



The Jewish Community Center of Greater Albuquerque

# September 2023 Program Guide

Inside this guide you will find all of our fitness and pool schedules, a facility-wide calendar of events, & much more!








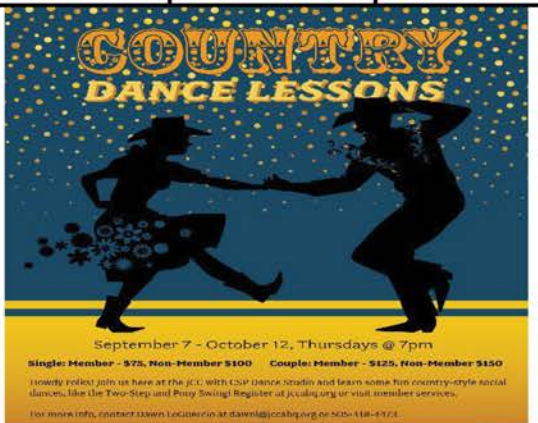

**WELCOME HOME**



# Group Fitness Schedule

September 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			Muscle Hour Lolli		Full Body Workout Lolli		
8:30am	<b>PowerFlex</b> Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:00am	Aqua Fitness Michelle	 Dawn	 Bri	Aqua Fitness Cody	Aqua Fitness Lisa	Aqua Fitness Karen/Moses	
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara	Full Body Workout Leanne	Step n' Tone Dawn	 Anick	 Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa			Fit 2 Move Lisa			
4:30pm		Barre Stretch Sherri					
5:30pm	<b>PowerFlex</b> Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm	Aqua Fitness Moses (6:00pm)	 Erica	Israeli Dance* Sara (7:00)	Aqua Fitness Karen/Cody/ Dawn/Irene (6:00pm)			

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

Reserve your spot in class up to 48 hours in advance using the JCC app

\* Indicates fee-based class; must register in Member Services or at [www.jccabq.org](http://www.jccabq.org)






# Elite Studio Class Schedule

## September 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	OPEN GYM 6-8:30am	OPEN GYM 6-9am	OPEN GYM 6-8:30am	OPEN GYM 6-9am	OPEN GYM 6-9am		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn			OPEN GYM 9am-4pm	<b>NEW!!!</b> <b>JUMP</b> Sara (begins Sept 17)
9:45am		Bootylicious* Alexis		Bootylicious* Alexis			OPEN GYM 10:30-4
10:30am			Filipino Martial Arts* Jules				
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm		
4:30pm	JUMP Debra						
5:45pm	HIIT 30 Leanne	Bodies by Hallie* (6:30)	OPEN GYM 6-8pm	Bodies by Hallie* (6:30)			

**Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)**

**Reserve your spot in class up to 48 hours in advance using the JCC app**

**\* Indicates fee-based class; must register in Member Services or at [www.jccabq.org](http://www.jccabq.org)**

**CLASS SCHEDULE SUBJECT TO CHANGE**



# Spinning Schedule

## September 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.		<b>SPINPower</b> Steve G.		<b>SPINNING</b> Robin			
7:30 a.m.						<b>SPINNING</b> Robin	
8:30 a.m.		<b>SPINPower</b> Rosina		<b>SPINPower</b> Arleen	<b>NEW TIME!!!</b> <b>SPINNING</b> Jim		<b>SPINPower</b> Steve G
9:00 a.m.						<b>SPINNING</b> Debra	
9:30 a.m.	<b>SPINPower</b> Arleen		<b>SPINPower</b> Sherri		<b>SPINPower</b> Steve G		
5:30 p.m.	<b>SPINPower</b> Lolli	<b>SPINNING</b> Debra	<b>SPINPower</b> Pattie				

The Spinning program welcomes participants of all fitness levels. Classes are 50-60 minute sessions which consist of a proper warm up, ride, and cool down. For safety and minimal disruption, please plan to attend the entire class.

**SPINNING.** Classes are designed to challenge you with a focus on heartrate, perceived exertion and RPM's.  
**SPINPower.** Classes focus on measuring work effort through the principals of power measured in watts.

**Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)**  
**Reserve your spot in class up to 48 hours in advance using the JCC app**



# Zen Studio Schedule

## September 2023

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m.		Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Strength Sherri	Simply Stretch Sara		
10:30 a.m.	Vinyasa Flow Yoga Misa	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist up Sherri	Vinyasa Flow Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara	Pilates Mat Tracy	Vinyasa Flow Yoga Colleen	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					<b>NEW!!</b> <b>Shabbat</b> <b>Yoga</b> Sara (1 <sup>st</sup> Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Annette				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or [dawnl@jccabq.org](mailto:dawnl@jccabq.org)

Reserve your spot in class up to 48 hours in advance using the JCC app

All classes located in the Zen Studio inside the Brody Annex building; Please bring your own mat



# Group Class Descriptions

**Balance, Core & Stretch:** For our special populations, this class will help to strengthen your core, improve balance as well as increase flexibility.

**Barre Stretch:** A new class that will focus on releasing tight muscles with the use of the ballet barre. Increase flexibility, improve your posture and range of motion.

**Boot Camp:** A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

**Chair Yoga:** Your traditional yoga class while using a chair to assist you with poses.

**Core Assets:** Establish strength, stability and support in your glutes, back and midsection; all important assets of the core!

**E.S.P.:** Duration based exercise that incorporates ENDURANCE, STRENGTH and POWER to build lean muscle, condition the heart and help burn fat more efficiently.

**Fit 2 Move:** This class is geared for all ages and levels. Exercises are adapted to your condition to increase mobility, flexibility, strength and coordination. Chairs are available to use as an option.

**Full Body Workout:** Condition your whole body in a workout that combines sculpting with muscle endurance and cardio.

**HIIT 30:** A 30 min workout in which you can work smarter, not harder! Utilizing heart rate training and wearable technology, you can gain optimal results in a shorter amount of time. Heart rate monitors are recommended, but not required.

**Interval Training:** Increase and decrease the intensity of your workout between aerobic and anaerobic training which will speed up your metabolism and teach your body to burn calories while at rest.

**JUMP:** Brand new to the JCC! This is a trampoline based workout that has a stability bar attached to each trampoline. Benefits of trampoline exercise include: improved cardiovascular and metabolic performance, increased muscular endurance and core strength, improved balance and coordination, joint stability, and improved lymphatic system functionality. This class is going to be FUN-you don't want to miss it!

**LaBlast®:** Based on dances seen on Dancing with the Stars, learn the Disco, Jive, Viennese Waltz, Lindy Hop and more in a partner free, dance fitness class. The easy-to-learn patterns & music selections from all genres & eras welcome any age & fitness level.

**Muscle Endurance:** Full body, low impact conditioning and endurance that utilizes various equipment that defines and builds muscle.

**Muscle Hour:** Non-aerobic isolated strengthening work using a variety of resistance equipment. Tone and shape the entire body.

**Pilates 101:** Perfect for beginners and special populations, this class will teach you the fundamentals of Pilates with a gentler approach.

**Pilates Core & Strength:** Not your traditional Pilates Mat class! Equipment is used in a way that sends attention, information and energy back to your core. Light weights will create extra stability to your shoulders, core and pelvis.

**Pilates Mat:** A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.

**Power Flex:** You do not want to miss this total body barbell workout. Improve body tone, muscle definition, strength and endurance.

**R.E.P.S. (Resistance-Endurance-Power-Strength):** This hour of power is an intense endurance workout using a variety of resistance equipment to increase your muscular strength, enhance your core and cardiovascular fitness.

**Senior Strength:** This strength training class is one that is geared towards special populations, Attendees will increase fitness levels in a self paced format that will also focus on improving posture and balance, help build bone density all while learning proper form/technique to reduce future injuries.

**Simply Stretch:** The third component of a fitness workout is flexibility. This class is designed to help improve your workouts with stretches to refresh your tired muscles.

**Spinning®:** The Spinning® program is not just about exercise. Spinning classes offer a variety of rides, movements, coaching and motivation that keep riders safe, excited and engaged.

**SPINPower®:** With the innovation of power technology, you will now be able to measure your actual intensity in watts and accurate energy expenditure in kilojoules. Our certified SpinPower instructor will coach you through working zones based on your PST.

**Step n' Tone:** A step class that will include easy to follow choreography, interspersed with toning intervals using a variety of weights, bands and other equipment.

**Strength & Conditioning:** This is a total body conditioning class using free weights, body bars, bands & high reps to challenge you while utilizing all major muscle groups of the upper and lower body.

**Tabata Core:** All of the calorie burning of the Tabata intervals format, followed by core exercises that will strengthen and tone your midsection.

**Waist Up:** Sculpt and condition arms, chest, back and core. Everything from the waist up!

**Yoga:** We offer several styles so that you can experience a fresh exploration for the physical, mental and spiritual body. All levels are both welcomed and encouraged!

**Iyengar Yoga:** Build strength and patience through the use of proper alignment and breathing while holding postures for longer periods of time.

**Vinyasa Flow Yoga:** Encouraging the synchronization of mind, body and breath, this class will use creative, flowing movement sequences to improve strength, balance, and flexibility. Props may be used in some classes. Modifications are always offered and encouraged.

**Zumba:** A dance class that fuses hypnotic Latin & international musical rhythms & tantalizing moves to create a dynamic workout that is fun & easy to do.





# September 2023 Calendar of Events

## Ongoing Programs

**Mondays & Fridays • 9:30am-10:30am**  
**8 sessions • \$120 members/\$140 nonmembers**  
**Hallie's Angels Small Group Training.** An ongoing group that meets for training twice a week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Fitness Center**

**2nd & 4th Mondays • 12:30pm-1:30pm • FREE**  
**Yarn-aholics.** Calling all yarn enthusiasts! Join us twice monthly for knitting, crocheting and conversation. Socialize while you work on your latest project and make new connections. All levels welcome! **JCC Brody Annex**

**Tuesdays & Thursdays • 6:30pm-7:30pm**  
**12 sessions • \$149 members/\$169 nonmembers**  
**Bodies by Hallie Small Group Training.** An ongoing group that meets for training twice a week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Elite Studio**

**Every Wednesday • 9:30am-11am • FREE**  
**Connect 60+ OMG Older Men's Group.** A facilitated conversation group for men over 65. Join OMG to have the opportunity to gather and engage with other gentlemen to build new social connections. **JCC Brody Annex**

**Every Wednesday\* • 10:30am-1pm • \$12**  
**\*See Programs by Date for weekly descriptions**  
**Connect 60+ Lunch & Learn.** Enjoy an informative and interactive presentation followed by lunch from Rhubarb & Elliott. 10:30-11 Coffee/Check-in; 11-12 Program; 12-1 Lunch. **JCC Auditorium**

**Every Thursday • 10am-12:30pm**  
**FREE for members • \$5 nonmembers**  
**Mah Jongg Drop-In Games.** Players with experience are welcome. **JCC Café**

**3rd Thursdays • 1:30pm-2:30pm • FREE**  
**Connect 60+ Coffee, Clergy & Conversations.** Engage once a month with local clergy to share lively, meaningful conversations on a variety of topics that relate to everyday life through a Jewish lens. The series will conclude May 16, 2024 with an all-clergy panel. **BEGINS OCTOBER 19TH. JCC Brody Annex**

**Every Friday • 10:45am-11:15am • FREE**  
**Connect 60+ Friday at the J - Sit 'n' Fit.** Sit 'n' Fit is a 30-minute exercise class in and out of a chair, with exercises focusing on coordination, balance, strength and posture correction. **JCC Auditorium**

**Every Friday • 11:15am-12:30pm • FREE**  
**Connect 60+ Friday @ the J - Game Time.** Each week we play a variety of classic and current games that rotate throughout the month. Once a month we enjoy Shabbat with Tots: children from the JCC's Family Enrichment Center Preschool join us in the tradition of Shabbat. Once a month we do an art project in the JCC Art Studio. For specific dates/info, see flyers or contact Jill Patruznick at 505-418-4467 or [jillp@jccabq.org](mailto:jillp@jccabq.org). **JCC Auditorium**

**3rd Sundays • 10:30am-11:00am • FREE**  
**Story Time with Susan.** Join the JCC's Susan Minkus with your little ones monthly for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

**Various Days & Times Available**  
**\$70/mo. members • \$80/mo. nonmembers**  
**Ceramics Lab Open Studio.** The JCC studio offers open lab for artists experienced in ceramics. Visit [jccabq.org/meeting/ceramics-open-lab/](http://jccabq.org/meeting/ceramics-open-lab/) or call Alyssa Atias at 505-418-4480 for more information. **JCC Art Studio**

## Programs by Date

**Friday, September 1st • 11:20am-1pm**  
**Ongoing Weekly Program • FREE**  
**Connect 60+ Friday @ the J: Adult Art Project.** We will be creating a DIY Yarn Circle Weave. Join us for creativity and connection. **JCC Art Studio**



# September 2023 Calendar of Events

**Saturday, September 2nd • 9am-11am**

**Single Session • \$15 members/\$25 nonmembers**

**Samson Challenge Full Course Run-through.** Have you been training hard for the Samson Challenge? This full-course run-through will give you a chance to take a test run and plan your race-day strategy. This also serves as a referee training, so you will have someone timing your run through the course! **JCC Courtyard**

**Monday, September 4th • JCC Hours: 8am-4pm**

**Labor Day.** The JCC will be on abbreviated hours and schedules in observance of this holiday.

**Tuesday, September 5th • 5:30pm-6:30pm**

**12 Sessions • \$149 members/\$199 nonmembers**

**42-Day Shred.** Get SHREDDERED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainers Karen and Hallie will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With two OUTDOOR workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all skill and ability levels – Try this fun and effective JCC offering for yourself and get SHREDDERED with us! **JCC Courtyard**

**Tuesday, September 5th • Tuesdays OR Saturdays**

**Tues: 6-7:00 PM Ages 5-8 • 7-8:00 PM Ages 9+**

**Sat: 9-10:00 AM Ages 5-8 • 10-11:00 AM: Ages 9+**

**6 Sessions • \$140 members/\$165 nonmembers**

**Youth Soccer Clinics.** We are proud to offer a 6-week soccer clinic with Coach Jairo Juniga 'Junior' Hernandez! Athletes will refine their technique in the areas of dribbling, passing, receiving, shooting, speed and agility. Youth players at any level are welcome. Junior has 25+ years of soccer experience. He played for the Colombian National Team (Santa De Bogota) for 4 years and owned & operated Atarraya Soccer School in Colombia. Junior is certified through the Colombian Soccer Federation as L-1 & L-2 coach. **JCC Field**

**Wednesday, September 6th • 10:30am-1pm**

**Ongoing Weekly Program • \$12**

**Connect 60+ Lunch & Learn: Rabbi Celia Surget: The Call of the Shofar - A Time to Lift Up.** The High Holy days are a sacred time during which we engage in introspection, in the most public way possible. What if choose to engage with intention into a process in which we focus on lifting others up as a way of lifting our own spiritual selves up. **JCC Auditorium**

**Thursday, September 7th • 10:30am-12pm**

**8 Sessions • \$25 members/\$25 nonmembers**

**J Mom New Mother Support Group Fall Session.** A creative and inclusive space for new moms to bond and build community. Conversation is professionally facilitated by experienced social worker and mother, Susan Minkus. **JCC Brody Annex**

**Thursday, September 7th • 7pm-8pm • 6 Sessions**

**\$75 Single Member/ \$100 Single Non-Member**

**\$125 Member Couple/ \$150 Non-Member Couple**

**Country Dance Lessons.** Howdy Folks! Join us here at the JCC with CSP Dance Studio and learn some fun country-style social dances, like the Two-Step and Pony Swing! **JCC Group Fitness Studio**

**Monday, September 11th • 4pm-4:30pm**

**3 Sessions • \$60 members/\$70 nonmembers**

**Toddler Art Series.** Join us for an immersive three-session art class where your toddlers will explore texture, color, and play. This unique learning experience places an emphasis on having fun while exploring creativity! Ages 2 to 4. **JCC Art Studio**

**Sunday, September 10th • 8am-1pm**

**One-Time Event • Pricing Varies; see [jccabq.org](http://jccabq.org)**

**2023 Samson Challenge.** The Samson Challenge is a unique obstacle course combining endurance, strong-man, CrossFit and adventure race activities all in one. Locally produced by the JCC of Greater Albuquerque, this heart-pumping challenge is every adrenaline junkie's dream come true! This event has categories for all fitness levels, as well as separate partner event, kids' course and truck pull showcase. Visit [jccabq.org/samson-challenge](http://jccabq.org/samson-challenge) for all the details! **JCC Courtyard**





# September 2023 Calendar of Events

**Wednesday, September 13th • 10:30am-1pm**

**Ongoing Weekly Program • \$12**

**Connect 60+ Lunch & Learn: Hakarat Hatov - Finding & Expressing Gratitude During the High Holy Days and All Year 'Round.** Hakarat Hatov literally translates to "recognizing the good". As we take time during the Jewish High Holy days to look introspectively at our life over the past year, it is also a great time to start new habits of seeking out what we are grateful for and how to share that with others. **JCC Auditorium**

**Friday, September 15th • JCC Hours: 5am-5pm**

**Erev Rosh Hashana.** The JCC will be on abbreviated hours in observance of this holiday.

**Saturday, September 16th • JCC CLOSED**

**Rosh Hashana.** The JCC will be CLOSED in observance of this holiday.

**Sunday, September 17th • 10:30am-11:00am**

**Third Sunday of every month • FREE**

**Story Time with Susan.** Join the JCC's Susan Minkus with your little ones for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

**Sunday, September 17th • 11am-2pm**

**One-Time Event • FREE**

**Ceramic Throwing Party.** Join the JCC's Art Studio as we throw bowls on the potter's wheel to support the global artist movement and charity, The Empty Bowls Project. Artists will have access to clay and supplies to throw bowls that will be glazed and fired. Finished pieces will be donated to the Albuquerque Empty Bowls Project for their fundraising event on October 28th that will benefit The Storehouse NM, a nonprofit community-based food pantry that provides free groceries to people in need. **JCC Art Studio**

**Wednesday, September 20th • 10:30am-1pm**

**Ongoing Weekly Program • \$12**

**Connect 60+ Lunch & Learn: Cindy Brown, LBSW - Home Sweet Home?!** Is staying at home always the right choice? This is an important and challenging decision everyone faces at some point. Learn how to navigate the conversation and the choices involved to live your best life as you age. **JCC Auditorium**

**Sunday, September 24th • JCC Hours: 7am-5pm**

**Erev Yom Kippur.** The JCC will be on abbreviated hours in observance of this holiday.

**Monday, September 25th • JCC CLOSED**

**Yom Kippur.** The JCC will be CLOSED in observance of this holiday.

**Tuesday, September 26th • 7pm-8:30pm**

**\$10 Individual Event; \$25 Individual Luncheon (10/11 event only); \$70 Series including luncheon; \$60 Series without lunch; \$100 Mensch to support ACE and attend entire series**

**JCC Book Fest & Author Series - Judith Jenya | Memories Do Not Burn: A Memoir.** Dodging a bullet in besieged Sarajevo and consoling a troubled teen survivor of wartime rape are among the incidents recounted in Jenya's inspiring memoir. She is the recipient of many awards for her groundbreaking work on peace and healing, including being nominated for the Nobel Peace Prize. Her quest to bring Tikkun Olam, repair of the world, to the youngest victims of war in Northern Ireland, Croatia, Bosnia and Serbia is recounted with humor, compassion and poignancy. **JCC Auditorium**

**Wednesday, September 27th • 10:30am-1pm**

**Ongoing Weekly Program • \$12**

**Connect 60+ Lunch & Learn: iMordecai -The movie.** A 2022 dramatic comedy film written, directed, and produced by Marvin Samel. A Holocaust survivor, born and raised in a different time, must face the realities of modern world. When confronted with an unfamiliar object, an iPhone, will Mordecai be able to fit into a world that has changed so much around him? Based on Samel's real life experiences; stars Judd Hirsch, Carol Kane, and Sean Astin. **JCC Auditorium**

**Saturday, September 30th**

**Sukkot (Day 1).** Sukkot is a week-long Jewish holiday that celebrates the fall harvest. During Sukkot, we invite you to visit the JCC's sukkah (outdoor hut) in our garden through Friday, October 8th. Traditionally, Jewish families have their meals and some even sleep inside the sukkah. **The JCC's hours will NOT be affected by this holiday.**



# 42-DAY SHRED

Outdoor Body  
Transformation Challenge

Sept. 5 – Oct. 12

**OUTDOOR** workouts Tu/Th 5:30-6:30pm

Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainers Karen and Hallie will push you to the limit, allowing you to put your endurance to the test and scorch excess fat in the process. With two **OUTDOOR** workouts each week, body comp. measurements, nutrition accountability, and group camaraderie, this challenge will take your fitness to a new level. This program is open to all skill and ability levels – Try this fun and effective JCC offering for yourself and get SHREDDED with us!

Program includes:

- 2 **OUTDOOR** boot camp-style workouts/week (**RAIN OR SHINE!**)
- Before/After measurements
- Nutrition accountability
- Team camaraderie & support to help you reach your goals

Pricing:

- \$149 members
- \$199 non-members

Contact Susanna Pier for more info:  
505-418-4478; [susannap@jccabq.org](mailto:susannap@jccabq.org)



# SOCCER Clinic

**\$140**  
MEMBERS

**\$165**  
NON-MEMBERS

Starts  
**Sept. 5th**

Tuesdays & Saturdays

**Tuesday:**  
6-7:00 PM: Ages 5-8  
7-8:00 PM: Ages 9+

**Saturday:**  
9-10:00 AM: Ages 5-8  
10-11:00 AM: Ages 9+



Is your young athlete passionate about soccer? The JCC is now proud to offer a 6-week soccer clinic with Coach Jairo Juniga 'Junior' Hernandez! Athletes will refine their technique in the areas of dribbling, passing, receiving, shooting, speed and agility. This clinic is available to youth players at any level.

About Coach Junior: Junior has 25+ years of soccer experience. He played for the Colombian National Team (Santa De Bogota) for 4 years and owned & operated Atarraya Soccer School in Colombia. Junior is certified through the Colombian Soccer Federation as L-1 & L-2 coach.

Register online at [jccabq.org](http://jccabq.org) or visit member services.  
For more info, contact Ken Lewis, [kenl@jccabq.org](mailto:kenl@jccabq.org) or 505-418-4468.



# COUNTRY DANCE LESSONS



September 7 - October 12, Thursdays @ 7pm

**Single: Member - \$75, Non-Member \$100 Couple: Member - \$125, Non-Member \$150**

Howdy Folks! Join us here at the JCC with CSP Dance Studio and learn some fun country-style social dances, like the Two-Step and Pony Swing! Register at [jccabq.org](http://jccabq.org) or visit member services.

For more info, contact Dawn LoGuercio at [dawnl@jccabq.org](mailto:dawnl@jccabq.org) or 505-418-4473



**Fall Session Meets Weekly 9/7 through 10/26**

8 Weeks ♦ Thursdays 11am - 12pm

\$25 ♦ JCC Brody Annex Library

J Moms is a creative and inclusive space for new moms to bond and build community. Conversation is professionally facilitated by experienced social worker and mother, Susan Minkus. Join this fun group and find the support and connection you have been looking for!

Register at [www.jccabq.org](http://www.jccabq.org) or in member services. Questions? Contact Alyssa Atias,  
Youth & Family Engagement Director at 505-418-4480, [alysaa@jccabq.org](mailto:alysaa@jccabq.org).







# October 2023 Calendar of Events

**Sunday, October 1st • 10:30am-12pm**

**One-Time Event • \$10 members & nonmembers**

**Bagels & Jazz.** Tracey Whitney, jazz vocalist, is joined by special guest pianist John Rangel. Stop by to enjoy Tracey & John's soulful, jazzy tunes! Freshly made bagels and coffee/tea will be available for purchase from Rhubarb & Elliott JCC Cafe. **JCC Auditorium**

**Sunday, October 1st • 1pm-2pm**

**Single Session • FREE for members**

**Kids Dance FREE Trial Class.** This one time trial class for children ages 3-5 will focus on movement, expression and fun! **JCC Group Fitness Studio**

**Sunday, October 1st • 4pm-6pm • One-Time Event**

**\$20 adults / \$10 ages 6-12 / 5 and under FREE**

**Sukkot in the Garden.** Join us in our beautiful Community Garden in celebration of Sukkot - the Jewish holiday that marks the fall harvest. Rabbi Dov Gartenberg will talk about the traditions and significance surrounding the holiday. Then enjoy dinner catered by Jan's on 4th, live music, Israeli Dancing led by JCC instructor Sara Lowry, crafts for the kids, and more! **JCC Community Garden**

**Wednesday, October 4th • 10:30am-1pm**

**Ongoing Weekly Program • \$12**

**Connect 60+ Lunch & Learn: Sukkah, Soup & Sip.** Celebrate Sukkot, the Jewish festival of giving thanks for the bounty of the earth during the fall harvest period. Come learn what it commemorates, why we gather in the sukkah and some of the traditions. After we will gather for warm soup, a small sip of wine and good company. **JCC Community Garden**

**Wednesday, October 4th • 7pm-9pm**

**6+ Sessions • \$30 members/\$36 nonmembers**

**Open Israeli Dance.** This class is for dancers who need little instruction. Attend up to 6 sessions during this time period. You can register for 6 more sessions if you'd like to continue. **JCC Group Fitness Studio**

**Sunday, October 8th • 4pm-5pm**

**6 Sessions • \$30 members/\$36 nonmembers**

**Beginners Israeli Dance.** This class is for those who are new to Israeli Dance, or who need a refresher. You will learn basic steps and dances. **JCC Group Fitness Studio**

**Monday, October 9th**

**Columbus Day/Indigenous Peoples Day.** The JCC's hours will NOT be affected by this holiday.

**Wednesday, October 11th**

**Ongoing Weekly Program • 10:30am-1pm**

**\$25 (Scholarship \$12.50)**

**Connect 60+ Lunch & Learn: Book Fest Author, Sylvie Bigar - *Cassoulet Confessions: Food, France, Family and the Stew that Saved My Soul*.** *Cassoulet Confessions* is an enthralling memoir by award-winning food and travel writer Sylvie Bigar that reveals how a simple journalistic assignment sparked a culinary obsession and transcended into a quest for identity. Set in the stunning southern French countryside, this honest and poignant memoir conveys hunger for authentic food and a universal hunger for home. Sylvie will be introduced by Rabbi Surget and will share photos. **JCC Auditorium**

**Wednesday, October 11th • 11am-1pm**

**\$10 Individual Event; \$25 Individual Luncheon**

**(10/11 event only); \$70 Series including luncheon; \$60 Series without lunch; \$100 Mensch to support ACE and attend entire series**

**JCC Book Fest & Author Series - Sylvie Bigar | *Cassoulet Confessions: Food, France, Family and the Stew that Saved My Soul*.** *Cassoulet Confessions* is an enthralling memoir by award-winning food and travel writer Sylvie Bigar that reveals how a simple journalistic assignment sparked a culinary obsession and transcended into a quest for identity. Set in the stunning southern French countryside, this honest and poignant memoir conveys hunger for authentic food and a universal hunger for home. Sylvie's poetic prose immerses us in her story: we smell the simmering aromas of French kitchens, empathize with her family dilemmas, and experience her internal struggle to understand and ultimately accept herself. **JCC Auditorium**

**Saturday, October 14th • 10am-11:30am**

**Single Session • \$40 members & nonmembers**

**CPR Certification Class.** Get the American Heart Association and AED certification and learn how to save a life! Course covers adult, child and infant CPR, AED and choking. **JCC Brody Annex**



# October 2023 Calendar of Events

**Sunday, October 15th • 10:30am-11:00am**

**Third Sunday of every month • FREE**

**Story Time with Susan.** Join the JCC's Susan Minkus with your little ones for read-alouds from the PJ Library collection. **JCC Brody Annex Library**

**Sunday, October 15th • 3pm-4:30pm**

**\$10 Individual Event; \$25 Individual Luncheon**

**(10/11 event only); \$70 Series including**

**luncheon; \$60 Series without lunch; \$100**

**Mensch to support ACE and attend entire series**

**JCC Book Fest & Author Series - Lauren Belfer |**

**Ashton Hall: A Novel.** ONE OF THE BEST BOOKS

**OF THE YEAR: The New York Times | An American**

**woman and her son unearth the buried secrets**

**and past lives of an English manor house in this**

**masterful and riveting novel from New York Times**

**bestselling author Lauren Belfer. Rich with passion,**

**strength, and ferocity across the ages, Ashton Hall**

**is a novel that reveals how the most profound**

**hauntings are within ourselves. JCC Auditorium**



## Israeli Dancing

### Open Israeli Dance

Wednesdays, 7-9 PM

10/4 - 12/20 (No class 11/22)

Member: \$30 • Non-Member: \$36

This class is for dancers who need little instruction. Attend up to 6 sessions during this time period. You can sign up for 6 more sessions if you'd like to continue.

### Beginners Israeli Dance

Sundays, 4-5 PM

10/8 - 11/19 (No class 11/5)

Member: \$30 • Non-Member: \$36

For those new to Israeli Dance, or need a refresher. You will learn basic steps and dances.



### Instructor: Sara Lowry

Sara's background includes teaching classic & modern Israeli dance at Camp Newman to campers & staff, participating in Rikud Israeli Dance Camp, & attending Vintage Israeli Dancing in LA. Sara began teaching Israeli Dance at the J in Jan 2022 and the program has gained popularity!

For more info, contact Phyllis Wolf  
505-418-4469 or phyllisw@jccabq.org



**Saturday, October 14<sup>th</sup>**

**10am-12pm**

**Cost: \$40 | Limited spots available!**

Get the American Heart Association CPR and AED certification and learn how to save a life! The course will cover adult, child & infant CPR, AED and choking.

Register online or through member services.

Contact: Dawn LoGuercio, 505-418-4473, dawnl@jccabq.org



save the date for 2023/24

## SCHOOL BREAK CAMPS

at the JCC!

### Mini Break Camps

October 19-20, 2023

November 20-22, 2023

February 19, 2024

### Winter Break Camp

December 26-29, 2023

& January 2-5, 2024

### Spring Break Camp

March 25-29, 2024

& April 1-5, 2024

**Discounted rates for JCC members!**

Information and registration for each camp will be available at jccabq.org closer to each camp's start date.

Questions? Contact Youth & Family Engagement Coordinator Susan Minkus at 505-418-4455 or susanm@jccabq.org





# JCC of Greater Albuquerque Presents:

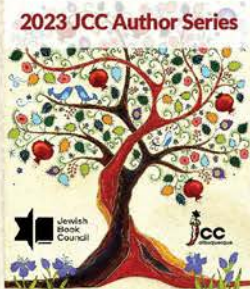
## JCC FALL BOOK FEST & AUTHOR SERIES

September 26<sup>th</sup> - October 26<sup>th</sup>, 2023

**6 Acclaimed Authors Present the Best in Current Fiction, Non-Fiction & Cuisine**

All authors will be appearing IN-PERSON at the Jewish Community Center.

Books and tickets go on sale September 1 at [jccabq.org/bookfest](http://jccabq.org/bookfest). Event attendance includes a nosh and schmoozing. All author events will be recorded for ticket holders.



**Judith Jenya | *Memories Do Not Burn: A Memoir***

**Tuesday, September 26, 7 pm**

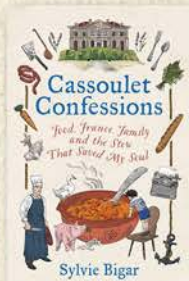


Dodging a bullet in besieged Sarajevo and consoling a troubled teen survivor of wartime rape are among the incidents recounted in Jenya's inspiring memoir. She is the recipient of many awards for her groundbreaking work on peace and healing, including being nominated for the Nobel Peace Prize. Her quest to bring Tikkun Olam, repair of the world, to the youngest victims of war in Northern Ireland, Croatia, Bosnia and Serbia is recounted with humor, compassion and poignancy.

**Sylvie Bigar | *Cassoulet Confessions*:**

***Food, France, Family and the Stew that Saved My Soul***

**Wednesday, October 11, 11 am Luncheon**



*Cassoulet Confessions* is an enthralling memoir by award-winning food and travel writer Sylvie Bigar that reveals how a simple journalistic assignment sparked a culinary obsession and transcended into a quest for identity. Set in the stunning southern French countryside, this honest and poignant memoir conveys hunger for authentic food and a universal hunger for home. Sylvie's poetic prose immerses us in her story: we smell the simmering aromas of French kitchens, empathize with her family dilemmas, and experience her internal struggle to understand and ultimately accept herself.

**Lauren Belfer | *Ashton Hall: A Novel***

**Sunday, October 15, 3 pm**



**ONE OF THE BEST BOOKS OF THE YEAR:**  
*The New York Times* | An American woman and her son unearth the buried secrets and past lives of an English manor house in this masterful and riveting novel from *New York Times* bestselling author Lauren Belfer. Rich with passion, strength, and ferocity across the ages, *Ashton Hall* is a novel that reveals how the most profound hauntings are within ourselves.

**Scott Hershovitz | *Nasty, Brutish and Short:***

***Adventures in Philosophy with Kids***

**Wednesday, October 18, 7 pm**



Some of the best philosophers in the world gather in surprising places—preschools and playgrounds. They debate questions about metaphysics and morality, even though they've never heard the words and perhaps can't even tie their shoes. They're kids. And as Scott Hershovitz shows in this delightful debut, they're astoundingly good philosophers. Hershovitz challenges us to become better, more discerning thinkers and recapture some of the wonder kids have at the world.

**Aaron Hamburger | *Hotel Cuba: A Novel***

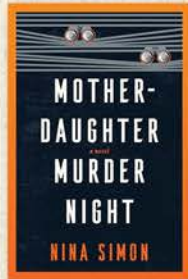
**Tuesday, October 24, 7 pm**



From the award-winning author of *The View from Stalin's Head*, a stunning novel about two sheltered Russian Jewish sisters, desperate to get to America to make a new life, who find themselves trapped in the sultry, hedonistic world of 1920s Havana. A heartbreaking, epic family story, *Hotel Cuba* explores the profound courage of two women displaced from their home in Russia, who strive to create a new future in an enticing and dangerous world far different from anything they have ever known.

**Nina Simon | *Mother-Daughter Murder Night***

**Thursday, October 26, 7 pm**



Nothing brings a family together like a murder next door! A fun, fresh, and twisty debut whodunnit about a grandmother-mother-daughter trio who come together as amateur sleuths to solve a murder in their coastal California town. A lively and tender story of family that Simon deftly transforms into an edge-of-your-seat murder mystery... One part *The Maid* and one part family drama, *Mother-Daughter Murder Night* is a resounding and impressive triumph.

**Tickets (On sale Sept. 1): \$10 Individual Events; \$25 Individual Luncheon (10/11 Event)**

**\$70 Series including luncheon; \$60 Series without lunch; \$100 Mensch to support ACE and attend entire series**

**Signed authors' books available for purchase at the JCC**

**For More Info & All Tickets:**  
**[jccabq.org/bookfest](http://jccabq.org/bookfest)**  
**or call 505-418-4469**



**5520 Wyoming Blvd. NE**  
**Albuquerque, NM 87109**  
**[www.jccabq.org](http://www.jccabq.org)**



# J FORWARD

THE FUTURE STARTS WITH YOU

NO gift is too small! Your donation supports programs, operations, and services for people of all ages, faiths, and nationalities. Your gift will impact people in all ages and stages of life, from children to seniors. Programming is impacted in the areas of Fitness & Wellness; Arts, Culture and Education; Jewish Care Program (JCP); Tikkun Olam; Community Garden; FEC daycare & preschool; Summer Camps; Youth & Young Family Engagement and more.



Life & Legacy is a program dedicated to ensuring YOUR JCC is here every Day, Every Week, Every Month, Every Year for generations to come. Please contact Emily Blaumund Fox (505-418-4471 or [emilyf@jccabq.org](mailto:emilyf@jccabq.org)) to discuss how you can become a member of the Life & Legacy program through your estate plan.

Donations can be made directly through our website at [jccabq.org](http://jccabq.org). If you have questions regarding the impact of your gift, or other ways to make a donation, please contact Emily Blaumund Fox (505-418-4471/[emilyf@jccabq.org](mailto:emilyf@jccabq.org)).

## Jewish Care Program JCP

Serving New Mexico's Jewish Community

The Jewish Care Program (JCP) is dedicated to the well-being of our most vulnerable community members, moving them from isolation to connection.

JCP provides supportive social services to the Jewish and broader community with a focus in Albuquerque to include client care services, referrals to community resources, financial assistance, and spiritual and emotional support.

If you or someone you know needs support, please reach out to JCP at 505-348-4443 or [jend@jccabq.org](mailto:jend@jccabq.org).



Enable the J to continue to provide JCP's services to all who need them. Scan the QR code or visit [jccabq.org](http://jccabq.org) to donate now!

## Engage By Giving



The ACE Department offers our community unparalleled and compelling programs, classes, and events which inform, educate, entertain, and inspire. ACE is passionate about enriching the general and Jewish community by consistently offering high-quality, robust programming. ACE provides financial assistance on a weekly basis to those in need. Registration fees and ticket prices simply do not cover all expenses!

This is where YOU come in! 100% of your donation supports ACE programming. By becoming an ACE Supporter, you enable the JCC to enhance existing ACE programs and provide new ones for Albuquerque and nearby communities.

### YES! I want to support ACE programming

LEVEL	AMOUNT	# TICKETS
Diamond	\$2500+	12
Platinum	\$1000+	8
Gold	\$500+	4
Silver	\$250+	2
Pearl	\$100+	1

\*Tickets can be used to attend any ACE event per year (excluding meals)



Scan QR code or visit [jccabq.org](http://jccabq.org) to donate.



### JULY 1, 2022 - JULY 31, 2023 ACE DONORS

Lynn Asbury • Charles Callahan • McKinnon Carroll • Shelly & Bruce Cherrin • Doris Duhigg • Toby Fedoravicius • Linda & Marty Fisher • Jennie Negin & Harold Folley • Miriam Friedman • Alan Glassman • Sandy Gold • Betty & Keith Harvie • Penny & Gary Hoe • Shelley & Herb Koffler • Robert Lewis • Marcia Lubar • Nina Menegus • Barry & Sharon Moskowitz • Alice Redmond & George Neal • Lynne & Jerome Pfeffer • Shelly & Gary Prant • Karen Raff • Russ & Jane Resnik • Barbara Saville • Toby & Elisa Simon • George & Vivian Skadron • Vicki Meredith & Jim Stewart • Karen & Ron Taylor • Lois Tigay • Judy & Peter Weinreb • Peggy Werbner • Ellen Light & Marc Wunder • Linda Zipp • Evelyn Zlotkin • The Edwin S. Soforenko Trust • Jewish Community Foundation of NM

### YOUR GIFTS MAKE AN IMPORTANT DIFFERENCE!

Phyllis Wolf, Chief Program Officer  
[phyllisw@jccabq.org](mailto:phyllisw@jccabq.org), 505-418-4469

Jill Patruznick, Cultural Department Coordinator  
[jillp@jccabq.org](mailto:jillp@jccabq.org), 505-418-4467



Gain a workout buddy and an extra \$100 in your pocket!

Ask about the Friends & Family Referral Bonus!



Exclusions apply. See membership office for more details.





# MAKE A SPLASH!



**American  
Red Cross**

## **Lifeguard Certification**

- Earn the Red Cross Lifeguard, CPR & First Aid Certification and secure your position with the JCC Aquatics Program
- Pool open 7 days a week - a variety of shifts are available
- Minimum age requirement: 15 years old
- To get more info or to register, contact JCC Aquatics Director Danielle Lambson at 505-418-4457 or [daniellel@jccabq.org](mailto:daniellel@jccabq.org)

**JCC**  
**aquatics**  
programs





**FITNESS**  **STRENGTH**  **COMMUNITY**



**COMING NOVEMBER 2023 TO THE JCC'S ELITE STUDIO**

## **FREE Trial Classes in October**

**Mondays at 6am** **10/16 & 10/23**

**Wednesdays at 5:45pm** **10/18 & 10/25**

**Thursdays at 9am (Master's\*)** **10/19 & 10/26**

\*Master's Classes are programmed specifically for beginners, older adults & injured athletes

**2023 CrossFit 5520 Promo:  
10-class Punch Card - \$100**

Valid for any classes held in  
November and December 2023.  
Expires 12/31/23.

**2024 CrossFit 5520  
GRAND OPENING!**

Add CrossFit to your JCC  
membership for additional  
\$75 per month charge

