



The Ronald Gardenswartz Jewish Community Center

December 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

December 2024

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			Muscle Hour Lolli		Full Body Workout Lolli		
8:30am	 Rachael	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Leanne	Lower Body Barre Dawn	Boot Camp Karen (8:15am)	
9:30am	Core Assets Rachael	E.S.P. Leanne	Tabata Core Sara B	Full Body Workout Leanne	Step n' Tone Dawn	 Anick	 Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa			Fit 2 Move Lisa	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		 Erica	 Anick				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 or dawnl@jccabq.org

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

* Indicates fee-based class; must register in Member Services or at www.jccabq.org



Elite Studio Class Schedule

December 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 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* Staff (4:45pm)		
5:30pm	HIIT 30 Leanne	5520 FX* Jenn	5520 FX* Alexis	5520 FX* Alexis			
6:30pm	NEW!! KETTLE BELLS 101* Tracee (12/9-18)		NEW!! KETTLE BELLS 101* Tracee (12/9-18)				

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

December 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

December 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		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		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.



December 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**

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 Fitness Floor**

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. **NO PROGRAMS 12/25/24 OR 1/1/25. 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. **NO CLASS 12/27. 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. **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**





December 2024 Calendar of Events

Programs by Date

Wed. Dec. 4th • 9:30am-10:30am • 3 Sessions
\$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**

Thurs. Dec. 5th • 5:30pm-7pm • One-Time • \$10

Empowered Through the Ages. This 1.5 hour workshop will focus on women's health-journey highlighting nutrition, fitness and hormones. JCC's nutrition coach, Tracee Hayden and Certified Nurse Practitioner Jalayne Faulhaber are combining forces to share new evidence-based research on topics affecting women's health and wellness. **JCC Brody Annex Room 104**

Sat. Dec. 7th • 10am-11:30am • 6 Sessions
\$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**

Mon. Dec. 9th • 6:30pm-7:30pm • 4 Sessions
\$69 members/\$89 nonmembers

Kettlebell 101. Discover the power of kettlebell training with the JCC's Master Kettlebell Coach, Tracee Hayden! Kettlebell training is both highly effective and technical, making it essential to learn the proper techniques. Whether you're new to kettlebells or looking to refresh your skills, this program will guide you through dynamic movements, ensuring safety and efficacy. You'll master the kettlebell deadlift, swing, clean, press and snatch. **JCC Elite 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 live entertainment with Jordan Wax & Friends, gift shopping, kids activities, traditional foods for purchase, and a menorah lighting. ALL are welcome! **JCC Campus**

Wed. Dec. 18th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: A Whole Latke Love - Hanukkah Celebration. Join us for a festive and fun Hanukkah celebration! Enjoy a scrumptious lunch and participate in our annual White Elephant Gift Exchange. Please bring a thoughtful pre-wrapped \$15 gift for the gift exchange. Cindy Brown will be joining us for this special program. *If you need financial assistance with your gift, please contact connect60@jccabq.org or 505-418-4467 **JCC Auditorium**





December 2024-January 2025 Calendar of Events

Thurs. Dec. 19th • 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**

Sun. Dec. 22nd • 10:30am-12pm • One-Time • \$20
Bagels & Jazz with SweetJazz. Vocalist Allison Davis is joined by Bert Dalton on keys, Terry Burns on bass and Alex Murzyn on saxophone for a special holiday edition of Bagels & Jazz. Join these world-class musicians as they perform an eclectic mix of songs focusing on joy, hope, celebration! Start your Sunday smiling and singing along! Your ticket includes bagels & schmears, uplifting music and mimosas! **JCC Auditorium**

Tues. Dec. 24th - Wed. Dec. 25th
Special Holiday Hours. We will close early 12/24 at 3pm and will be CLOSED all day on 12/25. Please mark your calendars and plan your visits accordingly!

Wed. Dec. 25th
Hanukkah Begins. Hanukkah begins at sundown and is celebrated through January 2nd this year. The holiday celebrates the rededication of the Temple in Jerusalem after its defilement by the Syrian Greeks in 164 BCE. The eight-day festival, also known as the Festival of Lights, is a beloved and joyous holiday.

Sun. Dec. 29th • 1pm-3pm • One-Time
\$25 Members/\$35 Nonmembers
Hanukkah Paint Party. Join us for a festive Hanukkah Paint Party! Open to all ages, we'll be painting vibrant, colorful menorahs. It's a great opportunity for families to get creative together and celebrate the Festival of Lights. Kids must be accompanied by a parent or guardian. Come ready for fun, creativity, and holiday joy! **JCC Art Studio**

Mon. Dec. 30th • 9pm-4pm • 4 Days
\$300 Members/\$350 Nonmembers
Winter Break Camp. Join us for an exciting and fun-filled Winter Break Camp designed for children 5-12! Our camp offers a variety of engaging activities including creative arts and crafts, energetic PE sessions, and interactive games. Kids will explore their creativity, stay active, and build friendships in a warm and welcoming Jewish environment. Let your child experience an unforgettable winter break while learning, playing, and making lasting memories. Before & After Care is available. **JCC Campus**

Tues. Dec. 31st, 2024 - Wed. Jan. 1st, 2025
Special Holiday Hours. We will close early on 12/31 at 4pm and will have abbreviated hours from 8am - 1pm on New Year's Day (1/1/25). Please mark your calendars and plan your visits accordingly!

Sun. Jan. 5th • 7 Weeks • Drop-In Clinics
Session 1: 12pm-12:45pm Session 2: 1pm-1:45pm
Per Clinic Price: \$30 members/\$45 nonmembers
Dive and Turn Clinic. The dive and turn clinic is a weekly 45-minute drop in-class on Sundays designed for high school swimmers who want additional practice for their dives and/or flip turns. Our amazing and knowledgeable Orca Swim Team Coaches are excited to be leading this clinic to help your swimmers improve their dives and flip turns. Each session of the clinic is capped at 9 participants to ensure a small, friendly and safety orientated environment for your swimmer to grow their skills. Registration for the clinic is required at least 12 hours in advance of the clinic. **JCC Aquatics Complex**

Mon. Jan. 6th • 6:30pm-7:30pm • 16 Sessions
\$160 members/\$108 nonmembers
INFERNO. Follow JCC trainer Tracee on this 8-week journey, as she transforms you into the best version of yourself. Build muscle, increase endurance, and improve mobility! **JCC Elite Studio**

Wed. Jan. 8th • 10:15am-11am • 4 Sessions
\$99 members/\$125 nonmembers
Beyond Rowing. Go BEYOND ROWING in this class that involves workouts that strengthen the whole body. Join JCC Expert Trainer, Hallie Young, for an energetic and fun class. ONLY 9 SPOTS AVAILABLE. **JCC Elite Studio**

Wed. Jan. 8th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only
Connect 60+ Lunch & Learn: 100 Things To Do In Albuquerque Before You Die. Albuquerque may be known for Route 66 and its famous green chile, but there's much more to know—and love—about this lively city. Local author Ashley M. Biggers celebrates the top ways to discover the city, from a public art walk to must-sip margaritas. Before you head out on your next adventure, come listen to Ashley share about what destinations to see what makes Albuquerque a world unto itself. **JCC Auditorium**



Sat. Jan. 11th • 8:45am-9:45am • 6 Sessions
\$99 members/\$129 nonmembers

Weekend Warrior. Join TEAM JCC for an exciting and dynamic training experience led by Lee Tallman. The training will be “Samson-inspired” —athletic, functional, and packed with both indoor and outdoor activities. Prepare to push, pull, carry, run, and enjoy engaging games and sports. This inclusive team welcomes all fitness levels and plans to participate in fun local events like the UNM Stair Climbing Challenge, with an optional opportunity to take on the Spartan Race in Colorado this May! **JCC Elite Studio**

Sun. Jan. 12th • 3pm-4:30pm • One-Time
\$12 advance/\$15 door/Series \$125/Mensch \$175

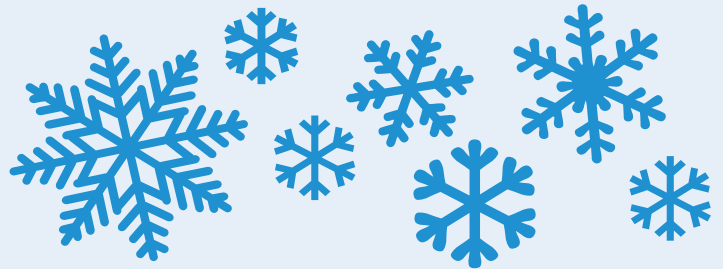
2024-25 Book Fest - *The Klansman's Son: My Journey from White Nationalism to Antiracism* by R. Derek Black.

From the former heir-apparent to white nationalism, *The Klansman's Son* is an astonishing memoir of a childhood built on fear, of breaking from a community of hate. Derek Black's father, Don Black, was a former Grand Wizard in the Ku Klux Klan and David Duke, was also their close family friend and mentor. Racist hatred, though often wrapped up in respectability, was all Derek knew. This is a thoughtful, insightful, moving account of a singular life, with important lessons for our troubled times. Derek traces their uniquely

insider account of the rise of white nationalism, and how a child indoctrinated with hate can become an anti-racist and non-binary-gender adult. Few understand the ideology, motivations, or tactics of the white nationalist movement like Derek, and even fewer have ever made so profound a change. **JCC Auditorium**

Wed. Jan. 15th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only

Connect 60+ Lunch & Learn: Cindy Brown, LBSW- Can you age without growing old? Aging is inevitable, but how do we respond gracefully and proactively to the passing of years? In this discussion, Cindy will help us navigate the typical perspectives and interpretations of aging, as well as steps we can take to age but not get old! **JCC Auditorium**



community **CHANUKAH** celebration

Sunday, 12/15 ☆ 1pm-3pm

- ☆ Community Hanukkah Lighting
- ☆ Live Entertainment w/Jordan Wax & Friends
- ☆ Major League Dreidel
- ☆ Latkas, Sufganiyot & More for Purchase
- ☆ Gift Shopping
- ☆ Obstacle Course
- ☆ Kids Crafts
- ☆ Face Painting
- ☆ Bouncers

\$5 admission ☆ Age 12 & under FREE





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.

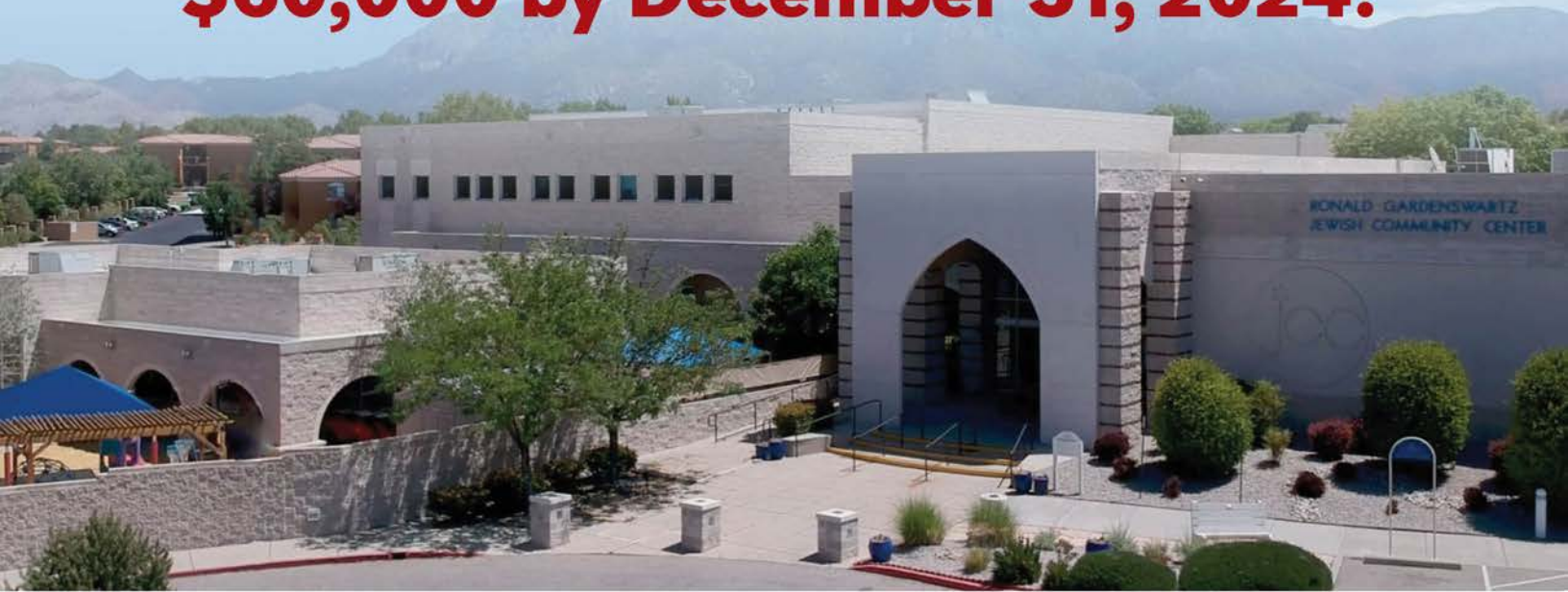
Your gift is critical to maintaining creative programs available to every person who walks through our doors; each with rich, beautiful, impactful stories and experiences.

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.



Donate Now!

Join us NOW to reach our match of \$60,000 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.

BABY & ME YOGA



WEDNESDAYS, 9:30 - 10:30am | 12/4 - 12/18
MEMBER: \$40 • NON-MEMBER: \$50

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.

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



Empowered Through the Ages

This 1.5 hour workshop will focus on women's health-journey highlighting nutrition, fitness and hormones. JCC's nutrition coach, Tracee Hayden and Certified Nurse Practitioner Jalayne Faulhaber are combining forces to share new evidence-based research on topics affecting women's health and wellness.

Thursday, December 5th
5:30 - 7:00 PM

\$10 per person
 Register in member services or on jccabq.org



Tracee Hayden

Personal trainer & Corrective Exercise Specialist through National Academy of Sports Medicine (NASM) and Precision Nutrition certified Nutrition Coach. Tracee has been helping clients for over 10-years.



Jalayne Faulhaber

CNP for 20+ years, owner of Foundation Health & Wellness specializing in acute care, urgent care, hormone replacement therapy, weight loss and preventive care for women and men.



For more information contact Susanna Pier at (505)418-4478 or susannap@jccabq.org



Kid's Intro To Pottery

Wheel throwing and BEYOND!

SATURDAYS, 10-11:30AM
December 7th to January 11th

Join the fun at our lively kids' ceramics class! Young artists will explore the wonders of clay through hands-on wheel throwing and creative hand building projects. Under Ashley'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.
 No experience required.
 Class limited to 6 students.

Members: \$200
 Non-Members: \$275



Ashley Peterson, a ceramic artist from Houston, Texas, focuses on conceptualizing the repurposing of clay, rooted in the principles of sustainability. She completed her Bachelor of Arts at Oklahoma State University and honed her craft during an eight-year tenure as an instructor at Purple Glaze Studio. Deepening her community ties, she worked as a children's ceramic teacher at a private art studio and contributed to a university-affiliated community arts center as a studio monitor and instructor. Now based in Albuquerque, New Mexico, Ashley actively seeks exhibition opportunities, recently showcasing her work at the "Art that Tells Stories" exhibition in Laguna Beach, CA.

Register in Member Services or at jccabq.org. Contact: Alyssa Atias, 505-418-4480, alysaa@jccabq.org



KETTLEBELL 101

with tracee

Discover the power of kettlebell training with JCC's Master Kettlebell Coach, Tracee Hayden! Kettlebell training is both highly effective and technical, making it essential to learn the proper techniques. Whether you're new to kettlebells or looking to refresh your skills, these four training sessions will guide you through dynamic movements, ensuring you perform them safely and effectively. You'll master the kettlebell deadlift, swing, clean, press and snatch.

December 9th to 18th
Mondays & Wednesdays 6:30-7:30pm
In the JCC's Elite Fitness Studio
Members \$69 Non-members \$89

Register in member services or on jccabq.org



Please contact Susanna Pier for more information: 505-418-4478 or susannap@jccabq.org



Bagels & Jazz

SweetJazz

Sunday, Dec. 22nd • 10:30 to Noon

Concert • Bagels • Schmear • Mimosas

SPECIAL HOLIDAY EDITION!



Vocalist Allison Davis is joined by Bert Dalton on keys, Terry Burns on bass and Alex Murzyn on saxophone for a **special holiday edition** of Bagels & Jazz. Join these world-class musicians as they perform an eclectic mix of songs focusing on joy, hope, celebration!

Start your Sunday smiling and singing along! Your ticket includes bagels & schmears, uplifting music and mimosas!

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



HANUKKAH PAINT PARTY

SUNDAY, 12/29
FROM 1 PM TO 3 PM
MEMBER \$25 | NON-MEMBER \$35



Join us on Sunday, December 29 from 1-3 PM for a festive Hanukkah Paint Party! This event is open to all ages, where we'll be painting vibrant, colorful menorahs. It's a great opportunity for families to get creative together and celebrate the Festival of Lights. Kids must be accompanied by a parent or guardian. Come ready for fun, creativity, and holiday joy!



Christa Callen-Tarr, Creativity Coach

"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."



For questions contact Alyssa Atias, Youth & Family Engagement Coordinator at (505)418-4480 or alysaa@jccabq.org



AGES 5-12 YEARS

WINTER BREAK CAMP

DECEMBER
30TH & 31ST
JANUARY
2ND & 3RD

9AM-4PM
BEFORE & AFTER CARE
AVAILABLE



Join us for an exciting and fun-filled Winter Break Kids Camp at the J designed for children ages 5 - 12! Our camp offers a variety of engaging activities including creative arts and crafts, energetic PE sessions, and interactive games. Kids will explore their creativity, stay active, and build friendships in a warm and welcoming Jewish environment. Whether it's through painting, sports, or fun group challenges, there's something for everyone! Let your child experience an unforgettable winter break while learning, playing, and making lasting memories.

Register at jccabq.org or contact Member Services
For questions contact Alyssa Atias at (505)418- or alysaa@jccabq.org



INFERNO



INFORMATION

Jan. 6th - Feb. 26th
Mondays/Wednesdays
6:30pm-7:30pm
Member: \$160
Non Member: \$180

FEEL THE BURN

Follow JCC Trainer Tracee on this 8-week journey, as she transforms you into the best version of yourself. Build muscle, increase endurance, and improve mobility!

8 WEEK PROGRAM

- Weigh-in at the start and finish
- 3x a week: 2 in person / 1 on your own
- Weekly nutrition guidance
- Prizes presented to most transformed

For more info, contact Susanna Pier at 505-418-4478 or susannap@jccabq.org



BEYOND ROWING

4 WEEKS

WEDNESDAYS

Member: \$99
Non-member: \$125

01/08 - 01/29
10:15-11AM

Go **BEYOND ROWING** in this class that involves workouts that strengthen the whole body. Join JCC Expert Trainer, Hallie Young, for an energetic and fun class.

ONLY 9 SPOTS AVAILABLE.

Register online at jccabq.org or visit member services. For more info, contact Susanna Pier at 505-418-4478 or susannap@jccabq.org



WEEKEND WARRIOR

JANUARY 11 - FEBRUARY 15
SATURDAYS AT 8:45 AM
\$99 MEMBERS | \$129 NONMEMBERS

Join TEAM JCC for an exciting and dynamic training experience led by Lee Tallman. The training will be "Samson-inspired" – athletic, functional, and packed with both indoor and outdoor activities. Prepare to push, pull, carry, run, and enjoy engaging games and sports. This inclusive team welcomes all fitness levels and plans to participate in fun local events like the UNM Stair Climbing Challenge, with an optional opportunity to take on the Spartan Race in Colorado this May!



LEE TALLMAN

Lee Tallman is a JCC Personal Trainer with 6 years of experience. He is also a seasoned fitness competitor, participating in several of the JCC's Samson Challenge events, along with many other endurance competitions throughout the years.

REGISTER NOW

Register in member services or online at jccabq.org

For Questions contact:

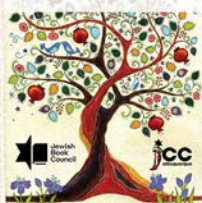
Susanna Pier - Fitness and Wellness Director
(505)418-4478
susannap@jccabq.org



2024-25 BOOK FEST & AUTHOR SERIES

10 Engaging Author Events September 2024 Through June 2025

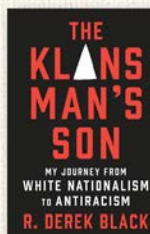
2024-25 JCC Author Series



R. DEREK BLACK

The Klansman's Son: My Journey from White Nationalism to Antiracism

Sunday, 1/12/25 @ 3 pm



From the former heir-apparent to white nationalism, *The Klansman's Son* is an astonishing memoir of a childhood built on fear, of breaking from a community of hate. Derek Black's father, Don Black, was a former Grand Wizard in the Ku Klux Klan and David Duke, was also their close family friend and mentor. Racist hatred, though often wrapped up in respectability, was all Derek knew. This is a thoughtful, insightful, moving account of a singular life, with important lessons for our troubled times. Derek traces their uniquely insider account of the rise of white nationalism, and how a child indoctrinated with hate can become an anti-racist and non-binary-gender adult. Few understand the ideology, motivations, or tactics of the white nationalist movement like Derek, and even fewer have ever made so profound a change.

Meet R. Derek Black

R. Derek Black (they/them) is a doctoral candidate in history at the University of Chicago. Since 2016, they have spoken to many audiences at universities, foundations, institutions, museums, synagogues, and churches. They received the Elie Wiesel Award and a humanitarian award from the Anti-Defamation League. *THE KLANSMAN'S SON* is their first book. They state: 'Most of my life I couldn't have imagined writing a book like this. When I condemned the White Nationalist movement in 2013, I didn't want to speak out publicly again. For years, I didn't, until I knew that remaining silent was no longer a choice I could make.'



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



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



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)	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)

**OakGrove Swim Team will be practicing in lanes 3-6; Monday-Friday thru Feb.

** Sandia Prep Swim Team will be practicing in lanes 1-4; Monday-Friday thru Feb.

For the most up-to-date lane reservation availability please go to <https://jccabq.org/pool-schedule/>

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

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



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.



2024 ACE DONORS

Lynn Asbury • Ed & Leslie Adler • Susan & Alex Bapty • David Bernstein & Erika Rimson • Kara Blattman-Rock • Igal & Debora Brener • Diane Chodorow • Rabbi Paul & Susan Citrin • Doris Duhigg • Toby Fedoravicius • Debra & Howard Friedman • Edgar Furie • Judge Lorenzo Garcia • Rona Gold • Ellen Goldstein • Anne Haines • Roberta Haynes-Sparks • Debra Heller • Dr. Sam & Susan Keith • Shelley & Herb Koffler • Lea Koshkin • Elanit Levene • Stephanie Lipkowitz • Marcia Lubar • Yoni Novat • Shelly & Gary Prant • Karen Raff • Donna Reichman • Ron & Meryl Segel • George & Vivian Skadron • Stan & Marilyn Stark • Vicki Meredith & Jim Stewart • Karen Taylor • Barb Wasylenki • Judy & Peter (z'l) Weinreb • Peggy Werbner • Nancy & Ron Winger • Jane Wishner • Alonet & Peter Zandan • Jacuzzi Wellness • The Edwin S. Soforenko Foundation

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.

