

August 2026 | Av - Elul, 5786

An Ancient Mitzvah for a Modern Community

"When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not strip your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger."

Leviticus 19:9-10

One of Judaism's most beautiful teachings is the mitzvah of Pe'ah, the instruction to leave the corners of one's field unharvested so that those experiencing hunger might gather food for themselves. More than an agricultural practice, Pe'ah is a profound expression of human dignity. It teaches us that generosity is not simply about giving. It is about recognizing the inherent dignity of every person and understanding that what we have is meant to be shared. This summer, our JCC community had the opportunity to put this ancient value into action through our Nourishing Our Neighbors intergenerational service project. Together, we sorted 542 donated food items, preparing food packages for our Broadmoor neighbors experiencing food insecurity. Each donated item, each packed bag, and each shared message reflected a commitment of respectfully caring for one another.

Our partnership with the Broadmoor Improvement Association Food Pantry brings the spirit of Pe'ah into the present day. Together, we are creating a modern expression of this timeless mitzvah by helping ensure that our neighbors have access to healthy food while preserving the dignity that every individual deserves.

One of the most remarkable aspects of volunteering at the BIA Food Pantry is its simplicity. Each week, volunteers gather to sort donations, prepare food boxes, and strengthen the fabric of our community. The work is welcoming, meaningful, and deeply rewarding. There is no special RSVP required, only a willingness to show up with open hands, an open heart, and comfortable shoes and clothing.

Broadmoor Improvement Association Food Pantry
2021 S. Dupre Street

Volunteer Opportunities

Tuesdays: 8:00 a.m. – 12:00 p.m.

Wednesdays: 11:00 a.m. – 3:00 p.m.



We hope you will join us in this partnership with the BIA Food Pantry. Every hour of service reminds us that by caring for one another with dignity and compassion, we help fulfill the timeless Jewish calling to repair the world, one neighbor at a time.

Alice

Memory Cafe

Tuesday, August 4 | 2:00 - 3:30 pm

Free and open to the community.

RSVP by Monday, August 3

Join us for August's Memory Cafe at the JCC Uptown for an afternoon of Jazz with Jeanne Breazeale.

Memory Cafe is a place for families experiencing memory loss to have fun, talk with others who understand what you're going through, and try something new! Light snacks will be served.

Lunch & Learn with the Rabbi

Thursday, August 6 | 12:00 - 1:30 pm

\$3 members | \$5 non-members

RSVP by Monday, August 3

Join us for our monthly Lunch & Learn as we discuss interesting topics with a local Jewish leader. This month, Rabbi Cohen-Henriquez from Shir Chadash will be joining us after we have a light lunch.

Men's Group

Friday, August 7 | 12:45 - 2:00 pm

No charge to members and non-members

RSVP by Thursday, August 6

The JCC Men's Group is a monthly discussion group for retired gentlemen to create community and conversations. Meeting on the first Friday of each month, this group provides an opportunity for men to come together to connect, reminisce, and explore a range of topics with their peers.

Morris Bart Sr., Lecture Series

The Benefits of a Diasporic Identity for Jewish-Americans with Dr. Joel Dinerstein

Monday, August 10 | 12:00 - 2:00 pm

Free for members | \$10 non-members

RSVP by Thursday, August 6

We are living through a moment of disruption and discord in Jewish identity. There is a deepening political and cultural chasm between the perspectives of Israeli and American Jews, with some writers arguing for the renewal of diasporic identity. Joel Dinerstein grew up with a diasporic identity in Flatbush, Brooklyn, one of the most urban Jewish neighborhoods in America in the mid-20th Century – Barbra Streisand and Neil Diamond both went to his high school. Combining autobiography and scholarship, he will make a case for a diasporic identity for American Jews, as illuminated by reading excerpts from his new family memoir, *The Last of the Ellis Island Jews*.

Dr. Joel Dinerstein is the Sizeler Family Professor of Judaic Studies at Tulane University and two of his courses have these tensions as key themes: (1) Jewish-American Literature, based on the diasporic identity of immigrant Jews; (2) Jews and Race, which focuses on how and why Jews were the racial Other of Europe long before the Holocaust. A catered lunch will be served

Current Events Group

Tuesday, August 11 | 1:00 - 2:00 pm

No charge to members and non-members

RSVP by Monday, August 10

Meet with others to discuss current news and events. No particular viewpoint is required, just an interest in what's going on in the world. Bring an open mind. This group meets on the second Tuesday of each month.

Annual Flossie Strug Kerner Memorial Luncheon

3400 16th St., Metairie

Thursday, August 13 | 12:00 - 2:00 pm

RSVP by Thursday, August 6 (Members only)

Join your friends for a beautiful luncheon out on the town. This year, the annual Flossie Strug Kerner Memorial Luncheon will be held at Impastato's Restaurant in Metairie. There is no charge for this luncheon, but reservations are limited. A bus will be provided for this event. Pickups will be at both the Uptown and Metairie JCC locations. Parking is not available at the restaurant. There will be a \$5 charge for the bus.

Learn to Play Mah Jongg Begins

August 17 | 6:00 - 8:00 pm

Mondays, Tuesdays, Wednesdays

\$100 members | \$115 non-members

Register at www.nojcc.org/adultclasses

This six-session class is perfect for Mah Jongg beginners or those who need a refresher course. Learn using the NMJL rules. No experience is necessary. A Mah Jongg card will be provided. You MUST be able to attend the first class to register for the series.

NOMA: Sèvres Magnifique: French Porcelain from the Collection of Thomas B. Lemann

Wednesday, August 19 | 12:00 - 2:00 pm

Free admission for LA residents courtesy of The Helis Foundation

RSVP by Monday, August 17

France's royal porcelain factory at Sèvres, on the outskirts of Paris, has for nearly 300 years produced both decorative and useful ceramic objects of exemplary craft. Creating vases, tea sets, plates, and bowls that signified wealth, power, and opulence to the 18th-century French court at Versailles, Sèvres factory artists worked alongside chemists and the best sculptors of the Rococo era to produce fine porcelain with luscious glazes. This exhibition at the NOMA celebrates the bequest of a superb group of Sèvres porcelain from New Orleans collector Thomas B. Lemann. Join your friends for lunch at Cafe NOMA at noon, followed by a docent-led tour.

Movie Day: Train Dreams

Thursday, August 27 | 12:00 - 2:00 pm

No charge for members and non-members

RSVP by Tuesday, August 25

Train Dreams is the moving portrait of Robert Grainier (Joel Edgerton), whose life unfolds during an era of unprecedented change in early 20th-century America.

Uptown Ongoing Programs

Chair Exercise

Designed for seniors at all levels and abilities, this stretching and strength training class allows you to exercise from a chair or standing. Wear comfortable clothes and closed toe shoes. Check with your doctor before starting any exercise program.

Mondays, Tuesdays & Thursdays

10:45 - 11:45 am

Free to members | \$2 non-members

Games Day

Join us for Mah Jongg, Rummikub or bridge. Bring your lunch; dessert and coffee are provided.

Tuesdays, 12 - 3 pm

Free and open to the community

Better Balance

Low impact balance and exercises which can help prevent falls by improving one's ability to control and maintain body position, whether you are moving or still.

Wednesdays | 10:45 - 11:30 am

Free to members | \$2 non-members

Dance for Parkinson's

This FUN, free, creative movement class is specially designed for people living with Parkinson's or other movement or neurological challenges. Caregivers and supporting family and friends are welcome.

Wednesdays | 10:30 - 11:45 am

Pre-register onsite during class times, or in advance at <https://bit.ly/dance4park>

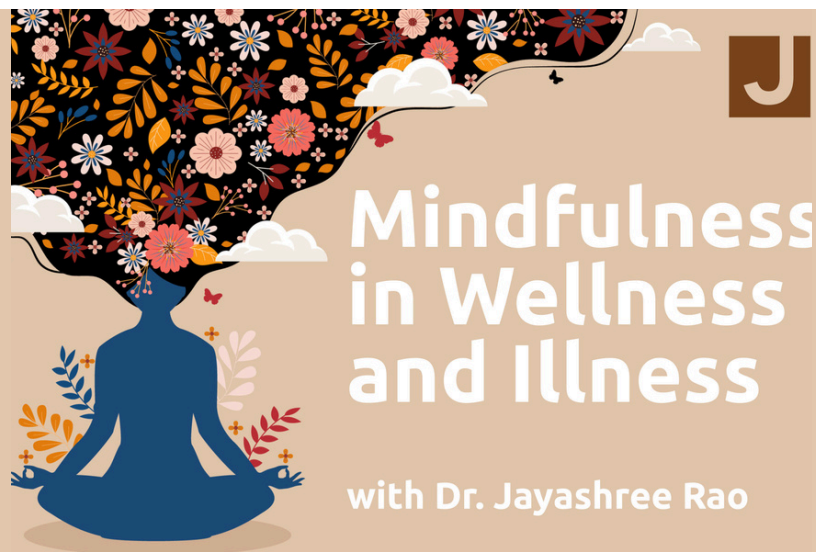
Chair Yoga & Meditation No class 8/7

This class geared towards seniors will take place on chairs and begins with soft stretching and yoga. It will then move to guided meditation. Led by Kelly Bond in the Mind/Body Studio.

Fridays | 11:00 - 11:45 am

Free to members | \$2 non-members

The Senior Exercise Program is funded by the Nathan and Bluma Polmer Designated Fund to Benefit Jewish Seniors at the Jewish Endowment Foundation. The Polmers left a legacy that allows the JCC to continue to provide quality programs and improve the lives of our senior population.



Mindfulness in Wellness and Illness

with Dr. Jayashree Rao

Wednesdays

August 5 - September 30

12:30-2PM

Mindfulness in Wellness and Illness with Dr. Jayashree Rao

Through guided meditation and brief exercises, participants in this weekly series will learn to cultivate mindfulness to help them experience the present moment in everyday activities. Although no specific outcome is promised, participants typically report feeling more focused, more "in-tune" with themselves and others. In addition, research suggests significant beneficial effects in dealing with stress, anxiety, depression, high blood pressure, chronic pain, and diabetes.

About the Instructor: Dr. Jayashree Rao is a retired pediatric endocrinologist who spent thirty years teaching, researching, and practicing medicine at LSU Health Sciences Center and Children's Hospital. For the past several years, Dr. Rao has practiced and led others in practicing mindfulness, employing techniques learned in the Mindfulness-Based Stress Reduction (MBSR) course offered by Dr. Dave Potter.

Free and open to the community

RSVP at www.nojcc.org/adultclasses

Email rachel@nojcc.org with any questions

August 2026

Sunday	Monday	Tuesday	Wednesday
2	3 Knitting Group 10:00 - 11:00 am	4 Memory Cafe 2:00 - 3:30 pm	5 Mindfulness in Wellness and Illness 12:30 - 2:00 pm
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
9	10 Knitting Group 10:00 - 11:00 am Morris Bart Sr. Lecture Series 12:00 - 2:00 pm	11 Current Events Group 1:00 - 2:00 pm	12 Mindfulness in Wellness and Illness 12:30 - 2:00 pm
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	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
23	24 Knitting Group 10:00 - 11:00 am	25	26 Mindfulness in Wellness and Illness 12:30 - 2:00 pm
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
30	31 Knitting Group 10:00 - 11:00 am		
	Chair Exercise 10:45 - 11:45		

Av - Elul, 5786

Birthdays

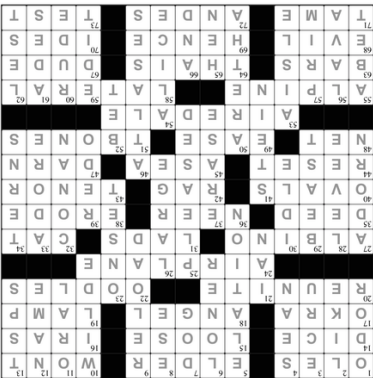
Linda West August 17
Angela Gordon August 24

Trivia Corner

What color are the two g's in the Google logo?

- a. Red
- b. Blue
- c. Green
- d. Yellow

Crossword Answer



Trivia Answer

b. How many times have you seen the Google logo today? Chances are, you've probably seen it several times already today. The Google colors found in the logo are blue, red, yellow and green. The original graphic designer of this logo was Ruth Kedar. The colors chosen had a meaning behind them because they were the primary colors. Google intentionally used a secondary color on the L to show that Google does not always follow the rules. Google revised its logo in 2015 with slight modifications from time to time since 1999. Both G's are blue, the first O and E are red, the second O is yellow, and the L is green.



ROCK STEADY BOXING NEW ORLEANS JCC

We are proud to introduce Rock Steady Boxing, a life-changing, non-contact fitness program now available at the Uptown JCC. Designed specifically to help those with Parkinson's disease reclaim their independence, this new offering uses high-intensity, boxing-inspired drills to target physical symptoms while improving balance, reducing tremors, and increasing speed. More than just a workout, this program establishes a powerful new community where members find the strength to fight back together.

Fill out an inquiry form at nojcc.org/rocksteady
Classes are ongoing June to September

**FIGHTING BACK
AGAINST PARKINSON'S**

Recipe Corner

Sweet Corn and Black Bean Salad

- 1 can (15.25-ounce) whole kernel sweet corn, drained
- 1/2 medium red onion, finely chopped
- 2 tablespoons seasoned rice vinegar
- 1/4 cup extra-virgin olive oil
- 2 tablespoons lime juice
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 cans (13.4-ounce) no-salt-added black beans, rinsed and drained
- 1 red bell pepper, cored, seeded, and chopped
- 1/2 cup fresh cilantro leaves, finely chopped (optional)
- 1 clove garlic, minced
- 1 medium avocado, diced (optional)



In a large bowl, whisk together vinegar, lime juice, garlic, salt and pepper. Slowly whisk in olive oil.

Add beans, corn, onion, bell pepper, avocado, and cilantro (if using) and toss until just incorporated. Cover and chill for about 2 hours.



Our annual **Impact Report** is here! Take a look back at an incredible year and see the difference your support makes every day. Explore the highlights, memories, and meaningful impact we've made together

Read the full report at nojcc.org/donate.

ACROSS

1. Bullring cries
5. Church leader
10. Refusal word
14. Gambling cubes
15. Slack
16. Retirees' accts.
17. Gumbo veggie
18. Halo wearer
19. Light source
20. Get together again
22. Gobs
24. Pilot's craft
27. Lacking pigment
31. Young men
32. Feline
35. Exploit
36. At no time, poetically
38. Eat away
40. Track shapes
42. Dusting cloth
43. Male voice
44. Adjust again
45. Not ashore
47. Mild oath
48. Hair holder
49. Leisure
51. Certain steaks (hyph.)
53. Wire-haired terrier
55. Like Swiss mountains
58. Type of football pass
63. Saloons
64. Bangkok natives
67. Guy
68. Devilish
69. From this time
70. The ____ of March
71. Not wild
72. Peruvian range
73. ____ pilot

DOWN

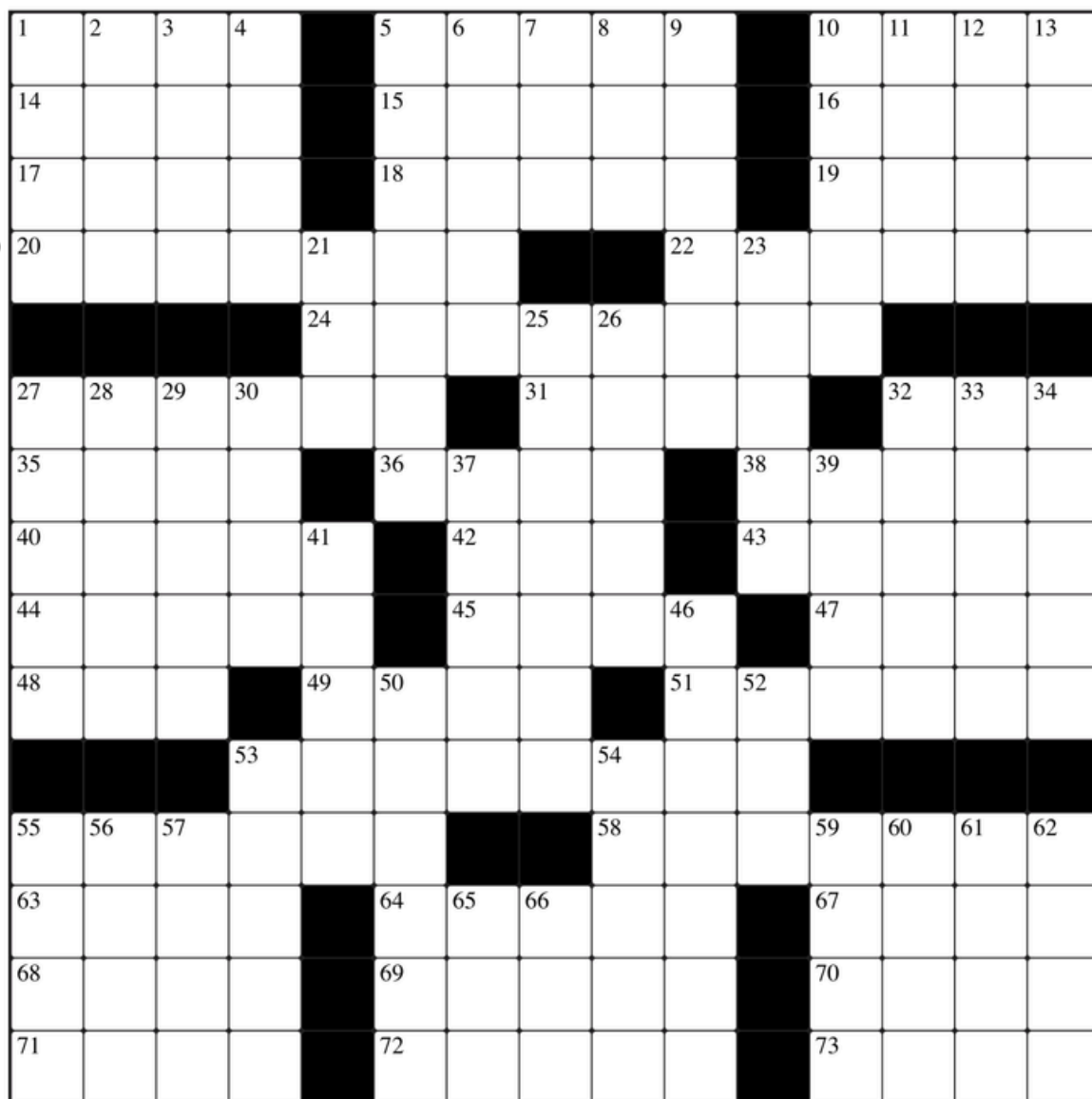
1. Bloodhound's clue
2. Similar to
3. Light brown
4. Actor ____ Penn
5. Great happiness
6. Recluse
7. Canine
8. Vane letters

DOWN (CONTINUED)

9. Fill again
10. Author Oscar ____
11. Verbal
12. Appoint
13. Recipe units (abbr.)
21. Bond creator ____ Fleming
23. Start
25. Gratified
26. Huge
27. Embellish
28. Embankment
29. Creature
30. Unemployed
32. TV Host ____ O'Brien
33. Love to pieces
34. Shore birds
37. Wipe out
39. Make over

DOWN (CONTINUED)

41. Beer mug
46. Books of maps
50. Vocalist ____ Franklin
52. Play the ponies
53. Theater walkway
54. Rocker ____ Cooper
55. Spur on
56. Hot, molten rock
57. Proper
59. Censor
60. Impudent
61. Summer coolers
62. "____ we forget"
65. Egg layer
66. Common conjunction



NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue
New Orleans, LA 70115

LEARN MORE
www.nojcc.org/renovation

 NEW ORLEANS *The Coolest*
**HOT SPOT FOR
WELLNESS**



Construction begins Monday, August 3

Beginning Monday, August 3, 2026, the Uptown JCC will begin a major renovation of our second-floor locker rooms and wellness spaces. During construction, the second-floor men's and women's locker rooms will be closed, while all fitness facilities, pools, and first-floor locker rooms will remain open and available.

The project will create more modern, comfortable, and accessible spaces for our members, with construction expected to be completed by April 2027.

The renovation includes fully updated men's and women's locker rooms and lounge areas, expanded thermal suites with larger saunas and steam rooms plus new cold rooms, additional showers, and a new ADA-accessible, gender-neutral changing room for members and visitors accompanied by a caregiver.