

happenings around town

April 11th and beyond

Thursday, April 11th—Run Hide Fight Training. The Jewish Federation is offering two separate Run Hide Fight Active Shooter trainings. To register, go to secure.qgiv.com/for/hms-atoltpps/event/jewishfederation-hbo/.

Shabbat, April 13th, 6pm—Shorashai Orah, The Sisterhood of Shaarei Orah, The Sephardic Congregation of Teaneck invites all women in the community to a pre-pesach shiur by Isca Friedemann, "How to Prepare Yourself for Pesach: Biur Hametz from the Heart." Located in the main sanctuary at 1425 Essex Road, Teaneck, NJ.

Shabbat, April 13th, 6:05pm—Rabbi Shalom Baum will speak in conversation with Captain Chaim Meisels, the great-grandson of the Satmar Rebbe, who recently led other soldiers for more than 100 days of fighting in Gaza. Following Mincha at 7:05pm, Captain Meisels will speak at Seuda Shlishit on "Being a Religious Chayal and Seeing Hashem in Khan Yunis." Located at Keter Torah.

Wednesday, May 15th—Join us for the Annual 1-Day Norpac Mission to Washington DC. You will meet Representatives/Senators and/or members of their staff to discuss critical items that will enhance the US-Israel relationship. You need not speak if uncomfortable doing so, and either way your attendance will make a huge impact. Register at NORPAC.net. Questions call 201-788-5133 Current price, \$225 Adult, \$150 Student. The price will go up \$50 on May 1.

Sunday, June 9th—JFCS, Ride to Fight Hunger. Located in Rockleigh. Join our ride for fun and meaningful b'nei mitzvah project. Fundraise to help those in need in our community. Be an important part of the Ride's planning process. Earn a Ride Bike Jersey with your logo on it. A great way to have fun while making a difference. For more information contact Michele Wellikoff at micheleW@jfcsnj.org/201-837-9090 x250. theridetofighthunger.rallybound.org/.

Thursday, July 4th-25th—Have you been thinking of coming on a solidarity mission to Israel to feel more connected to the Jewish people in these challenging times? Simultaneously, have you been dreaming of immersing yourself in text-based Torah study in Jerusalem? At Nishmat, you can do both! For more information: nishmat.net/programs/summer2024/.

Sundays, 10am—Located at Votee Park, regardless of weather, until all the hostages are home, "Run for Their Lives" takes place. Meet by the picnic tables on Court Street and Queen Anne Road. Adults and children are welcome. Walk/run one loop at your own pace, wearing red and black. For more information, go to run4lives.org/.

Mondays, 4pm—Come join the fun at our new Bugle Babies Music & Movement classes! If you're looking for a different day and time, let us know. We love spreading the joy of music! Please fill out the form forms.gle/hoVNPb8n8iQRrH128.

Wednesdays, 8:45-9:45am—Women's Only Yoga taught by Aja Cohen. Located at Different Breed Studio 418 Cedar Lane, Teaneck. Price: \$20 drop in class, class cards available. Whether you're a seasoned yogi or just starting your journey, this class is designed for every woman seeking a holistic approach to health and wellness. Email aja@transcendentactive.com with any questions.

Please support the annual Keylim Mikvah campaign! As we begin to prepare for Pesach, we ask that you take the time to recognize that the Keylim Mikvah is one of the many benefits of the Teaneck, Bergenfield and New Milford community. In order to provide a clean and efficient Keylim Mikvah, significant resources are required to keep it operational and accessible to all. This time of year, approaching Pesach, is our highest traffic time and we are asking every family to support the Keylim Mikvah campaign by making a donation of \$36. Of course, any contribution is meaningful and appreciated. The funds collected from this campaign will be used for daily operational expenses of maintenance, insurance costs, supplies and equipment. Donations may be made by check payable to the "Teaneck Mikvah Association" or by visiting www.teaneckmikvah.org. Thank you in advance for your generosity and partnership. Best wishes for a chag kasher v'sameach.

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Township of Teaneck Military & Veteran Tribute Banner Program. The Township of Teaneck in coordination with the Patriotic Observance Advisory Board is excited to honor our military veterans and active military service personnel with a Military Tribute Banner Program. The military banners will be displayed in the township to acknowledge and pay a special tribute to the service and sacrifice of so many of our local residents. For more information and to access the form, go to tinyurl.com/22d99dtu.

JFCS is offering a group for Adults Who have Lost a Parent. The Group will meet virtually on Tuesdays, 12-1:15pm for six weeks beginning on **February 13th**.

Luggage 4 Israel/Chaverim Bergen County, One University Plaza, Suite 117, Hackensack, collects essential supplies for Israel. Hours are from 10 am to 3 pm., Mondays and Thursdays. To purchase needed items, visit their registry link at www.amazon.com/registries/gl/guest-view/3U8YRX387K1BL. Volunteers also are needed to pack supplies and do other tasks. For updated volunteer opportunities and supply needs, join their WhatsApp group by going to chat.whatsapp.com/Jm7XamwXhGd2Jcz8DudIT2. If you are flying to Israel and can take duffel bags with supplies for displaced families (baggage fees will be paid for), please complete the form at forms.gle/eAsumLrVT3J4hRsG8. For questions, contact luggage4israel@gmail.com.

Experience Yeshivat He'Atid on a tour! Get in touch with Maya Dombroff to arrange your visit at admissions@yeshivatheatid.org.

Torah Academy of Bergen County Parent Association invites you to participate in our Goods and Services Marketplace. Purchase goods and services such as: gift cards, entertainment, fitness, tutoring, personal services, aesthetics, retail, baked goods, art, and much, much, more! Amazing raffle prizes... jewelry, tasting menu, and a vacation timeshare!!! All items for sale have been generously donated for this incredible cause! tinyurl.com/TAPAIIsrael. 100% of proceeds will be donated to Friends of the IDF, Magen Dovid Adom and United Hatzalah. Please email any questions to tapa@tabc.org.