



The Ronald Gardenswartz Jewish Community Center

September 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

September 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	PowerFlex Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)		
9:00am	Aqua Fitness Michelle	LaBlast splash Dawn	LaBlast splash Bri	Aqua Fitness Cody	Aqua Fitness Bettina	Aqua Fitness Cody/Moses		
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara B	Full Body Workout Leanne	Step n' Tone Dawn	ZUMBA fitness Anick	ZUMBA fitness Sheryl (9:00am)	
10:30am	Barre Stretch Dawn	LaBlast Bri	Barre Stretch Dawn	LaBlast Dawn	LaBlast Erica			
11:30am	Fit 2 Move Lisa			Fit 2 Move Lisa				
4:30pm		Barre Stretch Sherri						
5:30pm	PowerFlex Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen				
6:30pm		LaBlast Erica	ZUMBA fitness 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

September 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	5520 FX* Jamie	OPEN GYM 6-8am	5520 FX* Jenn	OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli			
9:00am	JUMP Dawn		JUMP Dawn				JUMP Andrea
10:00am					5520 MASTERS* Ryan	5520 FX* 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				5520 FX* Ryan (4:45pm)		
5:30pm	HIIT 30 Leanne	5520 FX* Ryan	5520 FX* Alexis	5520 FX* Alexis			

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


CLASS SCHEDULE SUBJECT TO CHANGE



Spinning Schedule

September 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				

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

September 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	All T.H.A.T. Sara	Pilates Core & Strength Tracy		Vinyasa Flow Yoga Annette
4:00 p.m.					Shabbat Yoga Sarah S (1 st Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Bettina				September is Yoga Month

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

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-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.



September 2024 Calendar of Events

Ongoing Programs

Third Sunday of every month • 10:30am-11:00am • FREE
PJ Library Story Time. Bring your little ones for read-alouds from the PJ Library collection, followed by a simple activity or craft. **JCC Brody Annex Library**

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

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! **Brody Annex Library**

Second Tuesday of every month • 12:30pm-2pm • \$5
Connect 60+ Reel Talk. Join us once monthly for screenings of a variety of documentaries followed by brief discussions. RSVP required. **JCC Brody Annex Room 104**

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**

Every Wednesday* • 10:30am-1pm
\$12 program & lunch • \$6 program only
***See Programs by Date for weekly descriptions**
Connect 60+ Lunch & Learn. Enjoy engaging presentations, a caring community of friends, and a delicious shared meal from Rhubarb & Elliott. 10:30-11am Check-in/Coffee; 11am-12pm Program; 12-1pm Lunch. **JCC Auditorium**

Every Thursday • 9:30am-10:30am
6 sessions • \$99 members/\$120 nonmembers
Female Functional Core. Our exclusive women's class focuses on strengthening the hips, glutes, lower back and abdominal/pelvic muscles. Focus on floor, body weight, and some resistance bands and weights. **JCC Fitness Center**

Third Thursday of every month • 1:30pm-2:30pm • \$36
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 April 17th with an ALL Clergy panel. **JCC Brody Annex Room 104**

Every Friday • 10:45am-11:15am • FREE
Connect 60+ Sit 'n' Fit. A fun & energizing 30-minute class in and out of a chair with varying exercises which focus on coordination, balance, strength and posture correction. **NO PROGRAM 10/4 in observance of Rosh Hashanah.** **JCC Auditorium**

Every Friday • 11:20am-12:30pm • FREE
Connect 60+ Friday @ the J - Game & Gather. Game & Gather merges friendly gameplay with social interaction. Immerse yourself in engaging fun through a variety of group-oriented games. **NO PROGRAM 10/4 or 10/11.** **JCC Auditorium**

Various Days & Times • FREE
Cact-chai Playgroup. Join us once a month for a fun gathering for Jewish tots and their families. Each session will have: An educational component; a hands-on-activity; a delicious snack; and a chance to kvetch and kvell about your kiddos with other Jewish parents! Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

Various Days & Times • FREE • Ages 5-12
Mini Mensch. Each month the group will participate in a service project focused on issues including the environment, food insecurity, social justice, and racial equity. 6-month commitment required. Call Alyssa Atias at 505-418-4480 for more information. **Locations Vary**

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**



September 2024 Calendar of Events

Programs by Date

Sunday, September 1st

Locker #505 Underwear & Shoe Drive. Locker #505 student clothing bank is in need of new underwear and new/gently used shoes. We are collecting items in the lobby throughout the month of September! **JCC Lobby**

Monday, September 2nd

Labor Day. Happy Labor Day! The JCC will have abbreviated hours, 8am-4pm. See our website as the holiday approaches for detailed schedules.

Wednesday, September 4th • 10:30am-1pm • Weekly \$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Principles of Conscious Aging. Victor La Cerva is a retired physician and co-founder of NM Mens Wellness. Victor will be exploring two principles of conscious aging, with discussion and some interactive exercises. Aging skillfully requires us to be conscious about mourning our losses and being flexible enough to adjust and adapt. **JCC Auditorium**

Thursday, September 5th • 12pm • FREE • Ongoing All That. Join Sara B. every Thursday at noon for ALL THAT and let her target your favorite muscle groups: Thighs, Hips, Abs and Tush with exercises that you hate to love. **JCC Group Fitness Studio**

Sunday, September 8th • 1pm Age 3-5 • 2pm Age 6-8 6 Weeks • \$75 members/\$100 nonmembers

Kids' Dance. This class for children ages 3-8 will focus on movement, expression, and fun! **JCC Group Fitness Studio**

Sunday, September 8th • 3pm-4pm • One-time Event \$12 advance/\$15 door/Series \$125/Mensch \$175

2024-25 Book Fest - The Einstein Effect: How the World's Favorite Genius Got into Our Cars, Our Bathrooms, and Our Minds by Benyamin Cohen. In *The Einstein Effect*, award-winning author and journalist Cohen embarks on a global quest to unearth Einstein's ongoing relevance today. He shows us the myriad ways the Nobel Prize winner's influence is still with us, giving an in-depth - and often hilarious - look at the world's favorite genius like you've never seen him before. **JCC Auditorium**

Monday, September 9th • 4pm-5:15pm • 12 Weeks \$180 members/\$210 nonmembers

Spanish for Adults: Intermediate/Advanced. Can you speak Spanish, but want to gain confidence and learn to express complex ideas? This class is designed for learners who have a solid foundation of Spanish knowledge. The focus is on speaking with confidence, reading and oral comprehension and conversation. We will read books, write, and emphasize gaining fluency in conversing in Spanish. By the end of this course, students will demonstrate proficiency in speaking, writing, reading and oral comprehension. **JCC Lobby Conference Room**

Monday, September 9th • 6:45pm-7:45pm • 6 Weeks \$75 members/\$100 nonmembers

Adult Ballet. Both beginners and experienced dancers welcome. Explore joyful movement, starting with a warm-up at the barre to practice technique, then progressing to floor choreography. The final class includes an optional performance for friends and family. Wear comfortable clothing; ballet shoes optional. **JCC Group Fitness Studio**

Tuesday, September 10th • 12:30pm-2pm • \$5

Connect 60+ Reel Talk. Join us once monthly for screenings of a variety of documentaries followed by brief discussions. RSVP required. **JCC Brody Annex Room 104**

Tuesday, September 10th • 4pm-5:15pm • 12 Weeks \$180 members/\$210 nonmembers

Spanish for Adults: Advanced Beginner. Continue to learn to speak Spanish in a friendly, relaxed atmosphere. We will study vocabulary, verb conjugation, conversation and reading books. This course is ideal for those who want to expand their working knowledge of the Spanish language for travel or to communicate with those whose first language is Spanish. The goal of this level 2 class is for students to start off at an entry level of Spanish and increase their reading and oral comprehension to communicate efficiently. **JCC Lobby Conference Room**

Wednesday, September 11th • 10:30am-1pm • Weekly \$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: A Taste of Coffee, Clergy & Conversations. CCC Meets 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. Join us for this introductory experience as we meet with a panel of Jewish clergy to learn about and discuss the Jewish High Holidays. CCC meets for one hour in the afternoon on the 3rd Thursday of the month. The year-long series ends with an ALL Clergy Panel discussion. **JCC Auditorium**





September 2024 Calendar of Events

Wednesday, September 11th • 4pm-5:15pm • 12 Weeks
\$180 members/\$210 nonmembers

Spanish for Adults: Beginner. Prior Spanish experience is not necessary, but this will also be an ideal refresher course for those who have studied some Spanish in the past. We will study numbers, colors, days, months, vocabulary, telling time, basic phrases and simple conversation. Students will learn to apply the vocabulary when asking and answering questions that are applicable to everyday life. **JCC Lobby Conference Room**

Sunday, September 15th

Hispanic Heritage Month. National Hispanic Heritage Month is observed each year in the U.S. from September 15 – October 15 to celebrate the achievements, histories, traditions, and cultural diversity of Hispanic/Latino Americans. **The JCC's hours/schedules will not be affected by this observance.**

Sunday, September 15th • 8am-5pm
\$355 members & nonmembers (includes manual)

Spinning® Instructor Training. The comprehensive Spinning Instructor Certification live training day will give you all the hands-on tools you need to become a certified Spinning instructor and lead your own classes. Presenter: Robin Divine, Master Instructor. **JCC Brody Annex**

Sunday, September 15th • 10:30am-11:00am • FREE

PJ Library Story Time. Bring your little ones for read-alouds from the PJ Library collection, followed by a simple activity or craft. **JCC Brody Annex Library**

Tuesday, September 17th • 6pm-7:30pm
2 Weeks • \$150 members/\$200 nonmembers

Adult Lap Swim Clinic: Session 1 - Freestyle & Backstroke. This session focuses entirely on freestyle and backstroke skills. The class provides drills specifically designed to help improve your freestyle and backstroke efficiency. **JCC Aquatics Complex**

Wednesday, September 18th • 10:30am-1pm • Weekly
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Cindy Brown, LBSW - Back To School! Educating Yourself To Be A Savvy Senior. Cindy will discuss how to accept and prepare yourself to respond to aging. How will you face the changes and manage what's within your control? **JCC Auditorium**

Thursday, September 19th • 1:30pm-2:30pm • \$36

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 April 17th with an ALL Clergy panel. **JCC Brody Annex Room 104**

Saturday, September 21st • 9am-10am • FREE

LAST DAY of Aqua Fitness Classes. Don't miss the last chance to enjoy an aqua fitness class this year. See you again in summer '25! **JCC Aquatics Complex**

Saturday, September 21st • 12pm-1:30pm
5 Weeks • \$75 members/\$100 nonmembers

Beginning T'ai Chi Chih Part 2. T'ai Chi Chih is a series of 19 easy-to-learn movements and 1 pose designed to activate, balance and circulate the body's natural energy. In Part 2, movement is alternated with seated mindfulness practices in service to learning about the body's natural energy and how to circulate it, thus inviting a relaxed but alert state of being. This class is open to all who have taken T'ai Chi Chih – Part 1 (in which we learned the first 10 movements of the Series) and are eager to learn the second half (Movements #11 – 19). This class is also appropriate for anyone who is already familiar with the T'ai Chi Chih movement form and would like a refresher on the second half of the movements or anyone who would enjoy a deeper 1.5 hour dive on Saturday afternoons to experience this healing moving meditation practice. Some review of movements learned in Part 1 is included, thus, all interested participants are welcome! **JCC Zen Studio**

Sunday, September 22nd • 9am-10:30am
FREE for members • \$5 nonmembers

National Dance Day. This dance fitness class will feature several different dance formats & instructors for an awesome, high energy class! When you dance, you feel your body and soul and you forget the world and rules. You simply enjoy your existence and get lost in the beautiful feeling. Best wishes on National Dance Day! **JCC Auditorium**





September/October 2024 Calendar of Events

Sunday, September 22nd • 2pm-4pm

\$15 members & nonmembers

SUPERNOVA: The Music Festival Massacre Film Screening.

The massacre at the Supernova Festival in the Negev desert marks a historic turning point for Israel and the world: On October 7th, 2023, at 06:30 AM, Hamas terrorists broke through the borders from Gaza into Israel, launching a planned and coordinated attack. Among their targets – a yearly international techno music festival with over 3500 young revelers from over 20 different nations. Soon the festival grounds turned into a scene of horror: Over 370 people were brutally murdered, hundreds wounded and 40 kidnapped and taken as hostages. **Special guest speaker Ofri Reiner will provide witness testimony following the screening. JCC Auditorium**

Tuesday, September 24th • 6pm-7pm

6 Weeks • \$149 members/\$169 nonmembers

42-Day Shred. Get SHREDDED! Our trainers 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. **JCC Courtyard**

Wednesday, September 25th • 10:30am-1pm • Weekly

\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Movie Matinee: Quartet.

Once-popular opera diva Jean Horton (Maggie Smith) creates a stir with her arrival at Beecham House, a home for retired performers. A long-smoldering flame is rekindled when she reunites with another resident, her ex-husband Reginald (Tom Courtenay). Most of the other Beecham residents are delighted and try to convince Jean to join them in a performance of “Rigoletto.” Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice. Directed by Dustin Hoffman. Other Cast: Billy Connolly, Pauline Collins, Michael Gambon. **Please note this showing is 1hr 38min.**

Lunch will be served at 12:45pm. JCC Auditorium

Sunday, September 29th • 8am-1pm

The Samson Challenge. The Samson Challenge is the JCC's premier fitness event combining endurance, strong-man, CrossFit and adventure race activities all into one unique obstacle course. Locally produced by the JCC, this heart-pumping challenge is every adrenaline junkie's dream come true! This year's event is completely SOLD OUT, but spectators are welcome - we invite you to come and witness this high-energy and inspiring event! **JCC Courtyard**

Sunday, September 29th through Sunday, October 6th

POOL CLOSED for Annual Maintenance. To keep our pool in tip-top shape, we close for a week each year to give it a deep cleaning and fix any issues that are present. We will close directly after the Samson Challenge on September 29th, and the pool is set to reopen on Monday, October 7th at 5:30am for lap swimming. **JCC Aquatics Complex**

Wednesday, October 2nd

Erev Rosh Hashana. In observance of this holiday, the JCC will have abbreviated hours today, 5am-5pm. We will have apples and honey in the lobby from 10am-2pm.

Wednesday, October 2nd • 10:30am-1pm • Weekly

\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Rabbi Darah Lerner - Jewish High Holy Days-Top 10 Things To Know. Rabbi Lerner will help us navigate the High Holy Days and what they can mean for everyone. She cover topics such as the importance of self-reflection, the gift of forgiveness, the need for community building, and how to upend power dynamics.

JCC Auditorium

Thursday, October 3rd

Rosh Hashana. In observance of this holiday, the JCC will be CLOSED all day.

Sunday, October 6th • 1:30pm-3:30pm

\$20 members/\$25 nonmembers

Family Paint Party. Join us for a fun afternoon painting a colorful hot air balloon on canvas using acrylic paint. Christa Callen-Tarr, a creativity coach from Create U 505 mobile art parties, will provide step-by-step instructions. All supplies included. **JCC Brody Annex**

Tuesday, October 8th • 6pm-7:30pm

2 Weeks • \$150 members/\$200 nonmembers

Adult Lap Swim Clinic: Session 2 - Breaststroke & Butterfly.

This session focuses entirely on breaststroke and butterfly skills. The class provides drills specifically designed to help improve your breaststroke and butterfly efficiency. **JCC Aquatics Complex**

Wednesday, October 9th • 9am-4pm

2 Days • \$150 members/\$200 nonmembers

October Mini Break Camp. Kids out of school but you've still got work? Have your kiddos join us for a two-day mini camp at the JCC, where they will be fully immersed with a fun and lively day camp that includes art, physical activities, and social fun! Before & after care services are available.

JCC Campus

**Wednesday, October 9th • 10:30am-1pm • Weekly
\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch & Learn: Shlomo Karni - The Book
of Jonah Revisited - A Portrait of the Anti-Prophet.**

The universal message of human repentance and divine forgiveness, described in the Book of Jonah, is a cornerstone of the Jewish faith and a major component in the liturgy of Yom Kippur, the Day of Atonement. Against this background, we examine the personality of Jonah, his motivation, his thoughts and his actions as he carries God's message to the people of Nineveh. **JCC Auditorium**

Saturday, October 12th

Yom Kippur. In observance of this holiday, the JCC will be CLOSED all day.

Monday, October 14th

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



EVENT RENTALS AT THE JCC

The JCC has you covered for Meetings, Parties, Receptions, Classes and more! We have spaces of all sizes available to meet your needs, large or small.

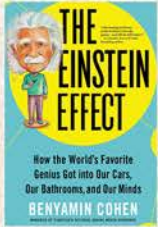
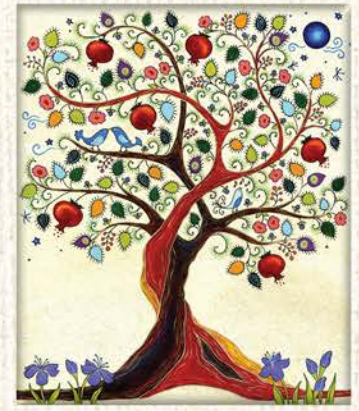
For pricing information or to reserve a space, please contact
JCC Events Coordinator Clarita Brown at 505-418-4462 or events@jccabq.org

2024-25 BOOK FEST

and visiting author series

September 2024 - June 2025

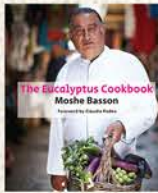
10 Engaging Authors / 9 In-Person Events



SUNDAY, SEPT 8, 2024 • 3PM
BENYAMIN COHEN (WEST VIRGINIA)
The Einstein Effect: How the World's Favorite Genius Got into Our Cars, Our Bathrooms, and Our Minds



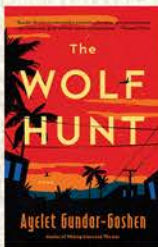
SUNDAY, FEB 9, 2025 • 3PM
ROSA LOWINGER (LOS ANGELES)
Dwell Time: A Memoir of Art, Exile, and Repair



WEDNESDAY, OCT 23, 2024
11AM • LUNCHEON
MOSHE BASSON (ISRAEL)
The Eucalyptus Cookbook



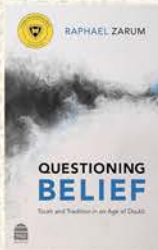
SUNDAY, MARCH 9, 2025 • 3PM
LAUREN GRODSTEIN (NEW JERSEY)
We Must Not Think of Ourselves: A Novel



SUNDAY, NOV 3, 2024 • 3PM
AYELET GUNDAR-GOSHEN (ISRAEL; VIRTUAL APPEARANCE)
The Wolf Hunt: A Novel



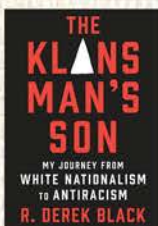
SUNDAY, APRIL 27, 2025 • 3PM
LEE MATTHEW GOLDBERG (NEW YORK CITY)
The Great Gimmelmans: A Novel



TUESDAY, NOV 26, 2024 • 7PM
RABBI DR. RAPHAEL ZARUM (LONDON)
Questioning Belief: Torah and Tradition in an Age of Doubt



SUNDAY, MAY 18, 2025 • 3PM
DEBRA GREEN (NEW JERSEY)
Mahjong at Mara's: A Novel



SUNDAY, JAN 12, 2025 • 3PM
R. DEREK BLACK (BALTIMORE)
The Klansman's Son: My Journey from White Nationalism to Antiracism



SUNDAY, JUNE 1, 2025 • 3PM
JESSICA KEITH (SAN DIEGO)
Saying Inshallah with Chutzpah: A Memoir

Tickets: \$12 advance/\$15 door • 10/23 luncheon \$25 advance •

Series Pass: \$125 for all 10 events including luncheon • Mensch Pass: \$175 for all 10 includes \$50 donation

Purchase tickets and/or books at
jccabq.org/bookfest or by calling 505-418-4469



For questions or more information
contact us at cultural@jccabq.org

Show you care with Shoes & Underwear



Throughout the month of September, we will be collecting the following to bring to Locker #505 Student Clothing Bank:

- NEW UNDERGARMENTS IN SIZES 4T TO ADULT 3XL
- NEW OR GENTLY USED SHOES IN SIZES YOUTH 1 TO ADULT 14



Locker #505 is a local clothing bank helping New Mexico's students in need. Their mission is to provide appropriate school clothing for students K-12 in the Greater Albuquerque Metro area. Locker #505 student clothing bank is a 501 (c)(3) nonprofit organization that has established a student-focused facility where children can try on and choose outfits that they feel good about wearing. Having appropriate school clothing allows children to concentrate on their schoolwork, not their clothing. It also helps keep children, who might not go to class because of their clothes, stay in school.

KIDS Dance

SEPT. 8 - OCT. 13

Age 3-5: 1pm

Age 6-8: 2pm

MEMBER: \$75

NON-MEMBER: \$100

THIS CLASS FOR CHILDREN AGES 3-8 WILL FOCUS ON MOVEMENT, EXPRESSION, AND FUN!



RESERVE A SPOT ONLINE AT JCCABQ.ORG OR VISIT MEMBER SERVICES



2024-25 BOOK FEST & AUTHOR SERIES

10 Engaging Author Events September 2024 Through June 2025

2024-25 JCC Author Series



Event Ticket Pricing
\$12/advance / \$15/door

Oct. 23rd luncheon event
\$25/advance

\$125 Series Pass for all 10 events including luncheon

\$175 Mensch Pass for all 10 events including \$50 donation

Ticket & Book Purchases
Visit jccabq.org/bookfest or call 505-418-4469

Questions & More Info
Email cultural@jccabq.org

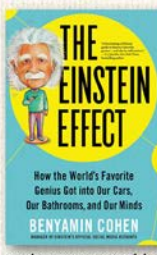
All events at the JCC. Ticket price includes a light nosh.

5520 Wyoming Blvd. NE
Albuquerque, NM 87109
www.jccabq.org

Benjamin Cohen

The Einstein Effect: How the World's Favorite Genius Got into Our Cars, Our Bathrooms, and Our Minds

Sunday, 9/8 @ 3 pm



A fascinating look into how Einstein's genius and science continue to show up in so many facets of our everyday lives and his enduring legacy as an unlikely pop culture icon. In *The Einstein Effect*, award-winning author and journalist Cohen embarks on a global quest to unearth Einstein's ongoing relevance today. He meets scientists and celebrities, and even tracks down the brain of Einstein, stolen from his body during the autopsy. Cohen shows us the myriad ways the Nobel Prize winner's influence is still with us, giving an in-depth—and often hilarious—look at the world's favorite genius like you've never seen him before.

Meet Benjamin Cohen

Benjamin Cohen is an American journalist and author. Prior to the publication of *The Einstein Effect*, he penned the memoir *My Jesus Year: A Rabbi's Son Wanders the Bible Belt in Search of His Own Faith*. Publishers Weekly named it one of the best books of the year for which Cohen received the Georgia Author of the Year Award. He was the founder and editor of the award-winning national magazine *American Jewish Life* and the online magazine *Jewsweek*, and he has written for the *Huffington Post*, the *Daily Beast*, the *Washington Post*, and *Slate*. Since 2020, Cohen has been the News Director of *The Forward*. Cohen manages the official social media accounts of Albert Einstein. He is based in Morgantown, West Virginia, where he lives with his wife, three dogs, a cat, and a flock of chickens known as the Co-Hens.
<https://www.benjamincohen.com/>



¿Quiere practicar Español? ¡Vamonos! Let's Go!

Spanish

For Adults

12 week Spanish Classes • Sept. 9th – Dec. 4th*
\$180/JCC Members • \$210/Non-Members

*No classes will be held the week of Thanksgiving



Instructor: Magda Holloway is a certified language instructor. She is from Colombia, is bilingual, and has been teaching adult classes of all levels at the JCC for 6 years. Many students who began as beginners have progressed through the levels and all really enjoy her warm and encouraging teaching style.

Beginner

Wednesdays, 4:00 pm – 5:15 pm (9/11 - 12/4)

Prior Spanish experience is not necessary, but this will also be an ideal refresher course for those who have studied some Spanish in the past. We will study numbers, colors, days, months, vocabulary, telling time, basic phrases and simple conversation. Students will learn to apply the vocabulary when asking and answering questions that are applicable to everyday life.

Advanced Beginner

Tuesdays, 4:00 pm - 5:15 pm (9/10 - 12/3)

Continue to learn to speak Spanish in a friendly, relaxed atmosphere. We will study vocabulary, verb conjugation, conversation and reading books. This course is ideal for those who want to expand their working knowledge of the Spanish language for travel or to communicate with those whose first language is Spanish. The goal of this level 2 class is for students to start off at an entry level of Spanish and increase their reading and oral comprehension to communicate efficiently.

Intermediate/Advanced

Mondays, 4:00 pm – 5:15 pm (9/9 - 12/2)

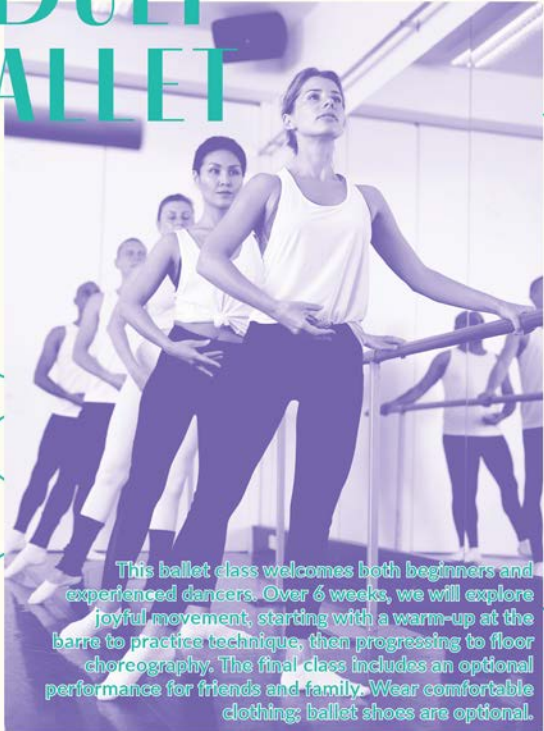
Can you speak Spanish, but want to gain confidence and learn to express complex ideas? This class is designed for learners who have a solid foundation of Spanish knowledge. The focus is on speaking with confidence, reading and oral comprehension and conversation. We will read books, write, and emphasize gaining fluency in conversing in Spanish. By the end of this course, students will demonstrate proficiency in speaking, writing, reading and oral comprehension.

Register online at www.jccabq.org or in member services.
Contact: Phyllis Wolf at 505-418-4469 or phyllisw@jccabq.org



ADULT BALLET

WITH INSTRUCTOR MICAYLA KAWAUAUGH



MEMBER: \$75 • NON-MEMBER: \$100

This ballet class welcomes both beginners and experienced dancers. Over 6 weeks, we will explore joyful movement, starting with a warm-up at the barre to practice technique, then progressing to floor choreography. The final class includes an optional performance for friends and family. Wear comfortable clothing; ballet shoes are optional.

SEPT. 9 - OCT. 14 MONDAYS, 6:45PM

Register online at jccabq.org or visit member services. For more info, contact Dawn LoGuercio at dawn@jccabq.org or 505-418-4473



T'ai Chi Chih PART 2

Saturdays, Sept. 21-Oct. 19
12pm-1:30pm

Member: \$75
Non-Member: \$100



Come Join us for T'ai Chi Chih - Joy Thru Movement - Part 2! T'ai Chi Chih is a series of 19 easy-to-learn movements and 1 pose designed to activate, balance and circulate the body's natural energy. In Part 2, movement is alternated with seated mindfulness practices in service to learning about the body's natural energy and how to circulate it, thus inviting a relaxed but alert state of being. Practitioners often comment that after doing T'ai Chi Chih, it feels like having taken an internal bath.

This class is open to all who have taken T'ai Chi Chih - Part 1 (in which we learned the first 10 movements of the Series) and are eager to learn the second half (Movements #11 - 19). This class is also appropriate for anyone who is already familiar with the T'ai Chi Chih movement form and would like a refresher on the second half of the movements or anyone who would enjoy a deeper 1.5 hour dive on Saturday afternoons to experience this healing moving meditation practice. Some review of movements learned in Part 1 is included, thus, all interested participants are welcome!

Register online at jccabq.org or visit member services. For more information, contact Dawn LoGuercio at 505-418-4473 or dawn@jccabq.org



NATIONAL DANCE DAY

Sunday, Sept. 22nd
9:00 am
JCC Auditorium

Members: FREE
Non-members: \$5

Registration Required!
Register at jccabq.org or in member services

This dance fitness class will feature several different dance formats & instructors for an awesome, high energy class! When you dance, you feel your body and soul and you forget the world and rules. You simply enjoy your existence and get lost in the beautiful feeling. Best wishes on National Dance Day!



EXCLUSIVE ALBUQUERQUE SCREENING

SUNDAY, SEPT 22 AT 2 PM
JCC OF GREATER ALBUQUERQUE

Documentary | 52 minutes | Israel | 2024
Hebrew (English Subtitles)

The massacre at the Supernova Festival in the Negev desert marks a historic turning point for Israel and the world: On October 7th, 2023, at 06:30 AM, Hamas terrorists broke through the borders from Gaza into Israel, launching a planned and coordinated attack. Among their targets - a yearly international techno music festival with over 3500 young revelers from over 20 different nations. Soon the festival grounds turned into a scene of horror: Over 370 people were brutally murdered, hundreds wounded and 40 kidnapped and taken as hostages. The festival attack at Re'im was one of Hamas' first targets and the start of the war that continues to this day. In this emotional film, survivors, first responders and parents recount their stories and the horrors they witnessed. Filmed just a few days after the events, their trauma is evident, their grief over friends lost is palpable, their continued fear is apparent. The attacks were documented in real time, and for the first time - by both perpetrators and victims. Using materials meticulously collected from dozens of sources, including Hamas' own cameramen and GoPros, survivors' mobile phones, CCTV footage, dash cams and from first responders on site providing unprecedented insight into the massacre.



SPECIAL GUEST SPEAKER OFRI REINER WILL PROVIDE WITNESS TESTIMONY

Following the screening, the audience will have the unique opportunity to engage with a survivor of the music festival, Ofri Reiner, who will share her personal and powerful experience. Her testimony promises to deepen the impact of the film and offer a firsthand glimpse into the resilience of the human spirit in the face of adversity.



Tickets: \$15
jccabq.org/meeting/supernova
For further info: 505-418-4469 or cultural@jccabq.org

Thank you to the Women's Solidarity Circle and Hadassah/ABQ Chapter for their support of this important event.

"An incredible documentary. Chilling. Poignant. Terrifying. It allows us to understand the absolute horror of October 7th"



42-DAY SHRED

Body Transformation Challenge

Sept. 24 - Nov 5 • Tues & Thur 6-7pm

Get SHREDDED! Take charge of your health and fitness and join us for this 6-week body transformation challenge! Our trainers 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
- \$169 non-members

Contact Susanna Pier for more info: 505-418-4478; susannap@jccabq.org



POOL CLOSED FOR ANNUAL MAINTENANCE

SUNDAY, SEPT. 29* THRU SUNDAY, OCT. 6

*Samson Challenge on 9/29 will not be affected by this closure

Thank you for your understanding as we work to keep our pool in tip top shape for you!



FAMILY PAINT PARTY



October 6th from 1:30-3:30PM
Members: \$20
Non-Members: \$25

Gather your family and join us for a fun afternoon of painting a colorful hot air balloon on canvas using acrylic paint. The event will be guided by Christa Callen-Tarr, a creativity coach from Create U 505 mobile art parties, who will provide step-by-step instructions. All necessary supplies are included.



Christa Callen-Tarr
 Creativity coach @ Create U 505 mobile art parties

"What excites me the most about my business is meeting people where they are, leading art parties, and witnessing the joy on people's faces as they try new things, realize their creative visions, and find inspiration in creating something new."

Register online at jccabq.org or visit member services
 For Questions Contact Alyssa Atias at alysaa@jccabq.org



October Mini Break Camp

October 9th and 10th from 9AM - 4PM
 Before & After Care Available

\$150 Members
\$200 Non-Members

Join us for a two-day mini camp at the JCC, your kiddos will be fully immersed with a fun and lively day camp that includes art, physical activities, and social fun!

REGISTER ONLINE AT JCCABQ.ORG
 OR CONTACT MEMBER SERVICES

FOR QUESTION CONTACT ALYSSA ATIAS
 YOUTH & FAMILY ENGAGEMENT DIRECTOR AT
ALYSSAA@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 Debbie Blackerby at 505-418-4460 or debrab@jccabq.org

\$35 (members only)

ADULT LAP SWIM CLINIC

Tues/Wed/Thurs 6:00-7:30 PM
Two Week Sessions | 6 Classes per Session

Work with our amazing coaches to build independent workouts for these strokes to try on your own. Build your confidence and ability with these strokes in a safe, 18+ and fun environment.

Session 1: September 17-26 **Freestyle and Backstroke**

This session focuses entirely on freestyle and backstroke skills. The class provides drills specifically designed to help improve your freestyle and backstroke efficiency.

Session 2: October 8-17 **Breaststroke and Butterfly**

This session focuses entirely on breaststroke and butterfly skills. The class provides drills specifically designed to help improve your breaststroke and butterfly efficiency.

Session 3: October 22-30 **Dives, Flip Turns, and Endurance**

This session focuses entirely on dives, flip turns, and endurance skills. The class provides drills specifically designed to help improve your dives, flip turns, and endurance.

Price per session: \$150 members | \$200 nonmembers
Price for all 3 sessions: \$375 members | \$525 nonmembers

Register online at jccabq.org/meeting/lap-swim-clinic or in Member Services.
For more info contact Riley Simpson at rileysim@jccabq.org or 505-418-4457



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 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.

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).

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.



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.

