

happenings around town

March 9th and beyond

Sunday, March 10th, 11am—150 Days In Hell. Bring them home now. The main event to mark 150 days in captivity. Rally and March. Located at 90th St and Central Park West.

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, March 10th, 4pm—Kosher-ADHD Pre-Purim Workshop: ונהפוך הוא-Transform Mayhem into Merriment. Help your family turn ADHD into a superpower this Purim! Join Dr. Simcha Chesner and Dr. Sara Markowitz for the premier of a groundbreaking ADHD workshop to prepare for Purim. This Webinar will cover a range of Purim Topics including: Learn a step-by-step, researched based method to joyfully create costumes and Mishloach Manot, Purim Seudah and Learn to use our patented 5P method for channeling ADHD super-powers in the direction of Holiness and Happiness. Pre-registration is required at kosher-adhd.com/purim-webinar/. For more information visit kosher-adhd.com or email us at kosheradhd@gmail.com. Kosher-ADHD is part of American Friends of Jacob's Ladder, a 501c not for profit organization dedicated to families with ADHD and learning disabilities in the Jewish World. This workshop is free.

Monday, March 11th—Nefesh B'Nefesh Aliyah Fair. Thinking of Aliyah? Come to the Nefesh B'Nefesh Aliyah Fair! Meet with communities, employment advisors, higher education options and more! For more information & registration: www.nbn.org.il/ALIYAH-FAIR/.

Monday, March 11th, 7-9pm—Stop The Bleed Training course offered at Federation's headquarters, 50 Eisenhower Drive in Paramus. Pre-register secure.ggiv.com/for/jf-stb/event/jewishfederation-stopthebleed2024/. There is a strict 10-1 student-to-instructor ratio and spaces ARE LIMITED!

Tuesday, March 12th—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 Rebbetzin Emma Katz of Congregation Anshe Chesed, of Linden NJ. Our Jewish History shiur (11:45-12:45) will feature Rabbi Dr. Shlomo Zuckier, of The Lehrhaus, who will give a shiur entitled: "Ve-Nahafoch Hu": A History of Purim Practices Overturning the Natural Order. 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.

Wednesday, March 13th, 12pm—Dor L'Dor presents their annual Pre-Purim 'Lunch & Learn' and Musical presentation including a delicious buffet luncheon. At Congregation Ahavath Torah, 240 Broad Avenue, Englewood. Dor L'Dor is pleased to have Shoshana Schechter deliver a timely Purim lecture. Shoshana is Associate Dean of Torah Studies at the Stern College for Women and director of the College's Mechina Program. She is a graduate of Stern College with a B.S. in Judaic Studies and English Literature and holds a Masters Degree from Bernard Revel Graduate School of Jewish Studies and Columbia University School of Journalism. A frequent lecturer on topics in Tanach, Shoshana has been involved in Jewish outreach on four continents. Following a delicious buffet lunch and Shoshana's lecture there will be musical entertainment by Jonathan Rimberg. Back by popular demand, Jonathan is a keyboardist and vocalist with Nafshenu Orchestra. Cost: \$25 per person. Reservations required; payment in advance requested. Email: dorldor@yahoo.com By phone: 201-739-8353 (Ruth)

Wednesday, March 27th, 8pm—Please join our NORPAC Informational Meeting at Beth Abraham. We will explain the Mission, NORPAC's achievements, and how you can participate. This year's NORPAC Mission to Washington, D.C., is on Wednesday, 5/15. For more info or to register, go to Norpac.net; questions call 201-788-5133.

Thursday, March 28th, 7:30pm—Richard Corman, Chairman of the Board of the Michael Levin Lone Soldier Base, and Gavriel, a Lone Soldier in Israel, will speak. Gavriel will discuss his role in an IDF counterterrorism unit as well as his part as a Lone Soldier in a special forces front line recon unit during the current Gaza war. The Michael Levin Base serves 2300 young men and women who are Lone Soldiers or doing Sherut Leumi. Please let us know you are attending. Register at www.bethaaron.org/event/LevinBase. The event is located at Congregation Beth Aaron at 950 Queen Anne Road in Teaneck.

Sunday, March 31st, 7pm—Yeshivat Shalsholet is the first yeshiva day school for students with language-based learning differences, serving a critical need for the one in five impacted children in our community. In our heavily text-based culture, Shalsholet's carefully designed special education dual curriculum sets its students on the path to academic success, social-emotional growth, and spiritual connection. Please join the greater NY/NJ community at A Night Out in Support of Yeshivat Shalsholet. Registration and sponsorship is warmly encouraged to ensure that Shalsholet can continue to help its students thrive! Please visit shalsholetnj.org/event for more information.

Monday, April 1st, 6:30pm—Please join Ma'ayanot Yeshiva High School our 27th Annual Scholarship Dinner! Mi KiAmcha Yisrael- Celebrating Our Strength. Located at Congregation Keter Torah. This year we are honoring: Yosef & Lisa Rubinstein, Amudei Ma'ayanot Award, Jeremy & Rebecca Kurz, Hakarat Hatov Award, Mrs. Chani Rotenberg, Faculty Excellence Award and Mrs. Shifra Schapiro with the Faculty Excellence Award. To make a donation and RSVP please visit, www.maayanot.org/dinner.

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/.

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.

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 <https://tinyurl.com/22d99dtu>.

Costume Gmach change of date: Gmach will be open at Keter Torah (600 Roemer Ave) on Tuesday 3/12 & Thursday 3/14 from 6-7:30 PM. The gmach is in memory of Farvish Hirsch Ben Shmuel Leib. Feel free to donate new and good costumes by dropping them off on the porch at 18 Sunrise Terrace Bergenfield. Questions email rivkirosenthal@gmail.com, ssavetsky@gmail.com or call 201-923-7622. Thanks, Rivki Rosenthal and Sarah Savetsky.

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 by going to www.amazon.com/registries/gl/guest-view/3U8YRX387KIBL. 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. 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/scheduletour.jsp 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.