



The Ronald Gardenswartz Jewish Community Center

May 2024 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

May 2024

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	 Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara B	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			<p>Aqua Fitness begins on May 13! Join us at 9am Monday-Saturday and at 6pm on Monday and Wednesday Don't forget to make your reservation!</p>		
5:30pm	 Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen			
6:30pm		 Erica	 Anick				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or 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



Elite Studio Class Schedule

May 2024

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	CROSSFIT* Jamie	OPEN GYM 6-8am	CROSSFIT* Alexis	OPEN GYM 6-8am	CROSSFIT* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn				JUMP Andrea
10:00am					MASTER'S CROSSFIT* Ryan	CROSSFIT* Alexis	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4pm	OPEN GYM 12-4	
4:30pm	JUMP Debra	J-FIT Liz			CROSSFIT* Ryan (4:45pm)		
5:30pm	HIIT 30 Leanne	CROSSFIT* Ryan	CROSSFIT* Alexis	CROSSFIT* Alexis			
6:30pm							

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or 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



Spinning Schedule

May 2024

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.		SPINPower Steve G.		 SPINNING Robin			
7:30 a.m.						 SPINNING Robin	
8:30 a.m.		SPINPower Rosina		SPINPower Arleen	 SPINNING Jim (8:15)		SPINPower Steve G
9:00 a.m.						 SPINNING Debra	
9:30 a.m.	SPINPower Arleen		SPINPower Sherri		SPINPower Steve		
5:30 p.m.	SPINPower Lolli	 SPINNING Debra	SPINPower Pattie			 JUST KEEP SPINNING	

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


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



Zen Studio Schedule

May 2024

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 B		
10:30 a.m.	Vinyasa Flow Yoga Ryan	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist up Sherri	Vinyasa Flow Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara U
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara U	Pilates Mat Tracy	Vinyasa Flow Yoga Rachael	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah (1 st Friday of every month only)		
5:30 p.m.		Waist Up Dawn		All T.H.A.T. Dawn	<p>"May, the month of sunshine, blooming flowers, and endless possibilities." - Unknown</p> 		
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Annette				
6:30 p.m.		Simply Stretch Cody		Simply Stretch Ryan			

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-Style Yoga: Build strength/patience through 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.

Ongoing Programs

Mondays & Thursdays • 10am-12:30pm
FREE for members • \$5 nonmembers

Mah Jongg Drop-In Games. Players with experience are welcome. **JCC Café**

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 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Fitness Center**

Mondays • 12:30pm-1:30pm • FREE

Yarn-aholics. Join us for knitting, crocheting and conversation. Work on your latest project and make new connections. All levels welcome! **JCC Brody Annex Library**
 *See Summer Schedule info on Page 10

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 2x/week. JCC trainer Hallie leads fun and innovative routines to challenge both strength & endurance. **JCC Elite Studio**

Tu/Th 10am-12pm; Wed (Women) 1-3pm;
Sat 11am-1pm • FREE (members only)

Open Pickleball. Calling all pickleball fanatics! Come and enjoy this fast-paced and FUN game, pick-up-style. No instruction is provided; all levels welcome. **JCC Gymnasium**

Every Wednesday • 9:30am-11am • FREE

Connect 60+ OMG Older Men's Group. A facilitated conversation group for men over 65. Gather and engage with other gentlemen to build new social connections. **JCC Brody Annex Room 104**

*See Summer Schedule info on Page 9

Every Wednesday* • 10:30am-1pm
\$12 program & lunch • \$6 program only

*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**

*See Summer Schedule info on Page 10

Every Thursday • 9:30am-10:30am
6 sessions • \$99 members/\$120 nonmembers

Female Functional Core. Empower your core with our exclusive women's class! Focuses on strengthening the hips, glutes, lower back and abdominal/pelvic muscles. Guided by our experienced instructor, you'll engage in

specific exercises consisting of floor, body weight, and some resistance bands and weights. **JCC Fitness Center**

3rd Thurs. of Each Month • 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 through a Jewish lens. The series will conclude May 16, 2024 with an all-clergy panel. **JCC Brody Annex Room 104**

Every Friday • 10:45am-11:15am • FREE
Connect 60+ - 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, including BINGO! Occasionally we enjoy an art project in the JCC Art Studio. **JCC Auditorium**
 *See Summer Schedule info on Page 10

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 • FREE
Aviv-ABQ Jew Group for 20s & 30s. A FREE offering for young Jews in their 20s-30s. Looking to socialize and make new friends, while deepening your connection to Judaism? This group is for you! Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

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/ or call Alyssa Atias at 505-418-4480 for more information. **JCC Art Studio**

Various Days/Times Available • \$35 (members only)
Pickleball Workshops. Join the JCC's Pickleball Coach, Chris Blackwell, for a 1-hour workshop that covers rules, ball striking, footwork, and strategy. All levels welcome. **JCC Gymnasium**





May 2024 Calendar of Events

Programs by Date

**Wednesday, May 1st • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Senior Strength with JCC Fitness Trainer Leanne Parshall. Leanne will discuss healthy habits & how they relate to functional independence. She will touch on strength training, including exercises that can be incorporated at home; recommended frequency and duration of exercise for optimal health; importance of proper diet; and how all of these things relate to longevity. Come prepared to move, as Leanne will lead us through some simple exercises. **JCC Auditorium**

**Wednesday, May 1st • 4pm-4:30pm
3 Weeks • \$60 members/\$70 nonmembers**

Toddler Art. Join us for an immersive 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. Parents are welcomed and encouraged to attend but it is not required. **JCC Art Studio**

**Friday, May 3rd • 4:15pm-5pm
5 Weeks • \$155 members/\$195 nonmembers**

Pre-Swim Team Clinic. Improve your stroke technique for swim season! This is a great way to see if swim team would be a good fit for your child. This clinic is open to kids ages 5-18 who have a beginning to intermediate swimming level. If a swimmer decides to continue from this clinic to the OrCaS Swim Team, the cost of the clinic will be rolled into the cost of swim team. **JCC Aquatics Complex**

**Friday, May 3rd • Various Days/Times/Price Options
Visit jccabq.org/orcas-swim-team for detailed info**

OrCaS Swim Team. The JCC OrCaS Swim Team is a competitive and fun team open to ages 5-18. We are a part of the Sundance Swim League and compete with other clubs around the state at swim meets held weekly. Swimmers must be able to swim one length of the pool without assistance. Uniforms/equipment not included in registration fee. **JCC Aquatics Complex**

**Sunday, May 5th • 10:30am-12pm • Concert/Dancing
\$20 includes Concert | Bagels & Schmear | Mimosas**

Bagels & Jazz: Cinco de Mayo Edition with Chris Cordova Latin Jazz Band. Chris Cordova Latin Jazz plays a fusion of Jazz and Latin Jazz that encompasses the timelessness of the genre. Chris Cordova (Piano) studied Jazz at The Berklee School of Music and Classical Piano at the University of New Mexico. He is joined by Tomas White on Congas, Kim

Stone on Bass, and Al Trujillo, vocals. Dancing encouraged! Included in your entry are freshly made bagels, coffee/tea & mimosas. **JCC Auditorium**

Monday, May 6th

Yom HaShoah: Holocaust Remembrance Day. The full name of the day commemorating the victims of the Holocaust is "Yom Hashoah Ve-Hagevurah" - literally the "Day of (Remembrance of) the Holocaust and the Heroism."

**Wednesday, May 8th • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Familiar and Forgotten Festivals with Cantor Barbara Finn. She'll share learning on Yom Hashoah (Holocaust Remembrance Day), Yom Hazikaron (Remembrance day for fallen soldiers), Yom Ha'atzmaut (Israel's Birthday), Mother's Day, Lag B'Omer, and Shavuot. Wonder how that's possible? Come and find out! **JCC Auditorium**

Sunday, May 12th

Mother's Day. The JCC wishes all mothers and mother figures in our community a Happy Mother's Day!

Monday, May 13th

Yom HaZikaron - Israel's Memorial Day. Yom HaZikaron is Israel's official remembrance day, enacted into law in 1963. While Yom HaZikaron has been traditionally dedicated to fallen soldiers, commemoration has also been extended to civilian victims of terrorism. **In commemoration, the J will have candles at the Israel table in the lobby.**

Monday, May 13th • 9am-10am

**Ongoing throughout summer • FREE for members
Aqua Fitness Classes Begin.** Join a variety of instructors each week for this low-impact, high-energy and FUN way to exercise. **JCC Aquatics Complex**

Tuesday, May 14th

Yom HaAtzmaut - Israel's Independence Day. Yom Ha'atzmaut is Israel's national day, commemorating the establishment of the modern state of Israel on May 14, 1948. It is marked by a variety of ceremonies and observances. **Join us for cake in the lobby at noon to celebrate the anniversary of Israel becoming a state!**





May/June 2024 Calendar of Events

**Wednesday, May 15th • 10:30am-1pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Cindy Brown, LBSW: Self-Care - Denial & Stubbornness Will Send You Where You Don't Want To Go! What happens when the Universe and your body are giving you signals, and you choose to ignore them? Will you accept the consequences? Cindy will help us explore what the risks and benefits are of selfcare and how we approach it. **JCC Auditorium**

Thursday, May 16th • 1:30pm-2:30pm • FREE

Connect 60+ Coffee, Clergy & Conversations. Engage with local clergy to share lively, meaningful conversations on a variety of topics through a Jewish lens. This month, our series will conclude with a clergy panel Q&A. **JCC Brody Annex Room 104**

**Saturday, May 18th • 8am-4pm
4 Days • \$165 (CPR Mask Included)**

Lifeguarding Certification Course. After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification. **JCC Aquatics Complex**

**Sunday, May 19th • 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, May 19th • 2pm-4pm • Film Screening
FREE • Includes filmmaker introduction and Q&A**

Between the Stone and the Flower: The Duality of the Conversos. The journey of Genie Milgrom and her decades long quest for her Jewish lineage inspired the film. She was born in Havana, Cuba and raised in Miami as a full Catholic. She was always burdened with a deep-rooted feeling of not belonging in her Spanish Catholic environment. Genie becomes more and more convinced that her family was Jewish in the Iberian Peninsula centuries before. Her story follows many twists and turns as she makes the difficult decision to convert to Judaism. Together with her husband Michael, an Ashkenaz of Romanian origins, she finally reaches the truth of her family in an engaging film that is not to be missed! **JCC Auditorium**

**Wednesday, May 22nd • 10:30am-1pm • Weekly Program
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Luau Lunch - Time to Get Your Hula On. Celebrate the start of summer with a trip

to the Hawaiian islands! No need for plane tickets, we are bringing the luau excitement to you. Be ready to move those hips and follow Lehua Lopez, a Kanaka Maoli (native Hawaiian), as she teaches us all about the art of Hula. Don't forget to wear your most festive island-wear. ***This will be our last Lunch & Learn before we move into our summer programming schedule in June. JCC Auditorium**

Monday, May 27th

Memorial Day. The JCC will be on an abbreviated schedule in observance of this national holiday. **The JCC's hours will be 8am to 4pm. See our website for more detailed info as the holiday approaches.**

Wednesday, May 29th • 9:30am-11am • FREE

Connect 60+ OMG Older Men's Group. Today's meeting kicks off our summer OMG series, with an alternate location for the summer months. A facilitated conversation group for men over 65. Gather and engage with other gentlemen to build new social connections. **OFF CAMPUS: Heights Cumberland Presbyterian Church, 8600 Academy Road NE**

Saturday, June 1st

Pride Month. Today marks the beginning of Pride Month, an observance working to achieve equal justice and equal opportunity for LGBTQ+ Americans. We will have something fun up for grabs in the lobby so keep an eye out!

**Sunday, June 2nd • Various Start Times • 5 Weeks
Parent & Tot \$115 members/\$140 nonmembers
Youth (Age 3 & up) \$175 members/\$200 nonmembers**

Sunday Group Swim Lessons - Session 2. The JCC's Learn to Swim Program is designed to help your child learn skills from bubble blowing all the way to stroke refinement. This will include safety skills in, on, and around the water. As your child progresses through our program, they will learn skills that will help them advance. **JCC Aquatics Complex**

**Sunday, June 2nd • 10:30am-12pm • Concert/Dancing
\$20 includes Concert | Bagels & Schmear | Mimosas**

Bagels & Jazz: featuring SweetJazz. Singer Allison Davis and her band, SweetJazz, have been regularly entertaining brunch crowds at Bike in Coffee for close to two years. SweetJazz includes Vic Romanelli on guitar (and occasional vocals), Jack Hanan on bass, and Daniel Moreno on sax. Albuquerque newcomer Kevin "Kevo" Powell provides cool rhythms on percussion. Come hear - and dance to - their unique combination of traditional jazz and swing, bossas and ballads! **JCC Auditorium**



June 2024 Calendar of Events

Sunday, June 2nd • 1pm-2pm • FREE for members
Garden Talk with Master Gardener, Sherman Levenson. In this month's ongoing Community Garden series, learn from master gardener Sherman Levenson in his presentation, "How to Cultivate Thriving Tomatoes and Peppers: A Comprehensive Garden Lecture." **JCC Community Garden**

Monday, June 3rd • Various Start Times • 2 Weeks
\$185 members/\$225 nonmembers
Monday-Thursday Group Swim Lessons - Session 1. See description for Sunday lessons on Page 9. **JCC Aquatics Complex**

Monday, June 3rd • 9am-4pm • 8 Weeks • SOLD OUT
Camp Chai Summer Day Camp. Camp Chai day campers participate in a variety of daily activities, including structured and elective time periods taught by specialists in their areas of expertise, to create their own unique summer experience. During each two-week session, campers enjoy a variety of classes and activities as part of their structured periods including: daily swim lessons and recreational swim time, art, dance, martial arts, social studies, outdoor education, science, Israeli culture, creative writing, movie making, gymnastics (K-2), digital media, performing arts, sports, and more. Themed weeks, special events, field and camp spirit days, and field trips are incorporated into each session. Before and after care services are available from 7-9AM and 4-6PM. **JCC Campus**

Monday, June 3rd • 12:30pm-1:30pm • FREE
Yarn-aholics. Today marks our Summer Schedule with a new meeting location. Join us for knitting, crocheting and conversation. Work on your latest project and make new connections. All levels welcome! **JCC Small Conference Room (Go to Member Services for Access)**

Wednesday, June 5th • 10:30am-12:30pm • Weekly
\$12 program & lunch • \$6 program only
Connect 60+ Summer Lunch Bunch. Today kicks off our weekly Summer Lunch Bunch series, taking the place of Lunch & Learn for the summer months. Enjoy engaging discussion, a caring community of friends, and a delicious shared meal. **JCC Lobby Conference Room**

Friday, June 7th • 10:30am-11:30am • FREE
Connect 60+ Friday @ the J - Game Time. NO PROGRAM TODAY. **JCC Lobby Conference Room**

Monday, June 10th • 11am-2:30pm • 5 Days
\$240 members/\$255 nonmembers
Junior Lifeguard Program - Session 1. Provides a hands-on intro to lifeguarding. Learn water safety, plus leadership, teamwork, and communication skills. This class does not result in a lifeguarding certification. Students will be prepared to complete the lifeguard course pre-requisite swim test by the end of the session. **JCC Aquatics Complex**

Friday, June 14th • 10:30am-11:30am • FREE
Connect 60+ Friday @ the J - Game Time. Today kicks off our weekly Summer Game Time series, in a new location and at a new time. Join us each Friday for a variety of lively and fun games including a classic favorite on the last Friday of each month: BINGO! **JCC Lobby Conference Room**



The OrCaS Swim Team

The JCC OrCaS Swim Team is a competitive and fun team open to ages 5-18. As part of the Sundance Swim League, we will compete in weekly swim meets with other clubs from around the state. Swimmers must be able to swim one length of the pool without assistance.

Uniforms/equipment not included in registration fee.

2024 SEASON: MAY 3 - JULY 12

Pre-Season Practice: 5/3-5/31 | Tuesdays 4:15-6:15pm & Fridays 4:15-5:45pm

Regular Season Practice: 6/3-7/12 | Mon/Thurs 7-9:15am, Tues 5:30-7:45pm, Fri 5-5:45pm

# of participants	JCC Member Price	Non-Member Price
1st Child	\$215	\$305
2nd Child	\$195	\$285
Additional Child	\$155	\$265

Register online at jccabq.org or visit member services
For more info, contact Riley Simpson at 505-418-4457 or rileysim@jccabq.org



Cinco de Mayo Bagels & Jazz

Chris Cordova Latin Jazz Band

Sunday, May 5th • 10:30 to Noon

Concert • Bagels • Schmear • Mimosas



Chris Cordova Latin Jazz plays a fusion of Jazz and Latin Jazz that encompasses the timelessness of the genre. Chris Cordova (Piano) studied Jazz at The Berklee School of Music and Classical Piano at the University of New Mexico. He plays with the finest musicians, swinging through in the Southwest. He is joined by Tomas White on Congas, Kim Stone on Bass, and Al Trujillo, vocals. You won't want to miss this special Sunday performance. Dancing encouraged! Included in your entry are freshly made bagels, coffee/tea & mimosas.



Tickets: \$20 with QR code, at jccabq.org, or in member services



AQUA FITNESS

Starting May 13th
ALL FITNESS LEVELS WELCOME
FREE FOR MEMBERS

Mondays 9am Michelle 6pm Moses	Tuesdays 9am Dawn*	Wednesdays 9am Bri* 6pm Bettina	Thursdays 9am Cody	Fridays 9am Bettina	Saturdays 9am Moses/ Cody
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*LaBlast Splash
Please Note: Class times subject to change on holidays
For more information about Aqua Fitness contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org

STORY TIME WITH SUSAN

The Third Sunday of Each Month
10:30am in the J's Brody Annex Library
May's story time: Sunday, 5/19

Featuring books from

To make a reservation or for questions, please contact
Alyssa Atias at 505-418-4480 or alysaa@jccabq.org

The Jewish Community Center and the NM Jewish Historical Society
proudly present the New Mexico premiere of:

BETWEEN THE STONE AND THE FLOWER: The Duality of the Conversos



Sunday, May 19 at 2 pm

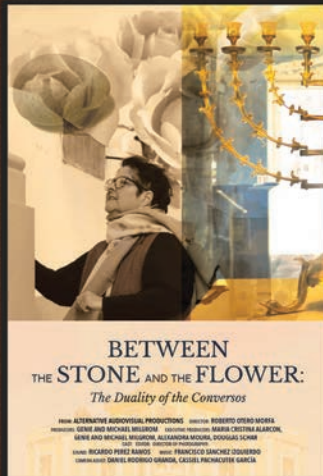
Intro and Q&A with Filmmaker Genie Milgrom

FREE Admission, reservations encouraged



The journey of the Crypto Jews from the Spanish Inquisition to the present time
USA, 2024 English/Spanish 1hr 8min

The journey of Genie Milgrom and her decades long quest for her Jewish lineage inspired the film. She was born in Havana, Cuba and raised in Miami as a full Catholic. She was always burdened with a deep-rooted feeling of not belonging in her Spanish Catholic environment. Genie becomes more and more convinced that her family was Jewish in the Iberian Peninsula centuries before. Her story follows many twists and turns as she makes the difficult decision to convert to Judaism. Her chase for the "breadcrumbs" that were dropped by her ancestors led her to Medieval Archives and several countries in Europe to untangle the web of secrecy that her ancestors had created to protect themselves during very dark times in Europe. Together with her husband Michael, an Ashkenaz of Romanian origins, she finally reaches the truth of her family in an engaging film that is not to be missed!



Register in member services or online
at jccabq.org/meeting/stone-flower-film

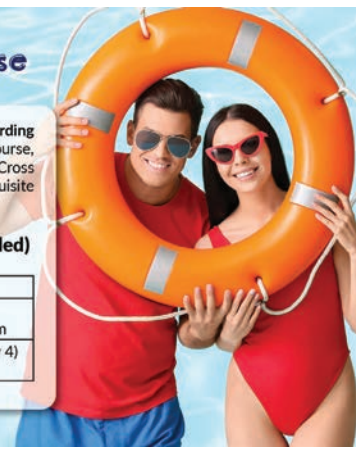


Lifeguard Certification Course

Pass the course and get an interview for a lifeguarding position at the JCC! After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification. Students must pass a pre-requisite swim test and be 15 years of age.

4 Classes Per Session | \$165 (CPR Mask Included)

Session 1	Tues. April 2 - Fri. April 5 9am-5pm
Session 2	Sat. May 18 - Sun. May 19 AND Sat. May 25 - Sun. May 26 8am-4pm
Session 3	Mon. July 1 - Fri. July 5 (No class July 4) 9am-5pm



Junior Lifeguard Program (Ages 12-14)

The JCC's Junior Lifeguard Program provides an hands-on introduction to lifeguarding. Learn water safety, plus leadership, teamwork, and communication skills. Completion of this class does not result in a lifeguarding certification. Students will be prepared to complete the lifeguard course pre-requisite swim test by the end of the session.

5 Classes Per Session | Monday - Friday 11am-2:30pm
\$240 JCC Members \$255 Non-Members

Session 1	June 10 - June 14
Session 2	June 17 - June 21
Session 3	June 24 - June 28
Session 4	July 8 - July 12
Session 5	July 15 - July 19
Session 6	July 22 - July 26



Come together to connect, learn & noah!

LUAU LUNCH

Time to get your hula on

Celebrate the start of summer with a trip to the Hawaiian islands! No need for plane tickets, we are bringing the luau excitement to you. Be ready to move those hips and follow Lehua Lopez, a Kanaka Maoli (native Hawaiian), as she teaches us all about the art of Hula. Don't forget to wear your most festive island-wear.

Wednesday, May 22, 2024
In the Auditorium

10:30-11:00am Coffee/Check-in
11:00-12:00pm Program
12:00-1:00pm Lunch

\$12 Program & Lunch \$6 Program ONLY



For program info or to RSVP
505-418-4467 * jccabq.org
connect60@jccabq.org

6PM
FOOD TRUCK OPENS

7PM
POOL OPENS

DUSK
MOVIE STARTS

DIVE IN MOVIE NIGHT

THURSDAY, JUNE 20

Member:
FREE
Non-Member:
\$25 per family

- Pre-movie music, entertainment, and games provided by King Mobile Music
- Personal floaties, lawn chairs & picnic blankets welcome/encouraged
- RSVP at jccabq.org or in member services

For more information, contact Dawn LoGuercio at 505-418-4473 or dawnl@jccabq.org



Open Pickleball

Tuesdays: 10am-12pm

Wednesdays (Women): 1pm-3pm

Thursdays: 10am-12pm

Saturdays: 11am-1pm

**FREE for
Members!**



PICKLEBALL WORKSHOPS

Join the JCC's own Pickleball Coach, Chris Blackwell, for a Pickleball Workshop! Each 1-hour workshop will cover rules, ball striking, footwork, and strategy. All levels are welcome.

For more information or to schedule a workshop, contact Ken Lewis at 505-418-4468 or kenl@jccabq.org

\$35 (members only)

Seeking Host Families for International Camp Chai Counselor!



Are you looking for a little culture this summer? Afford yourself and your family the amazing experience of hosting an international camp counselor. The JCC is delighted to bring two Israelis to Albuquerque this summer to work at Camp Chai.

They will be with us May 29th to August 2nd and we are looking for host families to commit to hosting one counselor for a two-week period during that time.

Host families are required to provide a private bedroom space, all meals, transportation and of course include them in the family fun!

Scan QR code to fill out application



For all other inquiries please contact

Alyssa Atias, Youth and Family Director at

505-418-4480 or at alyssaa@jccabq.org



SUMMER 2024!!

The JCC's David & Martha Cooper Family Enrichment Center

PRE-K ENROLLMENT



Only 6 Full-Day Spots Available!

The JCC's Family Enrichment Center provides a program that:

- ☀ Recognizes and supports families as the child's primary teachers;
- ☀ Emphasizes the importance of relationships as key to the child's development;
- ☀ Works to provide children with the strong emotional foundation necessary for later academic success;
- ☀ Respects the individuality of each child;
- ☀ Develops each child's capacity for curiosity, self-control, self-confidence, empathy, and the desire to learn and communicate;
- ☀ Provides opportunities for family involvement;
- ☀ Uses a play-based, child-centered, developmentally appropriate approach to learning.



Scan code to visit our website and learn more

Call us at 505-336-1150 to schedule a tour today!



JCC aquatics programs

The JCC Summer 2024 Aquatics Guide has been released! Grab one today or check it out on our website. Registration for all aquatics programming is open at jccabq.org!

- ⊗ Group Swim Lessons
- ⊗ Private & Semi-Private Lessons for kids & adults
- ⊗ Adaptive Swim Program
- ⊗ OrCaS Swim Team IS BACK!
- ⊗ Pre-Swim Team Clinic
- ⊗ Aqua Fitness
- ⊗ Lifeguard Certification Course
- ⊗ Junior Lifeguard
- ⊗ Lap Swim & Family Rec Swim



Ronald Gardenswartz Jewish Community Center Max and Ruth Pollack Aquatics Complex Schedule Effective April 1 through April 27, 2024

Competition Pool

Sunday 8am-4pm	Monday 5:30am-7pm	Tuesday 5:30am-7pm	Wednesday 5:30am-7pm	Thursday 5:30am-7pm	Friday 5:30am-5pm	Saturday 8am-4pm
Lap Swim 8am-10:00 am	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-4:00 PM	Lap Swim 5:30 AM-3:00 PM	Lap Swim 8am-10:00 am
Family/Lap Swim 10:00am-4:00pm						Family/Lap Swim 10:00am-4:00pm
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 4pm-7pm	Family/Lap Swim 3pm-5pm	Don't Forget Reserve your Lap Lane Today
For the most up-to-date lane availability please go to https://jccabq.org/pool-schedule/						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed 8:00 AM-10:00 AM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-3:00 PM	Pool Closed 5:30 AM-1:00 PM	Pool Closed 8:00 AM-10:00 AM
Family Swim 10:00am-4:00pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 3pm-7pm	Family Swim 1pm-5pm	Family Swim 10:00am-4:00pm
	Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or call Riley Simpson, Aquatics Director at 505-418-4457 or email at rileysim@jccabq.org					

Erev Passover (April 22nd): 5:30 AM-2:00 PM
Passover (April 23rd): Closed



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 Blaugrund Fox (505-418-4471 or emilyf@jccabq.org) to discuss how you can become a member of the Life & Legacy program through your estate plan.

ASSURE JEWISH TOMORROWS

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



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.



Enable the J to continue to provide JCP's services to all who need them. Scan the QR code or visit 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 to donate.



2023-2024 ACE DONORS

Harold Albert • Anonymous • Lynn Asbury • David Bernstein & Erika Rimson • McKinnon Carroll • Shelly & Bruce Cherrin • Doris Duhigg • Toby Fedoravicius • Linda & Marty Fisher • Jim Folkman • Emily Fox • Miriam Friedman • Edgar Furie • Alan Glassman • Penny & Gary Hoe • Shelley & Herb Koffler • Carole Levitt • Robert Lewis • Barry & Sharon Moskowitz • Heidi Oberman • Shelly & Gary Prant • Karen Raff • Robert Rider • Barbara Saville • Gerald & Amanda Shelden • Ann & Dave Simon • Toby & Elisa Simon • George & Vivian Skadron • Vicki Meredith & Jim Stewart • Judy & Peter Weinreb • Peggy Werbner • Nancy & Ron Winger • Phyllis & David Wolf • Evelyn Zlotkin • Jacuzzi Wellness • The Edwin S. Soforenko Trust • Jewish Community Foundation of NM

YOUR GIFTS MAKE AN IMPORTANT DIFFERENCE!

Phyllis Wolf, Chief Program Officer
phyllisw@jccabq.org, 505-418-4469

Jill Patruznick, Cultural Department Coordinator
jillp@jccabq.org, 505-418-4467



BRING THEM HOME.



The JCC stands with Israel and supports Israel's right to protect itself and its citizens from Hamas terrorism. Hamas must release all the hostages it kidnapped from Israel without condition.

