

February 17th and beyond

Tuesday, February 20th—"BMT Tuesday Parsha & Jewish History Shiurim Open to All." The Beit Midrash of Teaneck, located at JCT/Heichal HaTorah, 70 Sterling Place, Teaneck is open for its Winter Trimester, and welcomes the community, both men and women, to our weekly Tuesday shiurim on Parsha & Jewish History. This week's Parsha shiur (10:30-11:30am) will be delivered by Rabbi Daniel Goldberg of Congregation Ahavath Torah of Englewood. Our Jewish History shiur (11:45-12:45) will feature Rabbi Dr. Ari Lamm, of Bnai Zion Foundation, who will give a shiur entitled: "Rembrandt & the Rabbis". Rabbi Angel's Nach shiur - M/W @ 12:00 - is open to men and women. Rabbi Chaim Marcus's "Character Development Through Torah" - Wed @ 11:00 is open to women. Full BMT men's program - M thru W, 9:15-12:45. Please write to BMTeaneck@gmail.com for further details.

Sunday, February 25th, 10am-1pm—Come Learn at Stern! Inviting all Stern College Alumni, Current Students, and Parents to join us on the Stern Campus for a Special Yom Iyyun on Sunday Morning February 25th from 10 to 1 PM featuring Dean Shoshana Schechter, Rabbi Shay Schachter, Dr. Nechama Price, Professor Smadar Rosensweig, Mrs. Rachel Besser and more! Come and Reconnect with teachers and friends and see the amazing Torah environment on Campus! Sign up at www.yu.edu/SternYomIyun.

Sunday, March 10th—Teaneck Together presents a community wide concert: Simply Tsfat. Let's sing and BE together. Located at The Jewish Center. Mincha-2:45pm, Concert-3pm. To purchase tickets go to teanecktogether.com. In advance: \$15/adult, \$10/child, \$55/family. At the door: \$20/adult, \$15/child, \$75/family.

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@jfcsmnj.org/201-837-9090 x250. ridetofiighthunger.com.

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.

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**.

The Teaneck Swim Academy would like to offer a free 1 hour pool rental to Rinat for the children of Rinat. Parents or the youth group can bring up to 50 kids ages 6 and up to the pool. They will provide a lifeguard. All that they ask in return is that you mention our name in any advertising/listing for this event. To take advantage please contact Aliza Friedlander at 201-637-5989.

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 by going to www.amazon.com/registries/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 duffle bags with supplies for displaced families (baggage fees will be paid for), please complete the form at tinyurl.com/Luggage4Israel. For questions, contact luggage4israel@gmail.com.

Howie Serman, a long time Teaneck resident beloved father and grandfather is fighting kidney failure. HE IS IN URGENT NEED OF A KIDNEY DONOR. It can be you!!!! To learn more about kidney donation or to see if you are a match, email RN25869@renewal.org or call 718 431-9831 ext. 315. Please keep him in your tefillot. His Hebrew name is Elchanan Leib Ben Bracha.

Please sign up for a tour of RYNJ! Sign up at [RYNJ.org/tour](https://rynj.org/tour) or email Debra Popowitz, Director of Admissions, at welcome@rynj.org.

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.