



The Ronald Gardenswartz Jewish Community Center

# October 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

October 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	<b>POWERFLEX</b> Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen <b>(8:15am)</b>		
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara B	Full Body Workout Leanne	Step n' Tone Dawn	 ZUMBA Anick	 ZUMBA Sheryl <b>(9:00am)</b>	
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	<b>POWERFLEX</b> Pattie	Full Body Workout Lolli	Interval Training Karen	Strength & Conditioning Karen				
6:30pm		 LaBlast Erica	 ZUMBA Anick					

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

## October 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* Jenn	5520 FX* Jack	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* Jenn <b>(4:45pm)</b>		
5:30pm	HIIT 30 Leanne	5520 FX* Jenn	5520 FX* Alexis	5520 FX* Alexis			

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

## October 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.		<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>SPINNING.</b> Jim (8:15)		<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		
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

October 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 <sup>st</sup> Friday of every month only)		
6:00 p.m.	Vinyasa Flow Yoga Annette		Vinyasa Flow Yoga Bettina				

**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

**All THAT:** Targeting your favorite spots: **T**higs, **H**ips, **A**bs and **T**ush with the exercises that you hate to love! And also add Shabbat Yoga-Begin Shabbat with a slow flow class that will emphasize re-alignment... the perfect way to take a pause from our busy lives.

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

**Barre Stretch:** With high reps and low impact movements, barre fitness challenges anyone looking to fine-tune their muscles - no ballet experience required.

**Barre Stretch:** 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!

**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 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.

**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.

**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.

**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!

**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.



# October 2024 Calendar of Events

## 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 • 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**

**Mondays & Fridays • 9am-10am**

**8 sessions • \$120 members/\$140 nonmembers**

**Hallie's Angels Small Group Training.** An ongoing group that meets for training 2x/week. Fun and innovative routines challenge strength & endurance. **JCC Fitness Floor**

**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. Fun and innovative routines challenge strength & endurance. **JCC Elite Studio**

**Tu/Th 10am-12pm; Wed 1-3pm (beginner/intermed.);**

**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/](http://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**



# October 2024 Calendar of Events

## Programs by Date

**Sun. Sept. 29th - Sun. Oct. 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**

**Wed. Oct. 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.

**Wed. Oct. 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 will 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**

**Thurs. Oct. 3rd**

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

**Sun. Oct. 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**

**Tues. Oct. 8th • 12:30pm-2pm • \$5**

**Connect 60+ Reel Talk.** Join us for a screening of the documentary *The Last Resort* (1hr 10min) followed by a brief discussion. RSVP required. **JCC Brody Annex Room 104**

**Tues. Oct. 8th - Thurs. Oct. 17th • 6pm-7:30pm  
Tu/Th • 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**

**Wed. Oct. 9th - Thurs. Oct. 10th • 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**

**Wed. Oct. 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**

**Thurs. Oct. 10th • 7pm-8pm • Thursdays • 6 weeks  
Members: \$75 single/\$100 couple  
Nonmembers: \$100 single/\$125 couple**

**Latin Club Survival Course.** Gain the skills & confidence to hit the dance floor and have fun in this new 6-week series featuring Bachata, Salsa, Cumbia, and Merengue! We will have a practice social outing Thursday, Nov 21st at a local club. **JCC Group Fitness Studio**

**Sat. Oct. 12th**

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

**Mon. Oct. 14th**

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

**Wed. Oct. 16th • 10:30am-1pm • Weekly  
\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch & Learn: Cindy Brown, LBSW - Medicare-How To Make Informed Choices.** Cindy and special guest Carmen Good\*, will provide necessary information to make an educated decision about your Medicare choices. Even if you don't plan on making changes, don't miss this informative discussion. \*Carmen Good is an independent insurance agent with H.O.P.E. Solutions specializing in Medicare, individual healthcare with BeWell NM, and various supplemental insurances. **JCC Auditorium**





# October 2024 Calendar of Events

**Thurs. Oct. 17th - Thurs. Oct. 24th**

**Sukkot.** Sukkot is one of Judaism's three harvest festivals, along with Passover and Shavuot. Beginning five days after Yom Kippur, Sukkot is named after the booths or huts (in Hebrew) in which Jews are supposed to dwell during this week-long celebration. The Sukkah represents the huts that farmers would live in during the last hectic period of harvest before the coming of the winter rains. Visit the JCC's Sukkah in the Community Garden throughout the 8-day festival! **JCC Community Garden**

**Sat. Oct. 19th • 8am-4:30pm**

**\$65 regular registration/\$40 students (highschool/college) 2024 Albuquerque Strength & Conditioning Clinic.**

Presented by the JCC, The Fitness Superstore and Heights Chiropractic & Sports Medicine, this educational clinic is specifically for personal trainers looking to earn CEUs, or aspiring trainers hoping to learn something new. We've got an incredible lineup of 7 local speakers throughout the day covering a variety of engaging topics. **JCC Auditorium**

**Tues. Oct. 22nd - Wed. Oct. 30th • 6pm-7:30pm**

**Tu/Th\* • 2 Weeks • \$150 members/\$200 nonmembers**

**Adult Lap Swim Clinic: Session 3 - 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. \*Schedule for week 2 of this session will be Mon./Wed. **JCC Aquatics Complex**

**Wed. Oct. 23rd • 11am-1pm**

**\$25 advance/Series \$125/Mensch \$175**

**2024-25 Book Fest - The Eucalyptus Cookbook by Moshe Basson.** The Eucalyptus restaurant is a Jerusalem landmark. In *The Eucalyptus Cookbook*, Chef Moshe Basson reveals his Levant cultivated culinary innovations. The magnificent photographs and exotic stories that accompany the mouthwatering recipes bring you into the kitchen of Chef Moshe's mother, where Iraqi scents, sense, old world wisdom, and the struggles of building a home in a new land are palpable to the touch and to the taste. **JCC Auditorium**

**Wed. Oct. 23rd • 11am-1pm • \$25 program & lunch**

**SPECIAL Connect 60+ Lunch & Learn: 2024-25 Book Fest - The Eucalyptus Cookbook by Moshe Basson.** In place of our normally scheduled Lunch & Learn programming, we will attend Moshe Basson's cookbook presentation and luncheon. See previous listing for details. **JCC Auditorium**

**Thurs. Oct. 24th - Thurs. Dec. 19th • 5:30pm-7:45pm**

**Thursdays • 8 Wks • \$250 members/\$300 nonmembers**

**Ceramics II.** Join experienced instructor and ceramic artist, Jane Gordon. If you are familiar with basic wheel throwing techniques and ceramic concepts this class is for you! Each session will focus on forming new skills and creating functional pieces with artistic flare. Registration comes with open lab access during the 8-week course. **JCC Art Studio**

**Sat. Oct. 26th • 10am-11:30am • FREE**

**PJ Library Pajamas & Pancakes Party.** This fun-filled event features piping-hot pancakes, cozy pajama-wearing pals, and plenty of picture-perfect pages to read. Enjoy a morning of playful storytelling, pancake decorating, and pajama parades, making it the ultimate storybook Saturday for little ones! **JCC Auditorium**

**Sat. Oct. 26th • 1:30pm-3pm • FREE**

**Mini Mensch Community Service Youth Group.** Each month kids ages 5-12 will participate in a service project focused on issues including the environment, food insecurity, social justice, and racial equity. This month we will visit the Open Space Visitor Center. Call Alyssa Atias at 505-418-4480 for more information; 6 month group commitment required. **Off-Campus**

**Sun. Oct. 27th • 11am-2pm • \$125**

**The Art of Sushi Making.** Master Sushi Chef Shigeru Usuki has more than 40 years of sushi making experience. In this one-time course he will teach you how to make authentic sushi just like professional sushi chefs in Japan. All ingredients provided. Shigeru was formerly head sushi chef at Japanese Kitchen Sushi Bar and is currently the sushi chef for Izanami restaurant at Ten Thousand Waves in Santa Fe. **JCC Brody Annex**

**Sun. Oct. 27th • 2pm-3pm • FREE**

**Garden Talk.** Join us in the garden to learn from Master Gardener, Sherman Levenson. He will provide tips for winterizing garden plants, and advice for spring planning. **JCC Brody Annex Library**

**Mon. Oct. 28th - Mon. Dec. 16th • 5:30pm-7:45pm**

**Mondays • 8 Wks • \$250 members/\$300 nonmembers**

**Intro to Ceramics.** Join seasoned potters Alex Carter and Carlos Condit for this 8-week class covering the basics of throwing on the wheel and some hand building techniques. Students will learn to make fun, functional pieces that display their creativity. **JCC Art Studio**



# November 2024 Calendar of Events

**Wed. Oct. 30th • 10:30am-1pm • Weekly  
\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch & Learn: Israel Update with Rabbi Paul Citrin.** Join us for an update from Rabbi Citrin on the attitudes, thoughts, and moods in Israel from his most recent visit. **JCC Auditorium**

**Fri. Nov. 1st**

**Native American Heritage Month.** “Native American Heritage Month” is celebrated in November each year, recognizing the history, culture, and achievements of Native Americans and Alaska Natives across the United States. **The JCC’s hours/schedules will not be affected by this observance.**

**Sun. Nov. 3rd**

**Daylight Savings Time Ends.** Time to FALL BACK as we set our clocks back 1 hour and say “see you later” to daylight savings time for a little while.

**Sun. Nov. 3rd • 3pm-4pm • Virtual Appearance  
\$12 advance/\$15 door/Series \$125/Mensch \$175**

**2024-25 Book Fest - *The Wolf Hunt: A Novel* by Ayelet Gundar-Goshen.** Ayelet Gundar-Goshen, award-winning author of *Waking Lions*, once again brings together taut, page-turning suspense, superb writing, and razor-sharp insight into the fault lines of race, identity, and privilege and the dark secrets we hide from those we love most. “... Relatable characters and off-the-charts emotional intensity with a sharply evoked Israeli cultural perspective.” -Kirkus-Starred Review **JCC Auditorium**

**Tues. Nov. 5th**

**Election Day.** If you haven’t already, don’t forget to get out and VOTE in the Presidential Election!

**Wed. Nov. 6th • 10:30am-1pm • Weekly  
\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch & Learn: Jewish Journalism Pre & Post October 7th.** The New Mexico Jewish Journal (NMJJ) was launched in March, 2024 by a volunteer committee in the midst of the unpopular war between Israel & Hamas, but with a tremendous response from the local Jewish community. However, with rising anti-Israel protests, antisemitism, and a polarized electorate, the NMJJ has experienced attacks from extremes of both the left and right. Diane Schmidt, NMJJ Publisher and Editor, will share some of the ethical decisions they have had to struggle with, share untold stories and photos, along with highlighting some of the top stories and writers they have published. **JCC Auditorium**

**Mon. Nov. 11th**

**Veterans Day.** Veterans Day is a federal holiday in the United States observed annually on November 11, honoring military veterans of the United States Armed Forces. The JCC is grateful to all those who have served our country - Thank you for your service and sacrifice! **The JCC’s hours/schedules will not be affected by this observance.**

**Tues. Nov. 12th • 12:30pm-2pm • \$5**

**Connect 60+ Reel Talk.** Join us for a screening of the documentary *The Jewish Jail Lady and The Holy Thief* followed by a brief discussion. RSVP required. **JCC Brody Annex Room 104**

**Wed. Nov. 13th**

**Happy 24th Birthday JCC.** Happy Birthday to us! The JCC is proud to celebrate our 24th birthday today. Stay tuned for celebration plans as the date approaches - there might just be cake!

**Wed. Nov. 13th • 10:30am-1:30pm • Weekly  
\$12 program & lunch • \$6 program only**

**Connect 60+ Lunch & Learn: *Movie Matinee - Dough.*** Curmudgeonly widower Nat Dayan (Jonathan Pryce) clings to his way of life as a Kosher bakery shop owner in London’s East End. Understaffed, Nat reluctantly enlists the help of teenager Ayyash, who has a secret side gig selling marijuana to help his immigrant mother make ends meet. When Ayyash accidentally drops his stash into the mixing dough, the challah starts flying off the shelves and an unlikely friendship forms between the old Jewish baker and his young Muslim apprentice. *Dough* is a warmhearted and humorous story about overcoming prejudice and finding redemption in unexpected places. *Please note time: this showing is 1hr 34 minutes. Lunch served at approximately 12:40pm.* **JCC Auditorium**

## 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.**

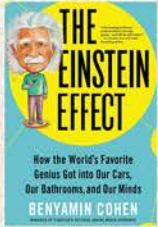
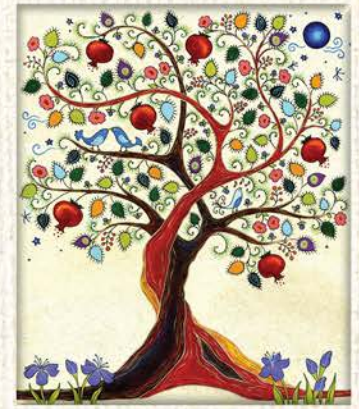
For pricing information or to reserve a space,  
please contact JCC Events Coordinator Clarita Brown  
at 505-418-4462 or [events@jccabq.org](mailto:events@jccabq.org)

# 2024-25 BOOK FEST

*and visiting author series*

**September 2024 - June 2025**

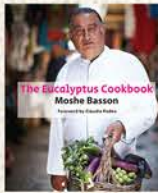
**10 Engaging Authors / 9 In-Person Events**



**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**



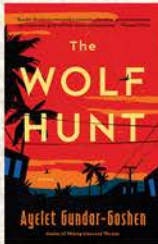
**SUNDAY, FEB 9, 2025 • 3PM**  
**ROSA LOWINGER** (LOS ANGELES)  
**Dwell Time: A Memoir of Art, Exile, and Repair**



**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**



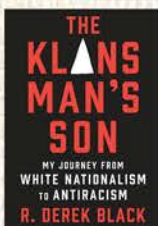
**SUNDAY, APRIL 27, 2025 • 3PM**  
**LEE MATTHEW GOLDBERG** (NEW YORK CITY)  
**The Great Gimmelmans: A Novel**



**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](http://jccabq.org/bookfest) or by calling 505-418-4469



For questions or more information  
contact us at [cultural@jccabq.org](mailto:cultural@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](http://jccabq.org) or visit member services  
 For Questions Contact Alyssa Atias at [alysaa@jccabq.org](mailto: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](http://JCCABQ.ORG)  
 OR CONTACT MEMBER SERVICES

FOR QUESTION CONTACT ALYSSA ATIAS  
 YOUTH & FAMILY ENGAGEMENT DIRECTOR AT  
[ALYSSAA@JCCABQ.ORG](mailto:ALYSSAA@JCCABQ.ORG)



# LATIN CLUB

## Survival Course

Gain the skills & confidence to hit the dance floor & have fun in this new 6-week series! Learn beginner-friendly dances like Bachata, Salsa, Cumbia, & Merengue. Plus, join us for a fun practice social outing on Thursday, November 21st at a local club!



Taught by CSP Instructor  
 Patti Smith

**October 10th- November 14th**  
**Thursdays at 7PM**

Single: \$75 Members | \$100 Non-Members  
 Couple: \$125 Member | \$150 Non-Member

Register at [jccabq.org](http://jccabq.org) or visit member servies

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



# CERAMICS II

SESSION 2 - OCT. 24 - DEC. 19  
(no class on Thanksgiving 11/28)

THURSDAYS, 5:30-7:45PM

MEMBER: \$250  
NON-MEMBER: \$300  
ONE-TIME YEARLY FIRING FEE: \$50

Join experienced instructor and ceramic artist, Jane Gordon for our Ceramics II class. If you are familiar with basic wheel throwing techniques and ceramic concepts this class is for you!

Each session will focus on forming new skills and creating functional pieces with artistic flare. Students can expect a syllabus outlining goals and projects for each class.

Registration comes with open lab access during the 8-week course.



Register online at [jccabq.org](http://jccabq.org) or visit member services.  
For more information, contact Alyssa Atias at 505-418-4472 or [alysaa@jccabq.org](mailto:alysaa@jccabq.org)



OCT. 28 - DEC. 16  
MONDAYS, 5:30-7:45pm

\*NO CLASS 9/2

MEMBER: \$250  
NON-MEMBER: \$300  
ONE TIME YEARLY FIRING FEE: \$50

ONLY 7 SPOTS  
AVAILABLE



# INTRO TO CERAMICS

with Alex and Carlos

Join seasoned potters Alex Carter and Carlos Condit for an all-encompassing Intro to Ceramics course. This 8-week class will cover the basics of throwing on the wheel and some hand building techniques. Students will learn to make fun, functional pieces that display their creativity.

Register online at [jccabq.org](http://jccabq.org) or visit member services.  
For more information, contact Alyssa Atias at 505-418-4480 or [alysaa@jccabq.org](mailto:alysaa@jccabq.org)



# the art of **SUSHI MAKING** with Master Sushi Chef, Shigeru Usuki

Sunday, October 27th | 11am-2pm

Please Bring: Cutting Board, Chef's Knife & Apron

Pricing: \$125 per person | 15 Participants Max



Master Sushi Chef Shigeru Usuki has more than 40 years of sushi making experience. In this one-time course he will teach you how to make authentic sushi just like professional sushi chefs in Japan. All ingredients will be provided; see list below for more information. Shigeru was formerly head sushi chef at Japanese Kitchen Sushi Bar and is currently the sushi chef for Izanami restaurant at Ten Thousand Waves in Santa Fe.



Ingredients: Rice, rice vinegar, sugar, salt, dried seaweed, imitation crab, avocado, cucumber, tuna (raw), salmon (raw), sesame seeds, soy sauce, wasabi, pickled ginger, cream cheese

### ◆ MENU ◆

**"Hosomaki" small seaweed outside rolls**  
Tuna roll  
Salmon roll  
Cucumber roll

**"Uramaki" Rice outside rolls**  
California roll  
Salmon avocado roll

**"Nigiri sushi"**  
Tuna  
Salmon

**"Temaki" Hand rolls**  
Easiest and most practical way to enjoy sushi rolls at home

## GARDEN TALK

with Master Gardener, Sherman Levenson



OCTOBER 27th @ 2PM

A guide to winterizing garden plants and tools while planning for spring.

RSVP by contacting Bri Smith at 505-418-4472 or [briannas@jccabq.org](mailto:briannas@jccabq.org)



Register at the JCC or online at [jccabq.org/meeting/sushi-making](http://jccabq.org/meeting/sushi-making)



For questions or more info contact: 505-418-4477 or [jccabq@jccabq.org](mailto:jccabq@jccabq.org)



# Open Pickleball

**Tuesdays: 10am-12pm**

**Wednesdays ( <sup>Beginner/</sup>Intermediate ): 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](mailto: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](http://jccabq.org/meeting/lap-swim-clinic) or in Member Services.**  
**For more info contact Riley Simpson at [rileysim@jccabq.org](mailto: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.

