The Ronald Gardenswartz
Jewish Community Center

NOVEMBER
Program Guide

FITNESS · AQUATICS
ARTS & CULTURE
JEWISH LIFE
SPORTS · WELLNESS
COMMUNITY

A NONPROFIT CHARITABLE ORGANIZATION

Calendar of Events

Acute Grief Support Group • 2nd & 4th Thursday of the month, 11am–Noon
Whether your loss is recent or you're struggling with intense emotions, you are not alone. Join us for guided conversations and support in your healing journey. To register, call (505) 348-4443.

Cozy Crafters • Every Monday, 10:30am–Noon
Gather and socialize while you work on your latest project and make new connections.

Older Man's Group • Every Wednesday, 9:30–11am
A welcoming, facilitated discussion group for men 65+, to share, connect with peers, and build social ties.

Box & Burn • Thursdays, 5:30-6:20pm • Starts October 1 • Group Fitness Studio
Shake up your routine with this high-energy, non-contact cardio boxing workout! No gloves. No bags. No experience needed. All levels welcome!

Chair Yoga • Saturdays, 9-9:50am • Zen Studio • FREE for members
This gentle yoga class is designed to improve flexibility, mobility, strength, and balance in a comfortable and accessible setting.

Book Fest with Pati Jinich • Wednesday, November 4 • 11am • $35
Join us for Book Fest with Pati Jinich! Enjoy a special talk with the award-winning chef and author, followed by a luncheon featuring recipes from her cookbook, Foods of La Frontera. Lunch is included with your ticket purchase. All are welcome!

Strength in Motion • Wednesdays, Nov 4-Dec 9• 7-8am
Ready to work on your strength and mobility? Join us for the final Strength in Motion series of the year! Learn proper kettlebell technique, build full-body strength, and improve how you move with coach Tracee. All fitness levels are welcome, and no prior kettlebell experience is needed!

Shabbat Dinner • Friday, November 6 • 5:30-7:30pm • Pay what you can
Join us for a Thanksgiving-themed community Shabbat dinner with Shabbingo (Shabbat Bingo)! Enjoy a kosher-style dinner with vegetarian options upon request. Registration is required one week in advance to allow for catering. All are welcome!

Meditation, Mantras, Mudras, and More • Saturday, November 7 • 1:30pm• $20-30
Join us for an enriching journey featuring breath work, sound healing, meditation, chakra balancing, mantras, yoga nidra, and other transformative practices that will expand your understanding of this ancient tradition.

Strength & Conditioning Clinic • Saturday, November 7 • 8:20 AM–4:30 PM
Join us for the 15th Annual Albuquerque Strength & Conditioning Clinic, a full day of practical education for fitness, coaching, and healthcare professionals. Learn from seven experts on training, movement, performance, and more,

Lunch & Learn: Nature as Medicine • Thursday, Nov 12 • 11am
Explore the science of forest bathing and how spending time in nature can reduce stress and support your well-being. Learn how slowing down outdoors can benefit your health.

Lunch & Learn: A Thanksgiving Program on Gratitude • Thursday, Nov 19 • 11am
Slow down and give thanks with us this season. Join us for a thoughtful, reflective program centered on gratitude, connection, and the things that bring us together. Afterward, enjoy a traditional Thanksgiving meal in good company.

Fall Harvest Craft Fair • Saturday, November 21 • 9am-3pm
Get a head start on holiday shopping at The J's Fall & Holiday Craft Fair! Browse handmade goods, discover unique gifts, and shop from local artists and vendors.

Coffee & Clergy • Monday, November 23 • 1-2:30pm • $7
Join us for Coffee & Clergy, a casual conversation about faith, community, and topics that matter.

Shabbat of Thanksgiving at The J

Good Food. Great Company. A Stronger Community.

FRIDAY, NOVEMBER 6

5:30 – 7:30 PM
At The J

ALL ARE WELCOME!

Join us for a special Shabbat dinner in the spirit of Thanksgiving. Come together around the table for an evening of good food, meaningful conversation and community. Everyone is welcome!

PAY WHAT YOU CAN

REGISTRATION REQUIRED

Please register by October 30.
Space is limited.

SCAN TO REGISTER



GROUP FITNESS
Studio

November 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			**Muscle Hour** Lolli		**Full Body Workout** Lolli		
8:30am	**Strength for Life** Michelle	**Senior Strength** Leanne	**Barre Fitness** Tracy	**Senior Strength** Afsi	**Lower Body Barre** Jacqueline	**Boot Camp** Karen (8:15am)	ZUMBA fitness Sheryl (9am)
9:30am	**Core Assets** Michelle	**E.S.P.** Leanne	**Tabata Core** Sara B	**Muscle 50** Dawn	**Step n' Tone** Karla	ZUMBA fitness Anick	
10:30am	**Barre Stretch** Dawn	LaBlast Bri	**Barre Stretch** Dawn	LaBlast Dawn	LaBlast Erica		
11:30am	**Fit 2 Move** Lisa				**Sit n Fit Dawn** (10:30 in Auditorium)	**Bone Health Clinic*** Melissa (11am)	
4:30pm		**Barre Stretch** Sherri					
5:30pm	**Shvitzology** Leanne	**Full Body Workout** Lolli	**Interval Training** Karen	**Box & Burn** Dawn			
6:30pm	**Israeli Dance*** (7pm) Julia & Neer	LaBlast Erica	ZUMBA fitness Anick				

Scan to View Classes

***(Register on the app!)**

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

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

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

GROUP FITNESS
Studio

November 2026

Class Descriptions

Barre Fitness- Strengthen and tone with small, controlled movements that challenge your muscles without high-impact exercise. No ballet experience needed—just come ready to move and have fun.

Barre Stretch- Ease tight muscles and improve flexibility with gentle stretches using the ballet barre for support. You'll leave feeling taller, looser and ready to move with more comfort.

Boot Camp- Get your heart pumping with a mix of cardio, strength training and agility exercises. Every workout is different, making this class fun, challenging and great for all fitness levels.

Core Assets- Build a stronger core by focusing on your abs, back and glutes. Better balance, improved posture and everyday strength start here.

E.S.P. (Endurance • Strength • Power)- Build endurance, increase strength and improve power through a full-body workout that helps you feel stronger inside and outside the gym. You'll be encouraged every step of the way.

Fit 2 Move- Move with confidence in this welcoming class designed for all ages and abilities. Improve strength, flexibility, balance and mobility with exercises that can be adapted to meet your needs. Chairs are available for support.

Full Body Workout- Strengthen your entire body with a balanced mix of cardio and muscle-toning exercises. A great choice if you're looking for an energizing workout that does it all.

Interval Training- Keep your body guessing by alternating between higher- and lower-intensity exercises. It's an effective way to improve fitness, build endurance and burn calories.

LaBlast- Dance your way to a great workout with this fun, partner-free class inspired by ballroom dancing. Learn easy-to-follow moves while improving balance, coordination and cardiovascular fitness—no dance experience required.

Lower Body Barre- Focus on strengthening and toning your legs and glutes through low-impact movements inspired by ballet, Pilates and fitness training.

Muscle Hour- Build strength from head-to-toe using dumbbells, resistance bands and other equipment. This full-body class helps improve muscle tone, confidence and everyday strength.

Muscle 50- Everything you love about Muscle Hour in a shorter, 50-minute workout. Build strength and stay energized on a busy schedule.

Senior Strength- Designed for older adults and anyone looking for a supportive pace, this class focuses on strength, balance and posture to help you stay active, independent and confident in everyday life.

Shvitzology- Lift, strengthen and challenge yourself with a full-body strength workout that emphasizes proper form and steady progress. Build muscle, improve confidence and enjoy the satisfaction of getting stronger.

Sit n Fit- Stay active with this fun 30-minute class that combines seated and standing exercises to improve strength, balance, coordination and posture. A great option for beginners or anyone looking for a lower-impact workout.

Step n' Tone- Enjoy easy-to-follow step cardio combined with strength exercises using weights, bands and other equipment. Boost your heart health while building muscle and improving endurance.

Strength for Life- Build practical, everyday strength with weights and resistance bands in a supportive environment. Improve posture, balance and endurance so daily activities feel easier.

Tabata Core- Boost your heart rate with short bursts of interval training, then finish with core exercises that strengthen and support your midsection. Fast, fun and effective.

Zumba- Turn exercise into a dance party with upbeat Latin and international music. Easy-to-follow routines make this class a fun way to improve cardio fitness, burn calories and enjoy moving your body.

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ZEN Studio

November 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m.	**Balance, Core & Stretch** Anna	**Simply Stretch** Sherri	**Pilates 101** Daniel	**Balance, Core & Stretch** Afsi	**Simply Stretch** Sara B		**Barre Fusion** Andrea
10:30 a.m.	**Vinyasa Flow Yoga** Anna	**Pilates Core & Strength** Tracy	**Iyengar-style Yoga** Mindy	**Waist Up** Sherri	**Fusion Yoga** Kyra	**Simply Stretch** Cody	**Vinyasa Flow Yoga** Sara U
12:00 noon	**Pilates Mat** Tracy	**Vinyasa Flow Yoga** Sara U	**Pilates Mat** Tracy	**Simply Stretch** Sara B	**Pilates Core & Strength** Tracy		**Gentle Yoga** Sara U
4:00 p.m.					**Shabbat Yoga** Sarah S (1st Friday of every month only)		
5:30 p.m.		**Intentional Flow** McKenna	**Pilates Mat** Einav	**Intentional Flow** McKenna	**Scan to View Classes** *(Register on the app!)		

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

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

All classes located in the Zen Studio inside the Brody Annex building
Please bring your own mat

ZEN Studio

November 2026

ZEN STUDIO CLASS DESCRIPTIONS

Balance, Core & Stretch: For our special populations, this class will help to strengthen your core, improve balance, as well as increase flexibility.
Barre Fusion: Enhance your muscle tone, posture, flexibility and confidence in a class that blends Pilates, barre, functional training and mind-body inspired movement.
Pilates 101: Perfect for beginners and special populations, this class will teach you the fundamentals of Pilates with a gentler approach.
Pilates Mat: A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.
Pilates Core & Strength: This class adds a new level of fun with motivating music and a focus on strength. Various equipment will be used to sculpt and tone the entire body.
Reset & Release: The perfect way to end the day is to spend 30 minutes calming and restoring the body.
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.
Waist Up: Sculpt and condition arms, chest, back and core. Everything from the waist up!
Yoga: We offer several styles so that you can experience a fresh exploration of the physical, mental and spiritual body. All levels are both welcomed and encouraged!

- **Fusion Yoga:** a mix of yoga styles into an adaptive, connected sequence focusing on mobility, strength and balance while using a variety of props.
- **Gentle Yoga:** slow, mindful movements that encourage inward attention and self-exploration. Somatic practices teach sense and orchestrate muscle movement, promoting relaxation and ease throughout the body, allowing participants to experience greater freedom of movement and alignment.
- **Intentional Flow Yoga**: thoughtfully sequenced bled of Hatha & Vinyasa yoga designed to deepen the mind body connection. Build strength, balance and endurance as breath guides you through your purposeful movement and poses.
- **Iyengar-style Yoga:** Build strength and patience using 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.
- **Shabbat Yoga:** An ideal time to pause from our often-hectic lives to rest, breathe, and re-center ourselves in this gentle flow and restorative yoga class.

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

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

All classes located in the Zen Studio inside the Brody Annex building
Please bring your own mat

ELITE Studio

November 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		RESERVED 6-8am	**Strength in Motion* (7am)** Tracee	RESERVED 6-8am			
8:30am				**Boot Camp** Lolli		**Bone Health*** Melissa	
9:00am	**JUMP** Dawn		**JUMP** Dawn				
10:00am						**5520 FX*** Staff	OPEN GYM 10:30-4
12 NOON	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4	OPEN GYM 12-4		
4:30pm					**5520 FX*** Ashley (4:45)	**Scan to View Classes**	
5:30pm	**HIIT 30** Ikaa	**5520 FX*** Alexis	**5520 FX*** Weylin	**5520 FX*** Alexis		***(Register on the app!)**	

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

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

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

ELITE Studio

November 2026

Elite Studio Group Fitness Class Descriptions

(extension of Group Fitness schedule)

Boot Camp-A fun, high energy workout incorporating cardio, weights, speed and agility drills. Keep that metabolism burning long after your workout is finished!

HIIT 30- Join our inspiring 30-minute HIIT class – a fitness fiesta that embraces all, fuels positive change, and leaves you empowered with a newfound strength to conquer your day! Inclusive, motivating, and transformative, because in half an hour, you'll sculpt your body and elevate your spirit!

JUMP- **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!

Specialty Programs*

5520 FX- 5520 FX is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that are performed in day-to-day life activities, like squatting, pulling, pushing, etc.

Please note: This class is for our members who have added the 5520 FX Functional Exercise membership or purchased a punch card only. For questions on how to add the 5520 FX Functional Exercise membership to your JCC membership, please contact Dawn LoGuercio at dawnl@jccabq.org or visit the Membership Office.

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

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

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Spin Studio

November 2026

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.		SPINNING Sara		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				Scan to View Classes	
5:30 p.m.	SPINNING Lolli		SPINPower Pattie			*(Register on the app!)	

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

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

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.

Max & Ruth Pollack Aquatic Complex Schedule

JCC Aquatics

November-December

COMPETITION POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lap Swim 5:30AM-6AM	Lap Swim 5:30AM-6AM	Lap Swim 5:30AM-6AM	Lap Swim 5:30AM-6AM	Lap Swim 5:30AM-6AM	
	Oakgrove HS Swim Team 6-7:15 AM (2 Lap Lanes*)	**Oakgrove HS Swim Team** 6-7:15 AM (2 Lap Lanes*)	**Oakgrove HS Swim Team** 6-7:15 AM (2 Lap Lanes*)	**Oakgrove HS Swim Team** 6-7:15 AM (2 Lap Lanes*)	**Oakgrove HS Swim Team** 6-7:15 AM (2 Lap Lanes*)	
Lap Swim 8AM-9AM	Lap Swim* 7:15 AM-4 PM	Lap Swim* 7:15 AM-4 PM	Lap Swim* 7:15 AM-4 PM	Lap Swim* 7:15 AM-4PM	Lap Swim* 7:15 AM-2 PM	Lap Swim 8-9AM
Family/Lap 9AM-4PM (3 Lanes Open)					Family Swim 2:00pm-4:00pm	Family/Lap 9AM-4:00PM (3 Lanes Open)
JCC Closes at 5PM	**HS Swim Team**** 4:00 -6 PM (1 Lap Lane Available 5-6PM)	**HS Swim Team**** 4:00 -6 PM (3 Lap Swim Lanes Open)	**HS Swim Team**** 4:00 -6 PM (1 Lap Swim Lane Open)	**HS Swim Team**** 4:00 -6 PM (3 Lap Swim Lanes Open)	**HS Swim Team**** 4:00 -5:30 PM (3 Lap Swim Lanes Open)	JCC Closes at 5PM
	Adult League 6-7PM (3 Lanes Open)	Family/Lap Swim 6-7PM	Adult Swim League 6-7PM (3 Lanes Open)	Family/Lap Swim 6-7PM		

THERAPY POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Closed 8-9AM	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30am-4:00pm	Pool Closed 5:30 am-2pm	Family Swim 9AM-4PM
Family Swim - 9AM-4PM					Family Swim 2-5PM	
JCC Closes at 5PM	Family Swim 4-7PM	Family Swim 4-7PM	Family Swim 4-7PM	Family Swim 4-7PM		JCC Closes at 5PM

IMPORTANT NOTES

- Swim Team
- Adult League/Swim Lessons
- Aqua Aerobics
- Camp
- Family/Lap Swim
- Lap Swim Only

Contact Riley Simpson, Aquatics Director for questions: 505-418-4457

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

PICKLEBALL
WEEKLY COURT SCHEDULE
FALL 2026

DAY	COURT(S)	TIMES
MONDAY-THURSDAY	Courts 1-3	7:00AM-7:00PM ALL LEVELS
FRIDAY	Courts 1-3	7:00AM-5:30PM ALL LEVELS
SATURDAY & SUNDAY	Courts 1-3	7:00AM-4:30PM ALL LEVELS

*A challenge court may be established if players deem it necessary
*If training or camps are taking place, they have priority.

SCAN TO DOWNLOAD

JOIN US ON TEAMREACH!
Download the app and follow us for updates, events, and meetups!
GROUP CODE: JCCPB123

THANK YOU FOR HELPING KEEP OUR COURTS FUN, SAFE & PLAYABLE FOR ALL!

Jewish Book Council

BOOK FEST

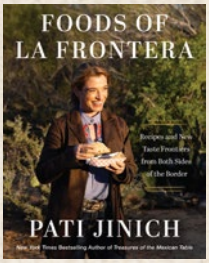
2026-2027 Series

JCC of Greater Albuquerque

SAVE THE DATE
NOV 2026
TO
APRIL 2027

Seven author seminars presenting the best in fiction, memoir, nonfiction, and cuisine.



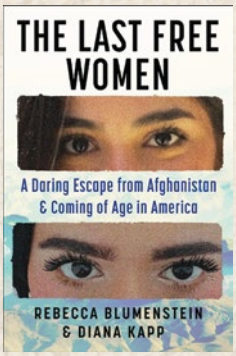


WEDNESDAY, NOV 4, 2026 • 11AM *(Luncheon)*

PATI JINICH

Foods of La Frontera: Recipes and New Taste Frontiers from Both Sides of the Border *(Cookbook)*

In Foods of La Frontera, Pati Jinich explores the people, traditions, and flavors that bring the U.S.-Mexico border to life. Through stories and recipes from Arizona, New Mexico, and Texas, she celebrates a region where cultures, histories, and cuisines come together.







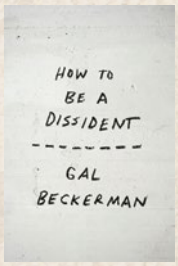
SUNDAY, NOV 15, 2026 • 2PM *(Via Zoom)*

REBECCA BLUMENSTEIN &

The Last Free Women: A Daring Escape from Afghanistan and Coming of Age in America *(Nonfiction)*

Four young Afghan women rebuild their lives in America after fleeing the Taliban's return to power, while navigating questions of freedom, identity, and belonging.





SUNDAY, JANUARY 10, 2027 • 2PM

GAL BECKERMAN

How to be a Dissident *(Nonfiction)*

Gal Beckerman explores ten qualities of effective dissidents throughout history and what they can teach us about standing up for what we believe.

SERIES PASS | $125
Admission to the full JCC BookFest series.

BookFest Patron Pass| $200
Enjoy the full Book Fest series while giving back! Your Patron Pass includes admission to the entire series, plus a $75 contribution in support of JCC Book Fest and future literary programming.

SCAN TO VISIT OUR WEBSITE

Contact Alyssa for Info
AlyssaA@jccabq.org • 505-418-4480



OPEN GYM TIMES & COURT EVENTS

NOVEMBER

MON

- Open 5 am to 3:45 pm
- Oak Grove Practice 3:45 to 5:15pm
- VBall Leagues 6 pm to Close

TUE

- Open 5 am to 10 am
- Pickleball 10 am to 12 pm
- Open 12 pm to 6pm
- B Ball Leagues 6pm to Close

WED

- Open 5 am to 1 pm
- Pickleball 1 pm to 3 pm
- Open 3 pm to 3:45pm
- Oak Grove Practice 3:45 to 5:15pm
- B Ball Leagues 6pm-Close

THU

- Open 5 am to 10 am
- Pickleball 10 am to 12 pm;
- Open 12 pm to 5:30 pm
- VBall Leagues 6 pm to Close

FRI

- Open 5 am to 9am
- FEC KidFit 9am-12pm
- Open 12pm-5pm
- VBall Leagues 5:30 pm to Close

SAT

- Open 7 am to 11 am
- Pickleball 11 am to 1 pm
- Open 1 pm to Close

SUN

- Open All Day

THANK YOU FOR YOUR FLEXIBILITY AND SUPPORT!

LET'S MAKE THIS A GREAT SUMMER TOGETHER.

Fall Harvest Craft Fair

NOVEMBER 21 ST | 9AM-5PM

Discover unique, hand-crafted treasures from talented local artisans and vendors. Browse beautiful home décor, seasonal gifts, jewelry, artwork, candles, baked goods, and so much more!

Over 20+ Local Vendors
FREE Admission FREE Parking

(505) 332-0565 www.jccabq.org 5520 Wyoming Blvd NE

Fitness & Wellness Events

Strength In Motion

6-Week Kettlebell and Body Weight Training Class
JCC | Elite Studio

NOV 4 - DEC 9
Wednesdays 7-8am
Members: $99
Non members: $129



This class focuses on building strength, conditioning, and mobility using kettlebells and bodyweight movements. Led by Tracee, a kettlebell technique expert with 14 years of coaching experience, you'll learn safe, effective movement patterns in a supportive environment. Open to all fitness levels, with guidance to meet you exactly where you are.

Register Now!

For info contact Susanna Pier | (505) 418-4478 • susannap@jccabq.org

Meditation, Mantra, Mudras & More

A transformative yoga experience beyond the mat

November 7
1:30–3 pm

Members: $20



Discover the deeper dimensions of yoga with Sara Ukeiley (RYT-500). While many know yoga for its physical poses (asana), the true practice encompasses so much more.

Join us for an enriching journey featuring breath work, sound healing, meditation, chakra balancing, mantras, yoga nidra, and other transformative practices that will expand your understanding of this ancient tradition.

What to bring: Yoga mat and blanket (optional for extra comfort & support)

Contact Dawn for info
(505) 418-4473 • DawnL@jccabq.org

Programs & Classes









Leave Your Mark at The J!

Create a 6x6-inch ceramic tile to be featured in our community mosaic at the J. Your gift helps fund capital improvements that enhance our facilities and keep the J a vibrant, welcoming place for all.



A SMALL TILE. A BIG IMPACT.

YOUR GIFT HELPS BUILD A BETTER J

- OUTDOOR SPACES
- AQUATICS FACILITIES
- FITNESS & WELLNESS SPACES
- COMMUNITY PROGRAM SPACES
- FACILITY UPGRADES

Tiles are available for a tax-deductible gift of $1,200.

Make a bigger impact! Get 4 tiles for $4,000.

Ask membership how to get involved.

Every tile adds to a colorful mosaic of community - a lasting expression of the people and families that make the J so special!

JCC albuquerque

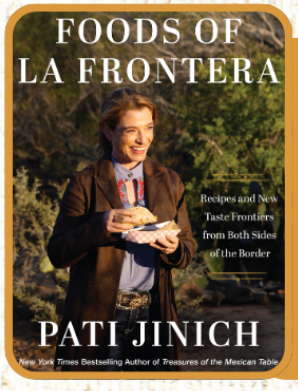
NOVEMBER LUNCH & LEARN

Now on Thursdays

Enjoy engaging presentations, connect with friends, & share a delicious meal

10:30AM CHECK IN • 11AM PROGRAM • 12PM LUNCH

$7 PROGRAM ONLY • $14 PROGRAM & LUNCH



WEDNESDAY, November 4- *Bookfest*

Discover new voices and beloved storytellers at our celebration of Jewish authors! Join us for book fest featuring bestselling cookbook author and James Beard Award-winning Pati Jinich. Celebrate stories, culture, and food over great books and a delicious lunch.

Luncheon is $35 and $14 for Shalom House residents

Rhubarb and Eliott: Recipe by Pati Jinich



November 12 - *Nature as Medicine: The Science of Forest Bathing*

Can a walk in the woods really lower stress and boost your health? Explore the research behind this restorative practice over a cozy lunch of chicken noodle soup, rolls, salad, and dessert.

Rhubarb and Eliott: chicken noodle soup, rolls, salad, and dessert.



November 19 - *A Thanksgiving Program on Gratitude*

Slow down and give thanks with us this season. Join us for a thoughtful, reflective program centered on gratitude, connection, and the things that bring us together. Afterward, enjoy a traditional Thanksgiving meal in good company.

Rhubarb and Eliott: Thanksgiving Meal

JCC albuquerque

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