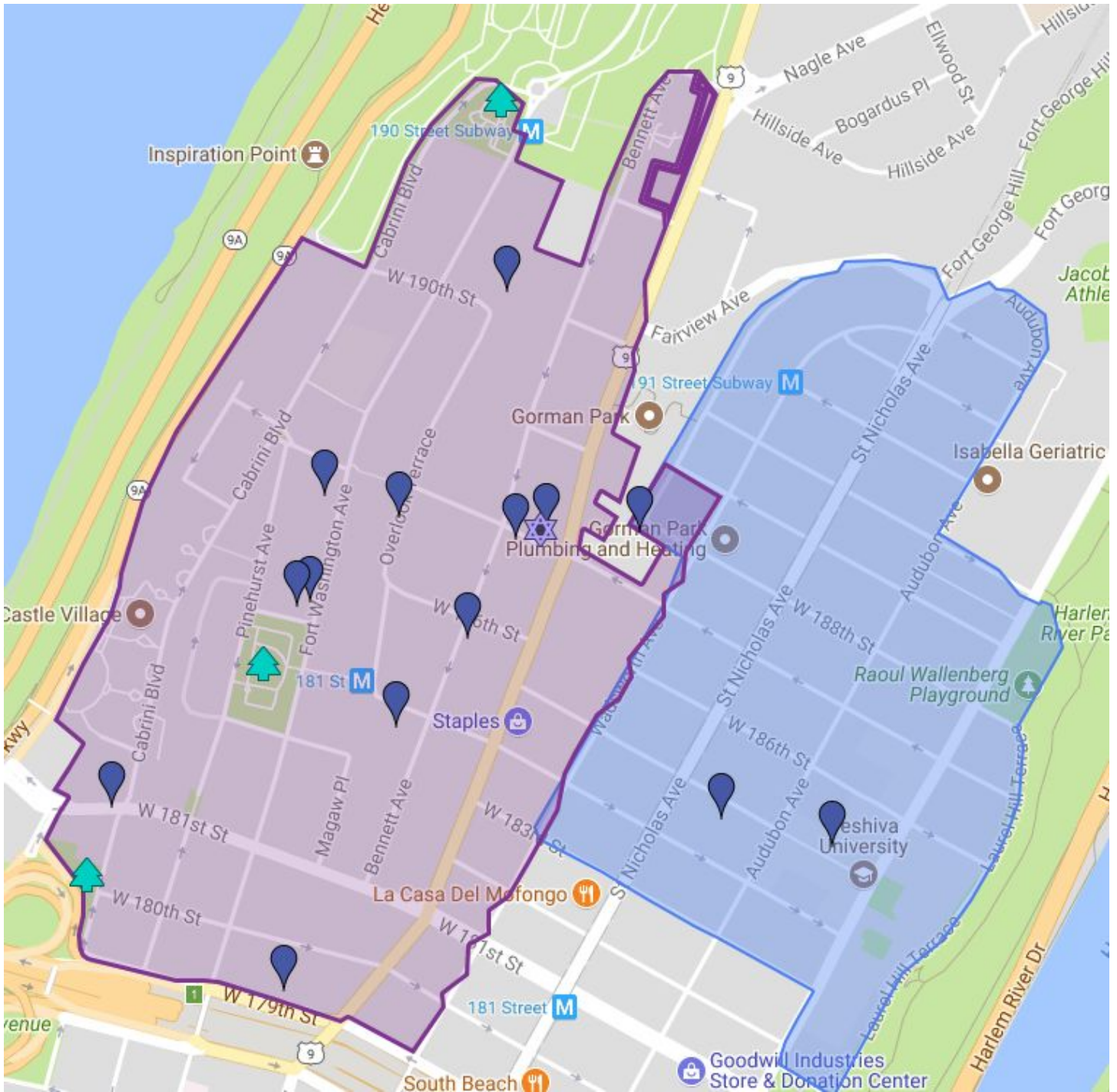
Local Hotels Hotel Cliff | 505 West 181st Street | 212-928-0630 | www.hotelcliff.com **NOTE:** This hotel is NOT inside the eruv.

Mental Health Resources

Smashing Silence and Tackling Taboos - Learn more about our ongoing series addressing issues in mental health. We try to cover topics that impact many of us either directly or people we know and care about.
mtsinaishul.com/tackling-taboos-smashing-silence.html

JCC of Washington Heights - The JCC offers many different services. Check out their website for more information: www.jccwashingtonheights.org

Mount Sinai Eruv Map



Get Involved!

There are many ways of getting involved in our community. Feel free to reach out to any of our committees to find out more:

Education Committee - education@mtsinaishul.com

Events Committee - events@mtsinaishul.com

Chesed Committee - chesed@mtsinaishul.com

Family Life Committee - familylife@mtsinaishul.com

Meet Up Committee - meetup@mtsinaishul.com

Hospitality Committee- hospitality@mtsinaishul.com

Kiddush Committee - kiddush@mtsinaishul.com

Membership Committee - membership@mtsinaishul.com

Gabbaut Committee - gabbaim@mtsinaishul.com

Security Committee - security@mtsinaishul.com

Eruv Committee - eruv@mtsinaishul.com

Kesher Committee - bulletin@mtsinaishul.com

Welcoming Committee - welcome@mtsinaishul.com

Want to find out more ways of getting involved in the community? Email getinvolved@mtsinaishul.com.