



The Ronald Gardenswartz Jewish Community Center

March 2025 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

March 2025

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 Anick	 ZUMBA Sheryl (9:00am)
10:30am	Barre Stretch Dawn	 LaBlast Bri	Barre Stretch Dawn	 LaBlast Dawn	 LaBlast Erica		
11:30am	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 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

March 2025

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		OPEN GYM 6-8am	5520 FX* Jamie		
8:30am				Boot Camp Lolli		WEEKEND WARRIOR* (8:45) Lee	
9:00am	JUMP Dawn		JUMP Dawn				
10:00am			WE'VE GOT YOUR BACK* Jules (10:15am)			5520 FX* Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4pm	OPEN GYM 12-5pm	OPEN GYM 12-4pm	OPEN GYM 12-5pm	OPEN GYM 12-4pm		
4:30pm	JUMP Debra						
5:30pm	HIIT 30 Leanne	5520 FX* Alexis	5520 FX* Alexis	5520 FX* Alexis			
6:30pm	*RESERVED*	OLYMPIC LIFTING 101* Alexis		OLYMPIC LIFTING 101* 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



Spinning Schedule

March 2025

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		 SPINNING Jim	 SPINNING Tanya (8:15)		SPINPower Steve
9:00 a.m.						 SPINNING Debra	
9:30 a.m.	SPINPower Arleen		SPINPower Sherri		SPINPower Steve		
4:30 p.m.		20/20 Debra		20/20 Rosina			
5:30 p.m.	 SPINNING Lolli		SPINPower Pattie			Our next round of 25 th Anniversary celebratory rides will be on Tuesday, March 25 th during all classes!	

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, focusing on heart rate, perceived exertion and RPMs.

SPINPower: Classes focus on measuring work effort through the principles of power measured in watts.

20/20: 20 min of cycling intervals preceded by 20 min of strength and toning exercises.

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

March 2025

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.	NEW!!! Balance, Core & Stretch Anna	Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Stretch Sherri	Simply Stretch Sara B		Barre Fusion Andrea (9am)
10:30 a.m.	Vinyasa Flow Yoga Theresa	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 B	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

20/20: 20 min of cycling intervals preceded by 20 min of strength and toning exercises.

All THAT: Targeting your favorite spots: **Thighs, Hips, Abs** and **Tush** 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 Fitness: With high reps and low impact movements, barre fitness challenges anyone looking to fine-tune their muscles - no ballet experience required.

Barre Fusion: Enhance your muscle tone, posture, flexibility and confidence in a class that blends Pilates, barre, functional training and mind-body inspired movement.

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!

Deep Stretch Yoga: utilize various yoga positions to provide challenge while proceeding at the individual's level, paying careful attention to body awareness, breathing, balance, and intention with modifications shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one's practice.

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.

Lower Body Barre: Using methods from Fitness, Pilates and Ballet, this class will strengthen, tighten and lift everything from the waist down.

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 &



March 2025 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-2pm • FREE

Cozy Crafters. Join us every Monday to gather and socialize while you work on your latest project and make new connections. Our goal is to create a warm and welcoming community of crafters and space to share your passion to create! All levels welcome!

Brody Annex Library

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. **JCC Auditorium**

Every Tuesday & Thursday • 9:30am-10:30am

6 sessions • \$149 members/\$169 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**

Mondays & Fridays • Starting Feb. 17th • 9am-10am

12 sessions • \$130 members/\$150 nonmembers

Hallie's Angels. An ongoing group that meets for training 2x/week. Expert JCC trainer Hallie Young will keep you coming back with fun and innovative routines that challenge both strength & endurance. **JCC Fitness Floor**

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. **JCC Auditorium**

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

Various Days/Times Available • \$75 per month

5520 FX. A dynamic fitness program that combines functional movement performed at a high intensity level to build strength, endurance, and overall athletic performance.

JCC Elite Studio



March 2025 Calendar of Events

Programs by Date

**Sun. March 2nd • 1pm Age 3-5 • 2pm Age 6-8
6 Weeks • \$75 members/\$100 nonmembers**

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

**Wed. March 5th • 6:00pm-7:00pm • 6 Sessions
\$120 members/\$140 nonmembers**

Success Fuel. Achieve your wellness goals! After this 6-session course, with Certified Nutrition Coach, Tracee Hayden, you'll have a blueprint to achieve your goals whether it's fat loss, muscle gain, weight-loss, or maintaining your current status. **Brody Annex Room 104**

**Wed. March 5th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch and Learn: The Great Hamantaschen Bake. Get in the spirit of Purim! Roll, pinch and fill your own fresh-made hamantaschen! Bring your aprons, rolling pins and to-go containers too! We'll learn a little about this tasty treat and the meaning behind Purim. **JCC Auditorium**

**Thur. March 6th • 7:00pm-8:00pm • 6 Sessions
\$75 members/\$100 nonmembers**

Learn to Line Dance. Learn some of the most popular line dances you'll see on the dance floor like Shivers, Copperhead, Wagon Wheel and more! Whether you're a seasoned dancer or brand new to line dancing, this class is perfect for everyone. **JCC Group Fitness Studio**

Sat. March 8th • 10:00am-12:00pm • \$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. **Brody Annex Room 104**

Sun. Mar. 9th • 3:00pm • \$12

2024-25 Book Fest - We Must Not Think of Ourselves by Lauren Grodstein. From NYT bestselling author Lauren Grodstein, a story inspired by a little-known piece of history in the lives of Jewish occupants of the Warsaw Ghetto in World War II. Called a "masterpiece", and as seen on The Today Show - a 'Read with Jenna' pick. In 1940 Adam Paskow, a prisoner in the Warsaw Ghetto, held captive by Nazi guards, awaiting a horrific fate. He joins a secret group of archivists working to preserve the truth of what is happening behind these walls. Inspired by the testimony-gathering project, Oneg Shabbat, and told with immediacy and heart, this is a piercing story of love, determination, and sacrifice. **JCC Auditorium**

Sun. March 9th • 2:00pm

Free Event - sponsored by the JCC Community Garden Committee From Winterized Garden to Spring Thriving with Master Gardener, Sherman Levenson. Sherman returns to continue our discussion on garden care. He will share his knowledge on preparing, planting, and nurturing your garden for a successful spring season. **JCC Community Garden**

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

Connect 60+ Lunch and Learn: Rabbi Paul Citrin - Purim, the Real Villians. The book of Esther is not only fiction but it is a midrash on ancient antisemitism. We will look at parts of the Megillah and discuss the points this popular work presents, and which is relevant today. **JCC Auditorium**

Fri. March 14th

Purim. Purim is one of the most joyous and fun holidays on the Jewish calendar. Celebrations include dressing up in costume, and enjoying traditional foods such as hamantaschen, delicious 3-cornered pastries filled with a variety of sweet and savory options. **JCC's hours will not be affected by this holiday.**

Fri. March 14th • 12:00pm-2:00pm • \$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. **Brody Annex Room 104**

Sun. March 16th • 9:00am-12:00pm • FREE

JCC Community Garden Clean-Up Day. Volunteer to help us with a Garden Clean-Up Day! This is a great opportunity to get some fresh air and movement and get to know others in our JCC community. To learn more or to RSVP, contact Bri Smith at briannas@jccabq.org **JCC Community Garden**

**Mon. March 17th • 9:00am-4:00pm • One Week
\$375 members/\$425 nonmembers**

Spring Break S.T.E.M. Camp. Our engaging camp combines exciting STEM activities- like science experiments, engineering challenges, and tech-based projects- with creative art and outdoor play. Plus special guests from Explora will inspire young minds. **JCC Campus**

**Tues. March 18th • Session 1 - 3:00pm to 4:30pm •
Session 2 - 5:30pm to 7:00pm • 6 Sessions
\$140 members/\$160 nonmembers**

Adult Watercolors. Unleash your creativity in this beginner friendly watercolor class! Explore the beauty of botanicals, florals, and serene landscapes while learning essential watercolor techniques. **JCC Art Room**

**Wed. March 19th • 10:30am-1:30pm • Weekly
\$12 program & lunch • \$6 program only**

Connect 60+ Lunch and Learn: Cindy Brown, LBSW - It's On The Tip Of My Tongue. Matters of memory and forgetfulness can be frustrating. When "senior moments" pile up, it's natural to wonder: is this normal, or the sign of something more. Cindy will walk us through age related memory changes vs. cognitive impairment. Part 1 of a 2 part series. **JCC Auditorium**



March 2025 Calendar of Events

Sun. March 23rd • 10:30am-12:00pm • \$20

Bagels and Jazz: Allison Davis Quartet. Spring into this Bagels & Jazz SweetJazz performance featuring the lilting, uplifting vocals of the always-amazing Allison Davis, joined by world-class trio: Bert Dalton/keys, Terry Burns/bass and Lee Taylor/sax. Start your Sunday smiling, tapping your toes, and singing along while noshing on fresh-from-the oven bagels and sipping mimosas. Sure to set up your SPRING on just the right note!

JCC Auditorium



Tues. March 25th • Free For Members

Surprise Theme Spin Ride. Join us the 25th of each month for a special surprise-themed spin ride as we celebrate the JCC's 25th anniversary! Every class will bring a new theme, high-energy music, and an unforgettable ride—so get ready to sweat, smile, and spin into the celebration!

JCC Spin Studio

Wed. March 26th • 10:30am-1:30pm • Weekly \$12 program & lunch • \$6 program only

Connect 60+ Lunch and Learn: This Song is Old - The Store of B'nei Menashe of India. The film and discussion will be presented by Sabra Minkus, who has worked extensively with B'nei Menashe through the years and produced this film. The B'nei Menashe is a community of Jews in remote northeastern India who claim descent from one of the **JCC Auditorium**

April Programs by Date

Sun. April 6th • 9:00am-5:00pm • \$199

LaBlast Instructor Certification. ABecome a certified LaBlast Instructor and embark on a journey to inspire others through the joy of movement!

JCC Group Fitness Studio

Wed. April 9th • 10:30am-1:30pm • Weekly \$12 program & lunch • \$6 program only

Connect 60+ Lunch and Learn: Rabbi Darah Lerner - 7 Life Lessons From the Holiday of Passover. Passover is Judaism's great pedagogic experience- every moment is a teaching. Rabbie Lerner will focus on seven lessons that are especially eternal and universal. **JCC Auditorium**

Sat. April 12th • 6:15pm-8:30pm \$40 adult (13+)/\$20 children (5-12)

First Night Passover Seder. OPEN TO THE COMMUNITY! Classic Seder Meal with Wine; Concise Passover Service; Served Family Style; Catered by Rhubarb & Elliott; Bring non-perishable food to be donated to Roadrunner Food Bank serving those in need. **JCC Auditorium.**

JCC Auditorium

Sun. April 13th

JCC CLOSED - Passover. The JCC will be closed in observance of the Passover holiday. Passover, also called Pesach, is a major Jewish holiday that celebrates the Biblical story of the Israelites' escape from slavery in Egypt.

Mission Possible *Capital Campaign*

This multi-phase development effort will renovate several areas of the JCC campus

You can Expect:

- New Pickelball Courts
- An Interactive Splash Pad
- Updated Locker Rooms
- Preschool (FEC) Expansion
- Updated Cafe & Game Area

We're Halfway to our Goal!



Emily Fox - Chief Development Officer emilyf@jccabq.org • (505) 418-4471

KIDS Dance

MAR. 2 - APR. 6

Age 3-5: 1pm

Age 6-8: 2pm

MEMBER: \$75

NON-MEMBER: \$100

A CLASS FOR
MOVEMENT,
EXPRESSION,
AND FUN!



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



SIGN UP
TODAY!



SuccessFuel

A guide to better nutrition, fitness, and health

Wednesdays • Mar. 5 - Apr. 9 • 6-7pm

Member: \$120 • Non-Member: \$140

Achieve your wellness goals! After this 6-session course, with Certified Nutrition Coach, Tracee Hayden, you'll have a blueprint to achieve your goals whether it's fat loss, muscle gain, weight-loss, or maintaining your current status.

We'll go over scientifically proven strategies to help you become the healthiest version of yourself. Topics Include:

- Macronutrients: What are they & how to calculate them for your goals
- Best diet & exercise to meet your goal
- Finding healthier everyday habits
- Why people tend to fail or give up
- How sleep & stress contribute to your success
- How to build an achievable program for you

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



Learn to Line Dance



Thursdays at 7pm, March 6th to April 10th
Members: \$75 | Non-Members: \$100

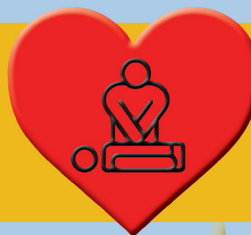
Learn some of the most popular line dances you'll see on the dance floor, like Shivers, Copperhead, Wagon Wheel, and more! Whether you're a seasoned dancer or brand new to line dancing, this class is perfect for everyone. Fun is guaranteed!

Register online at jccabq.org or contact member services at (505)332-0565

For questions contact Dawn LoGuercio at (505)418-4473 or dawnl@jccabq.org



CPR Certification Class



Saturday, March 8th 10am-12pm
Friday, March 14th 12pm-2pm
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



Aquatics Programs

Registration Opens
March 2nd | 9:00am

**Swim Lessons, Lap Swim Clinics,
Free Events & More!**



For more Info Contact The JCC Aquatics Director
Riley Simpson 505-418-4457 • rileysim@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

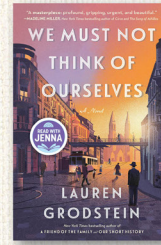
All events at the JCC. Ticket
price includes a light nosh.

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

LAUREN GRODSTEIN

We Must Not Think of Ourselves: A Novel

Sunday, 3/9/25 @ 3 pm



"This is a tender, heartbreaking novel that grapples with timeless questions." *The New York Times*. From New York Times bestselling author Lauren Grodstein, a story inspired by a little-known piece of history in the lives of Jewish occupants of the Warsaw Ghetto in World War II. Called a "masterpiece", and as seen on *The Today Show* – a Read with Jenna pick. In 1940, Adam Paskow becomes a prisoner in the Warsaw Ghetto, held captive by Nazi guards, to await an uncertain fate. He's approached by a mysterious figure with a surprising request:

Would he join a secret group of archivists working to preserve the truth of what is happening inside these walls? Inspired by the testimony-gathering project with the code name *Oneg Shabbat*, and told with immediacy and heart, *We Must Not Think of Ourselves* is a piercing story of love, determination, and sacrifice

Meet Lauren Grodstein

Lauren Grodstein is the author of five novels, including the Read with Jenna selection *We Must Not Think of Ourselves*, *New York Times* bestseller *A Friend of the Family* and the *Washington Post* Book of the Year *The Explanation for Everything*. Lauren's work has been translated into French, Turkish, German, Hebrew, and other languages, and her essays and reviews have been widely published. She teaches in the MFA Program at Rutgers University-Camden and lives in New Jersey with her husband and children.



SPRING BREAK S.T.E.M. CAMP

March 17th to March 21st from 9am - 4 pm
Member: \$375 | Non-Member: \$425
Before and After Care options are available for \$50

Join us for a week of exploration, innovation, and fun! Our engaging camp combines exciting STEM activities—like science experiments, engineering challenges, and tech-based projects—with creative art and outdoor play. Plus, special guests from Explora will inspire young minds! Perfect for curious kids ready to

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



Bagels & Jazz

Sweet Jazz

Sunday, Mar. 23rd • 10:30 to Noon
Concert • Bagels • Schmeer • Mimosas
CELEBRATE SPRING with SweetJazz!

Spring into this Bagels & Jazz SweetJazz performance featuring the lilting, uplifting vocals of the always-amazing Allison Davis, joined by world-class trio: Bert Dalton/keys, Terry Burns/bass and Lee Taylor/sax. Start your Sunday smiling, tapping your toes, and singing along while noshing on fresh-from-the-oven bagels and sipping mimosas. Sure to set up your SPRING on just the right note!

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



SATURDAY
APRIL 12
5785-2025

6:15-8:30pm (doors at 5:45pm)



First Night
Passover
Seder

all are welcome

The Seder will be led by:

Rabbi Min Kantrowitz

Havdalah Begins the Evening

Concise Passover Seder

Classic Seder Meal with Wine

(vegetarian & gluten free options)

Adults: \$40

Children (5-12):\$20

Tickets at jccabq.org



Catered by Ruth Rosenshtein's
Rhubarb & Elliott





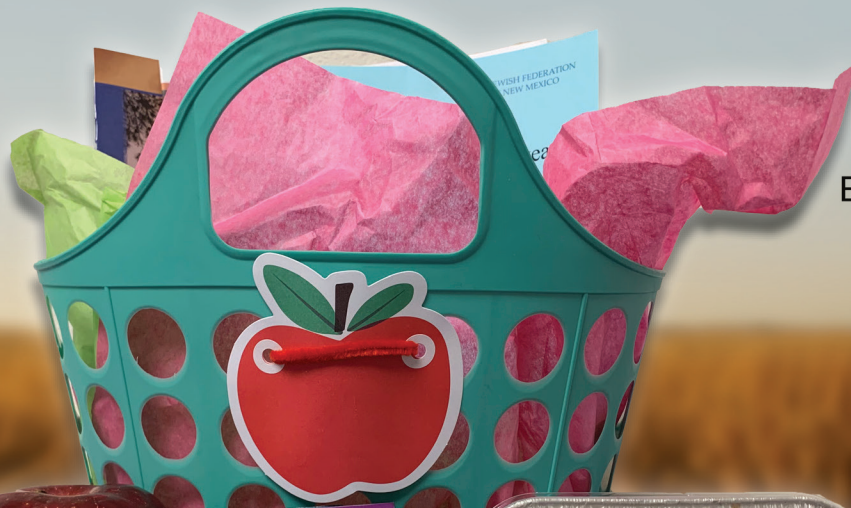
Holiday Baskets

Every year, the JCC's Jewish Care Program (JCP) assembles 75 individual gift baskets as part of their greatest outreach effort for the Jewish holidays of Passover, Rosh Hashanah, and Chanukah. Each basket is delivered by volunteers and JCP staff to isolated Jewish seniors and Holocaust survivors across Albuquerque, Santa Fe, and other parts of New Mexico.

The Holiday Basket Outreach is a beautiful opportunity to bring joy, meaning, comfort, and connection to those most vulnerable in our Jewish community. Each basket costs just around \$20—a small gift that makes a big impact!

Kindly consider sponsoring a basket today!

Scan QR Code
To Donate



For more info:
Emily Blaugrund Fox
505-418-4471
emilyf@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)

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.



2024-25 ACE DONORS

Ed & Leslie Adler • Susan & Alex Bapty • David Bernstein & Erika Rimson • Kara Blattman-Rock • Igal & Debora Brener • Rabbi Paul & Susan Citrin • Barbara & Louis Druxman • Doris Duhigg • Toby Fedoravicius • Debra & Howard Friedman • Edgar Furie • Judge Lorenzo Garcia • Alan Glassman • Rona Gold • Ellen Goldstein • Anne Haines • Roberta Haynes-Sparks • Debra Heller • Gary & Penny Hoe • Dr. Sam & Susan Keith • Shelley & Herb Koffler • Lea Koshkin • Elanit Levene • Jim Lewis & Arden Lang • 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 • Joel Widman • Nancy & Ron Winger • Jane Wishner • Alonet & Peter Zandan • Jacuzzi Wellness

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.

