



The Ronald Gardenswartz Jewish Community Center

November 2024 Program Guide

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

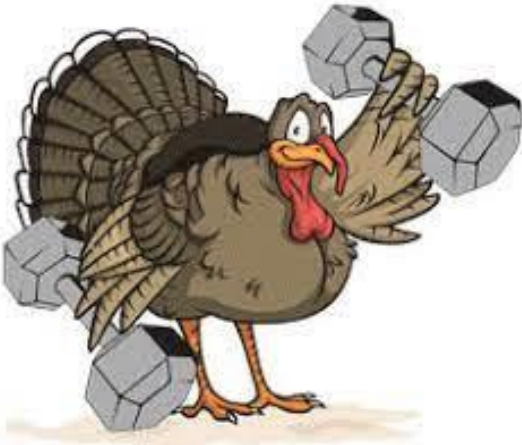
WELCOME HOME



Group Fitness Schedule

November 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)	
9:30am	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	Sit n Fit Dawn (10:45am in auditorium)		
4:30pm		Barre Stretch Sherri					
5:30pm	Muscle 50 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

November 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				
10:00am					5520 MASTERS* Jack	5520 FX* Staff	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* Claudia (4:45pm)		
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

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

November 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		SPINNING. Robin			
7:30 a.m.						SPINNING. Robin	
8:30 a.m.		SPINPower. Rosina		SPINPower. Jim	SPINNING. Tanya (8:15)		SPINPower. Steve
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

November 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		NEW!!! Barre Fusion Andrea (9am)
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		NEW!!! Deep Stretch Yoga Bettina				

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

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.



November 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 concludes 4/17/25 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. **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 11/15. 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**



November 2024 Calendar of Events

Programs by Date

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.**

Fri. Nov. 1st

APS McKinney Vento Gift Drive. The JCC is teaming up with KidsFirst to support students in the APS McKinney Vento Program (serving homeless and low-income students in Albuquerque) by providing sporting goods. Each child has created a wish list, and JCC members and staff have the chance to purchase one item from the list specifically for an individual child. If you’re able to contribute, please ensure the item is new and leave it unwrapped. Drive goes through November 30th.

Saturday, Nov. 2nd • 10am-12pm • \$40

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

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-4:30pm • 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, awarding-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!

Tues. Nov. 5th • 8:30am-12:30pm

\$50 members/\$75 nonmembers

Half-Day Art Camp. Let your child’s creativity shine at our Half-Day Art Camp, designed for kids ages 5-12 with a special focus on ceramics! Campers will learn the basics of working with clay, from hand-building techniques to glazing and painting their own unique creations. This fun, hands-on camp encourages artistic expression while developing fine motor skills in a relaxed and supportive environment. Perfect for young artists eager to explore the world of ceramics! **JCC Art Studio**

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 Joy 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**

Sun. Nov. 10th • 2pm-4pm • FREE

Larry Schulte Art Show - Opening Reception. The work in this exhibit was created in Albuquerque by artist, Larry Schulte. **The Exhibit will run Fri Nov 1st through Fri January 31st.** If you can’t attend the opening, just be sure to stop and view his colorful, inspiring work. No RSVP needed to attend. **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.**





November 2024 Calendar of Events

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**

Thurs. Nov. 14th • 1:30pm-2:30pm • \$36 for the series

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 concludes 4/17/25 with an ALL Clergy panel. **JCC Brody Annex Room 104**

Sat. Nov. 16th • 12pm-1pm

\$75 members/\$100 nonmembers

T'ai Chi Chih. T'ai Chi Chih – Joy Thru Movement is an easy-to-learn moving meditation series of 19 movements and 1 pose designed to balance and circulate the body's natural energy or "chi." In T'ai Chi Chih, the concentration is placed in the soles of the feet as we flow forward and back or side-to-side. While no particular effect is guaranteed, the rhythmic and focused movements cultivate a feeling of being relaxed yet gently energized, like that of having taken an internal bath. A perfect antidote to the stresses of daily life! All are welcome! **JCC Zen Studio**

Mon. Nov. 18th

Pilates Reformer Demos. Beginning this week, we will be offering demos on the Pilates Reformer - stay tuned for exact days and times! The Pilates Reformer is a unique piece of exercise equipment that enhances strength, flexibility, and posture. The Reformer is outfitted with a sliding carriage, springs, ropes with handles, and a footbar to provide resistance and support for a variety of movements which makes Reformer Pilates an ideal choice for the beginning exerciser to the elite athlete. **JCC Lobby**

**Wed. Nov. 20th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Cindy Brown, LBSW: The "OYs and JOYs" of Aging. It's not just gray hair and wrinkles! The complexities of aging come with a lot of ups and downs/pros and cons. With such immense changes, how do we acknowledge and accept the difficulties while still focusing on the joys in the magical beauty to be found in the twilight years? **JCC Auditorium**

Tues. Nov. 26th • 7pm-8:30pm

\$12 advance/\$15 door/Series \$125/Mensch \$175

2024-25 Book Fest - Questioning Belief: Torah and Tradition in an Age of Doubt by Rabbi Dr. Raphael Zarum.

Rabbi Zarum is an acclaimed lecturer who has a rare ability to face up to uncomfortable questions, reject stock responses, and explore the issues in a way that is both traditionally grounded and intellectually rigorous. In this original and thought-provoking work, he responds to twelve challenging questions that confront the Torah today. **JCC Auditorium**

**Wed. Nov. 27th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch & Learn: Thanksgiving Luncheon. Let's give thanks and gobble up a good time together! Gather around the table with friends new & old to enjoy good conversation, delicious food and fun! There is so much to be thankful for, let's celebrate together! **JCC Auditorium**

Thurs. Nov. 28th

Happy Thanksgiving. We hope that you have a meaningful holiday and get to enjoy a special meal with those you love. **The JCC will have abbreviated hours and schedules in observance of the holiday; please see our website as the holiday approaches for more details, and plan your visit accordingly.**



December 2024 Calendar of Events

Wed. Dec. 4th • 9:30am-10:30am

\$40 members/\$50 nonmembers

Baby & Me Yoga. Nurture yourself through mindful movement and breath while your baby is by your side. Get some exercise that is safe, feels great, and is productive for the postpartum stage. You and the baby will also have plenty of opportunities to play, stretch, and cuddle. This class is perfect for mothers 6-8 weeks after they've had their babies, or when they've been cleared for exercise with their midwife or doctor, and up until babies are fast crawlers. Crying, feedings, diaper changes, and all baby sounds are expected and welcome! Bring any baby supplies you may need and a blanket for your baby to lay on. **JCC Brody Annex Library**

Wed. Dec. 4th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch & Learn: Deirdre Kann - When Weather Changed History. World history is often determined by the strategies of a general, the route of an explorer, or the migration decisions of a community. However, for hundreds of years, weather events have changed world history across the globe. This presentation will focus on how Mother Nature's forces have profoundly impacted our world. **JCC Auditorium**

Sat. Dec. 7th • 10am-11:30am

\$200 members/\$276 nonmembers

Kids Intro to Pottery - Wheel throwing and BEYOND!

Young artists will explore the wonders of clay through hands-on wheel throwing and creative hand building projects. Under Ashley Peterson's enthusiastic instruction,

kids will shape, spin, and mold their unique pieces, from bowls to imaginative sculptures. It's messy, magical, and perfect for sparking creativity in every little potter! For ages 7 and up. **JCC Art Studio**

Tues. Dec. 10th • 12:30pm-2pm • \$5

Connect 60+ Reel Talk. Join us for a screening of the documentary *Shalom Bollywood* followed by a brief discussion. RSVP required. **JCC Brody Annex Room 104**

Wed. Dec. 11th • 10:30am-1:30pm • Weekly

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

Connect 60+ Lunch & Learn: Rabbi Jack Shlachter: Going to Baht* for the Jewish Community in Bangkok. The progressive (non-Orthodox) Jewish community in Bangkok, Thailand, is comprised largely of expats, some of whom have been in the country for decades while others are more recent arrivals. During the year, the worship services are lay led, but a Rabbi is brought in to lead High Holiday services each fall. This year, I had the privilege of serving as prayer leader for the congregation. I'll share my experiences both with the community and as a tourist in Bangkok through a colorful and informative slide show.*Baht is the unit of currency in Thailand. **JCC Auditorium**

Sun. Dec. 15th • 1pm-3pm

\$5 entry/Children 12 & under FREE

Community Chanukah Celebration. This joyful celebration will be chock full of fun for the whole family. Enjoy Latka plates, music & dancing, gift shopping, kids activities, and a menorah lighting. ALL are welcome! **JCC Campus**

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



8.3 Acres and Beyond

Every Day. Every Week. Every Month. Every Year.

Your gift benefits Children, Families, Adults, Retired Seniors, All Nationalities, All Religions, All Shapes, Sizes, and Abilities.

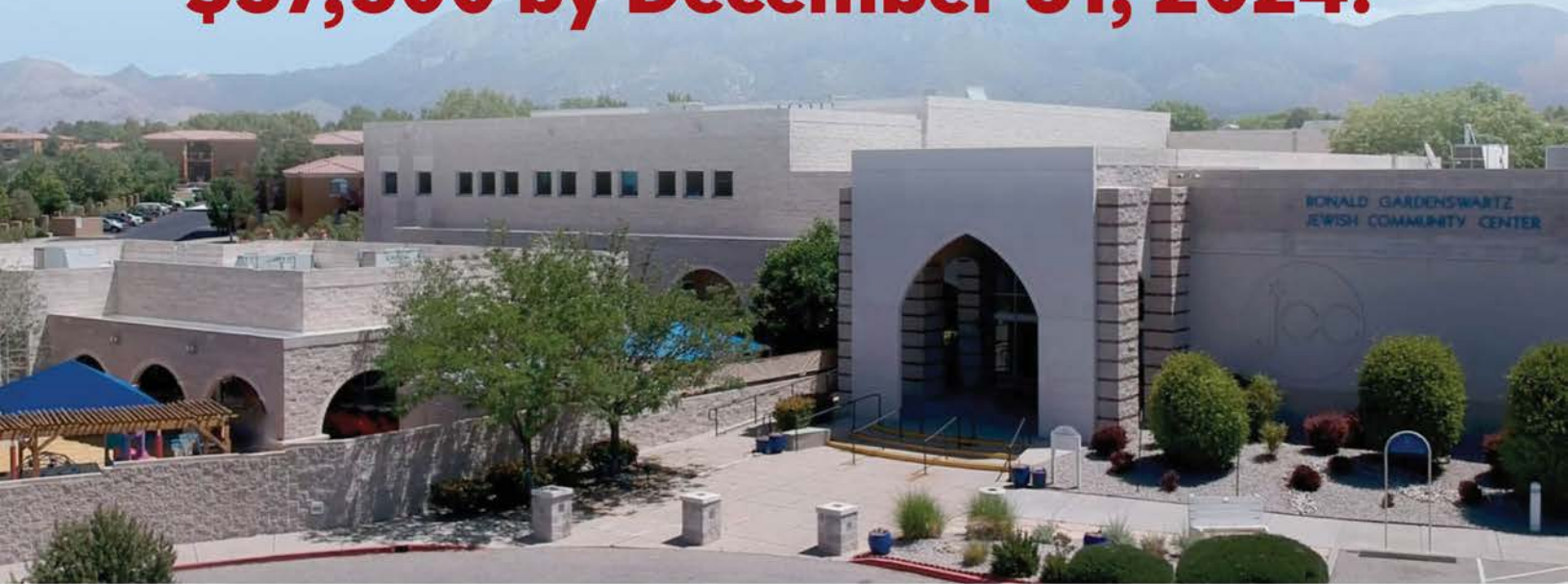
Your gift is critical to maintaining creative programs available to every person who walks through our doors; each with rich, beautiful, impactful stories and experiences.



Donate Now!

Your gift is critical to 11 different departments that ensure we create and maintain a place for people to come together, support the community, learn, make new friends, feel respected, safe, nurtured, and stronger in every way.

Join us NOW to reach our match of \$57,500 by December 31, 2024!



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.

Give online by scanning the QR code above or visit jccabq.org/donate. Donations can also be made via phone at 505-418-4471.

GIFT DRIVE

NOVEMBER 01 - 30

The JCC is teaming up with KidsFirst to support students in the AP5 McKinney Vento Program by providing sporting goods. Each child has created a wish list, and JCC members and staff have the chance to purchase one item from the list specifically for an individual child. If you're able to contribute, please ensure the item is new and leave it unwrapped.

Thank you for your donation and for joining us in supporting the community!



McKinney Vento program serves the local homeless students and for years the JCC has supported this program. Currently JCC's PE Coach Liz visits one of the programs (Alphabet Alley) twice a week for fun physical activities for the preschool students.

KidsFirst is a local non-profit started by former UNM softball coach Susan Craig, who loves helping underprivileged children to participate in sports and stay active.



CPR

Certification Class



Saturday, November 2nd
10am-12pm

Cost: \$40 | Limited spots available!

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

Register online or through member services.
Contact: Dawn LoGuercio, 505-418-4473, dawnl@jccabq.org



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

\$125 Series Pass
for all 10 events

\$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.

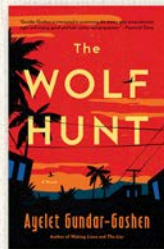
5520 Wyoming Blvd. NE
Albuquerque, NM 87109
www.jccabq.org

Ayelet Gundar-Goshen

The Wolf Hunt: A Novel

Sunday, 11/3 @ 3 pm

Virtual - Attend at the JCC or watch from home



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. "Gundar-Goshen navigates the landscape of racial prejudice, particularly the tension between Jews and the Nation of Islam, through the eyes of an Israeli immigrant who is already scarred by experiences of terrorism in Israel. . . Gundar-Goshen solidifies her brand with this ambitious novel, her first set in the United States. Relatable characters and off-the-charts emotional intensity with a sharply evoked Israeli cultural perspective."

—Kirkus Reviews

Meet Ayelet Gundar-Goshen

Ayelet Gundar-Goshen was born in Israel. *The Wolf Hunt* is her fourth novel. Her first, *One Night, Markovitch* (2012), won the Sapir Prize in 2013 for debut novels. The Hebrew novel was translated into thirteen languages. Gundar-Goshen's second novel, *Waking Lions* (2014), was also translated into thirteen languages. The *New York Times Book Review* picked *Waking Lions* as an editors' choice, and *The Wall Street Journal* included the novel on its "Best Summer Reads" list. She has a master's degree in psychology from Tel Aviv University. During her studies, she worked as a journalist and news editor for the leading Israeli newspaper, *Yedioth Ahronoth*. She is a clinical psychologist who also teaches at Tel Aviv University and the Holon Institute of Technology. She was a visiting author in San Francisco State University during 2018, and is currently a visiting professor at Stanford University.

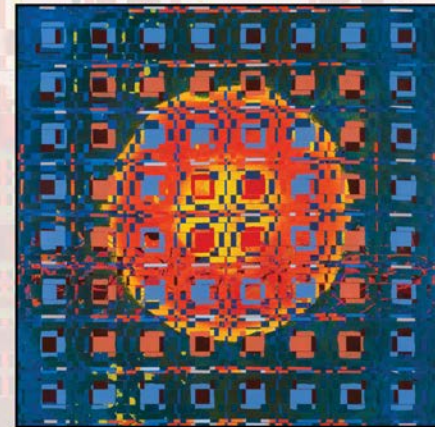


Featured Work by Albuquerque Artist Larry Schulte

Exhibit Runs November 1 through January 31

Opening reception with the artist: Sunday, 11/10 | 2 - 4pm

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The work in this exhibit was created in Albuquerque by artist, Larry Schulte. It consists mainly of two bodies of work. One is woven painted paper based on the Fibonacci Sequence. Schulte has been working in this medium for fifty years. The second consists of his serigraphic prints with collage elements and stitching. This newer medium has been developed by Schulte since arriving in Albuquerque.

ABOUT LARRY SCHULTE | Larry Schulte is a mixed media artist, who retired to Albuquerque in 2015 after more than thirty years living and creating in New York City. He has a BS degree in mathematics, a BA degree in art, and a master's degree in watercolor from the University of Nebraska-Kearney. Additionally, he has a PhD from the University of Kansas in the philosophy of education, with an emphasis in early childhood, statistics, and art education. He has served as an administrator and instructor at Parsons School of Design in NYC. He has been a member of the Board of Directors of both The Textile Study Group of New York and of Artgroup for Gay and Lesbian Artists in NYC. He is currently a member of the Mixed Media Textile Artists of New Mexico. He is included in collections of the Museum of Nebraska Art, Library of Congress, New York Public Library, and New York Historical Society as well as numerous other public and private collections. Larry Schulte was born and grew up on a farm in Nebraska. Nature and her cycles had a strong impact on him: planting, cultivating, harvesting; spring, summer, fall, winter. Those repetitions show up in the patterns in his work. He was a mathematics teacher for a few years, and mathematical structure shows up in his work. Particularly, he has worked for many years with the Fibonacci Sequence (1, 1, 2, 3, 5, 8, 13, ...). The numbers in this sequence are found in the structure of nature in everything that is spiral (pinecones, seashells, etc.) His work is nature, in both abstract forms and mathematical structure. He creates patterns through repetition - his work is about creating order.



Open Pickleball

Tuesdays: 10am-12pm

Wednesdays (^{Beginner/}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

\$35 (members only)

Ronald Gardenswartz Jewish Community Center


Max and Ruth Pollack Aquatic Complex Summer Schedule

November 1st-December 20th

Competition Pool

Sunday 8:00am-4:00pm	Monday 6:00 am-6:00 pm	Tuesday 6:00 am-6:00 pm	Wednesday 6:00 am-6:00 pm	Thursday 6:00 am-6:00 pm	Friday 6:00 am-5:00 pm	Saturday 8:00am-4:00pm
Lap Swim 8:00am-4:00 pm	Lap Swim 6:00 am-6:00 pm	Lap Swim 6:00 am-6:00 pm	Lap Swim 6:00 am-6:00 pm	Lap Swim 6:00 am-6:00 pm	Lap Swim 6:00 am-5:00 pm	Lap Swim 8:00am-4:00 pm
Do you have any aquatics questions? Contact Riley Simpson, Aquatics Director 505-418-4457	OakGrove Swim Team Practice 6:00 AM-7:15 AM (2 Lanes Open)	OakGrove Swim Team Practice 6:00 AM-7:15 AM (2 Lanes Open)	OakGrove Swim Team Practice 6:00 AM-7:15 AM (2 Lanes Open)	OakGrove Swim Team Practice 6:00 AM-7:15 AM (2 Lanes Open)	OakGrove Swim Team Practice 6:00 AM-7:15 AM (2 Lanes Open)	
	Sandia Prep Swim Team Practice 4:00 PM-6:00 PM (2 Lanes Open)	Sandia Prep Swim Team Practice 4:00 PM-6:00 PM (2 Lanes Open)	Sandia Prep Swim Team Practice 4:00 PM-6:00 PM (2 Lanes Open)	Sandia Prep Swim Team Practice 4:00 PM-6:00 PM (2 Lanes Open)	Sandia Prep Swim Team Practice 4:00 PM-6:00 PM (2 Lanes Open)	Sandia Prep Swim Team Practice 4:00 PM-5:00 PM (2 Lanes Open)
<p>**OakGrove Swim Team will be practicing in lanes 3-6; Monday-Friday thru Feb.</p> <p>** Sandia Prep Swim Team will be practicing in lanes 1-4; Monday-Friday thru Feb.</p> <p>For the most up-to-date lane reservation availability please go to https://jccabq.org/pool-schedule/</p>						

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed 8:00 AM-4:00 PM	Pool Closed 6:00 AM-5:00 PM	Pool Closed 6:00 AM-5:00 PM	Pool Closed 6:00 AM-5:00 PM	Pool Closed 6:00 AM-5:00 PM	Pool Closed 6:00 AM-5:00 PM	Pool Closed 8:00 AM-4:00 PM
<p>QUESTIONS ABOUT the AQUATICS DEPARTMENT? For more information about our Aquatics Department go to www.jccabq.org or call Riley Simpson, Aquatics Director at 505-418-4457 or email at rileysim@jccabq.org</p>						

Thanksgiving (November 28th): 8:00 AM-12:00 PM



NOVEMBER / DECEMBER AQUATICS CENTER HOURS

November 1st - December 20th

MON-THU

6AM - 6PM

FRIDAY

6AM - 5PM

SAT-SUN

8AM - 4PM

Special Holiday Hours

Thursday, November 28th: 8am-12pm

December 21st - January 12th

MON-FRI

9AM - 5PM

SAT-SUN

8AM - 4PM

Special Holiday Hours

Tuesday, Dec. 24th: 9am-2pm • Wednesday, Dec. 25th: POOL CLOSED

Tuesday, Dec. 31st: 9am-2pm • Wednesday, Jan. 1st: 9am-12pm



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.

