

**February 2026 | Shevat - Adar, 5786**

## Colorful Growth, Steady Community

February arrives with energy and color in New Orleans. Above ground, the city pulses with movement and life, while beneath the surface, trees and plants are quietly stirring toward spring. They weather the ever-changing moods of a Louisiana winter and prepare for thousands of Mardi Gras beads to adorn them, while their roots prepare for growth unseen. I am reminded that just because I cannot see the growth of a tree, it does not mean the growth is not happening. This wisdom lives at the heart of the Jewish holiday Tu B'Shevat, the New Year of the Trees. Traditionally, it marked an agricultural accounting date in ancient Israel, helping farmers determine the age of their trees. Today, Tu B'Shevat honors trees as sources of nourishment and recognizes their essential ecological role.

Beronda L. Montgomery's book *Lessons from Plants* reminds us that trees sense conditions in their environment and respond thoughtfully. "Just as a seedling detects exactly how much light is striking it and which nutrients its roots are absorbing, we need to be acutely aware of our surroundings, reflecting with intention on what we perceive and how best to respond." Trees are constantly self-checking, supporting their highest potential for growth. Montgomery also notes that plants engage in shared care: those with excess energy can support vulnerable members of their community. In a Swiss forest, researchers found that carbon absorbed by a tall spruce tree was transferred through an underground network to neighboring trees of different species. The trees shared resources, responding to one another's needs.

These lessons stay with me. Trees nurture quietly, with roots anchored and branches reaching outward and upward. They mirror human life and community. Just as one tree knows when to share, we too are encouraged to offer our time, care, and attention to others, exploring what true sustainability, gratitude, and renewal can look like in our lives. As we move through February, we celebrate not only the renewal of the natural world but also the steady growth of our community, nourished by celebration, commitment, and belonging. We hope you will join us at the end of the month to celebrate Purim, a holiday of joy, generosity, and the strong bonds that sustain our JCC community.

Alice



## Uptown Ongoing Programs

### Chair Exercise **no class 2/17**

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 **no class 2/17**

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

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.

**Memory Cafe**

Tuesday, February 3 | 2:00 - 3:30 pm

Free and open to the community.

RSVP by Monday, February 2

The Memory Cafe is a place for families experiencing memory loss to have fun together, talk with others who understand what you're going through, and try something new! Spend an hour or two in a welcoming, nonjudgmental environment with people who understand dementia. This program is not designed to offer drop-off respite care – but rather to support both the person living with changes in memory, and the people who care about them. Light snacks will be served.

**Lunch & Learn with the Rabbi**

Thursday, February 5 | 12:00 - 1:30 pm

\$3 members | \$5 non-members

RSVP by Monday, February 2

Join us for our monthly Lunch & Learn as we discuss interesting topics with a local Jewish leader. This month, Rabbi Mendel Rivkin from Chabad Jewish Center will be joining us after we have a light lunch.

**Men's Group**

Friday, February 6 | 12:45 - 2:00 pm

No charge to members and non-members

RSVP by Thursday, February 5

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: "Run, Darling"**

Monday, February 9 | 12:00 - 2:00 pm

Free for members | \$10 non-members

RSVP by Thursday, February 5

Three Sisters. One War. A Harrowing Escape. Before the sexual revolution, reality TV, and social media, there lived the glamorous Gabors. Few knew of this Jewish family's shocking secrets, painful pasts, and harrowing journey from nazi-dominated Europe to America and from obscurity to celebrity. "Run, Darling" is that untold story. Join author Karen Essex as she discusses her latest novel.

**Current Events Group**

Tuesday, February 10 | 1:00 - 2:00 pm

No charge to members and non-members

RSVP by Monday, February 9

Meet 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 will meet on the second Tuesday of each month.

**New Orleans Museum of Art: Nicolas Floc'h: Fleuves-Océan, Mississippi Watershed**

Wednesday, Feb 11 | 12:00 - 2:00 pm

Free Museum Admission for LA Residents

RSVP by Monday, Feb 9

This exhibition pairs vibrant monochromatic photographs of the color of water made under the surface with dramatic black-and-white landscape photographs made along the banks of the Mississippi and its tributaries, from Louisiana and across the country. Free museum admission for Louisiana residents, courtesy of The Helis Foundation. Lunch is on you. Join your friends for lunch at Cafe NOMA at noon, followed by a docent led tour of the exhibit.

**Movie Day: Nonnas**

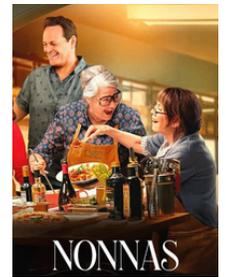
*This Movie Day program will also run in Metairie on Thursday, Feb. 19*

Thursday, February 19 | 12:00 - 2:00 pm

No charge for members and non-members

RSVP by Monday, February 16

A grieving man finds the recipe for healing when he opens a restaurant and hires Italian grandmothers as chefs in this sweet movie based on a true story. Starring Vince Vaughn, Susan Sarandon, Lorraine Bracco, and more.

**Cathy & Morris Bart Jewish Cultural Arts Series  
Jewish History Walking Tour of the French Quarter**

Friday, February 20, 12-3 PM

Sunday, February 22, 10 AM - 1 PM & 3-6 PM

\$18 for members and non-members

[www.nojcc.org/culturalarts](http://www.nojcc.org/culturalarts)

Led by historian and New Orleans tour guide Roni Bossin, a 3-hour walking tour explores nearly 300 years of Jewish life woven into the city's story. From Bienville Place and the Code Noir to the Holocaust Memorial and the heart of the French Quarter, participants encounter early Jewish merchants, landmark legal disputes, hidden Stars of David in Creole architecture, and surprising cultural intersections. Each tour includes beignets and coffee and is limited to 20 participants.

**Play Reading Group**

Wednesday, February 25 | 2:00 - 4:00 pm

No charge for members and non-members

RSVP by Tuesday, February 24

Meeting on the third Wednesday of each month, the idea of this group is really very simple; we get together, we sit around a table and we read a play aloud. Everyone has a part or two to read.

*RSVP for programs to Alice at [aclanton@nojcc.org](mailto:aclanton@nojcc.org)*

**Book Club: On Being Jewish Now by Zibby Owens**

Tuesday, February 24 | 1:30 - 3:00 PM  
Free and open to the community  
RSVP by Monday, February 23rd

Reviewer: Rabbi Katie Bauman, Touro Synagogue "On Being Jewish Now" is a powerful anthology edited by Zibby Owens, featuring 75 essays from Jewish writers, actors, artists, and religious leaders. Published in the wake of the October 7, 2023, attacks in Israel—the deadliest pogrom against Jews since the Holocaust—the collection reflects on the evolving experience of Jewish identity in a time of rising antisemitism. The contributors share personal stories that encompass themes of joy, trauma, resilience, humor, and community. Organized into sections like "Jewish Pride and Joy," "Jewish Mom Life," and "Am I a Good Enough Jew?", the book offers a multifaceted view of contemporary Jewish life. Profits from the book support Artists Against Antisemitism, a nonprofit dedicated to combating hate and promoting understanding.



**Purim Party**

Thursday, February 26 | 12:00 - 2:00 pm  
\$5 members | \$7 non-members  
RSVP by Monday, February 23

It's Purim, and it's time to have fun! Join us for a delicious luncheon—hamantaschen included. After lunch, you will have the opportunity to bake your own hamantaschen and make up mishloach manot (Purim goodie bags) to give to your friends.

We're excited to announce that we're upgrading our registration system to



**SmartRec by Amilia** to make managing your membership and registering for programs easier than ever! Your current account will be moved to the new system, and you'll receive an activation email from **notifications@amilia.com**.

More information will soon be available on how our JCC team can ensure that our Active Adults have their accounts set up correctly.

**Mardi Gras Hours**

**Thursday, February 12**

Uptown closes at 2:30 PM  
Metairie open regular hours

**Friday, February 13**

Both facilities close at 4:00 PM

**Saturday, February 14**

Both facilities close at 4:00 PM

**Sunday, February 15**

Both facilities close at 4:00 PM

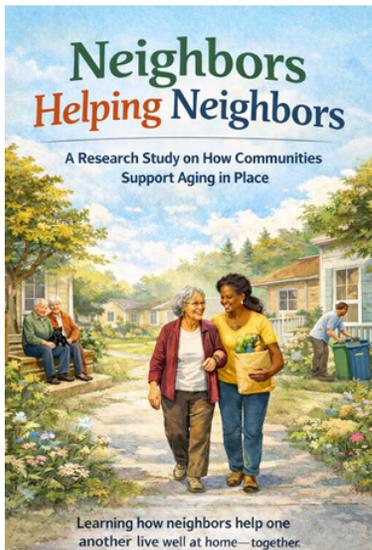
**Monday, February 16**

Both facilities close at 4:00 PM

**Mardi Gras Day**

**Tuesday, February 17**

Both facilities closed



**Neighbors Helping Neighbors NEW!**

Neighbors Helping Neighbors is a new community based research project led by Tulane University's Center for Aging that explores how everyday neighbor connections help us stay connected, feel supported, and age confidently at home. Simple moments like waving hello, checking in, or noticing when something feels off can quietly make a big difference over time. The JCC is proud to share this opportunity to learn from one another and reflect on the small acts of care that help our communities thrive. More information and optional ways to participate will be shared as the project unfolds.

Email Alice at **aclanton@nojcc.org** to learn more about how you can get involved!

# February 2026

Sunday	Monday	Tuesday	Wednesday
<b>1</b>	<b>2</b> <b>Knit One, Crochet Too</b> 10:00 - 11:00 am  <b>Learn to Play Mah Jongg begins (Uptown)</b> 6:00 - 8:00 pm <hr/> Chair Exercise   10:45 - 11:45	<b>3</b>  <b>Memory Cafe</b> 2:00 - 3:30 pm <hr/> Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00	<b>4</b>   <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30
<b>8</b>	<b>9</b> <b>Knit One, Crochet Too</b> 10:00 - 11:00 am  <b>Morris Bart Sr. Lecture Series</b> 12:00 - 2:00 pm <hr/> Chair Exercise   10:45 - 11:45	<b>10</b> <b>Current Events Group</b> 1:00 - 2:00 pm  <b>Lunch &amp; Learn with the Rabbi (Metairie)</b> 12:00 - 1:30 pm <hr/> Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00	<b>11</b>  <b>New Orleans Museum of Art</b> 12:00 - 2:00 pm <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30
<b>15</b>	<b>16</b>  <b>Knit One, Crochet Too</b> 10:00 - 11:00 am <hr/> Chair Exercise   10:45 - 11:45	<b>17</b>    Mardi Gras Day <b>JCC CLOSED</b>	<b>18</b>   <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30
<b>22</b>  <b>French Quarter Walking Tour</b> 10:00 am - 1:00 pm & 3:00 - 6:00 pm	<b>23</b>  <b>Knit One, Crochet Too</b> 10:00 - 11:00 am <hr/> Chair Exercise   10:45 - 11:45	<b>24</b>  <b>Smart Eating Essentials (Metairie)</b> 12:30 - 1:30 pm  <b>Book Club</b> 1:30 - 3:00 pm <hr/> Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00	<b>25</b>  <b>Play Reading Group</b> 2:00 - 4:00 pm <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30

# Shevat - Adar, 5786

## Trivia Corner

Which of these musical titles does NOT actually end with an exclamation point?

- a. Hello, Dolly!
- b. Oklahoma!
- c. Mamma Mia!
- d. Annie!

### Trivia Answer

d. Many Broadway musicals have followed the proud tradition of punctuating their title with an exclamation mark starting with Oklahoma! (1943), and continuing on with Hello Dolly! (1964), Oh! Calcutta! (1976) and Mamma Mia! (2001). "It brings urgency, excitement and humor," says Mark Zablou, a branding specialist at Cogent Entertainment. "It makes you expect the show to be lively and have a lot going on." The Broadway musical Annie opened in 1977 and ran for nearly six years but does not contain an exclamation mark in its title.

Thursday		Friday		Saturday	
<b>5</b> Lunch & Learn with the Rabbi (Uptown) 12:00 - 1:30 pm		<b>6</b> Men's Group 12:45 - 2:00 pm		<b>7</b>	
Chair Exercise   10:45 - 11:45		Chair Yoga & Meditation 11:00 - 11:45			
<b>12</b>		<b>13</b>		<b>14</b>	
Chair Exercise   10:45 - 11:45		Chair Yoga & Meditation 11:00 - 11:45			
<b>19</b> Movie Day (Uptown & Metairie) 12:00 - 2:00 pm		<b>20</b> French Quarter Walking Tour 12:00 - 3:00 pm		<b>21</b>	
Chair Exercise   10:45 - 11:45		Chair Yoga & Meditation 11:00 - 11:45			
<b>26</b> Purim Party 12:00 - 2:00 pm		<b>27</b>		<b>28</b>	
Chair Exercise   10:45 - 11:45		Chair Yoga & Meditation 11:00 - 11:45			

# J UNIVERSITY

SMART COURSES FOR CURIOUS MINDS



## Spring 2026

### The Modern Mind: From Enlightenment to AI

The modern world has reshaped what it means to be human. This course traces that transformation by discussing modern thinkers like Descartes, Marx, Freud, and then Artificial Intelligence. It's a journey through ideas that still define our identities, freedoms, and anxieties.

March 6 - May 1 | Fridays | 2 - 3 pm

ARTS  
at the center



SPRING  
2026

### Community Choir

February 22 - April 19 | Sundays 3:00 - 4:30 pm

### Personal Essay / Memoir Writing

February 25 - April 15 | Wednesdays 1:00 - 2:30 pm

### Painting

March 2 - April 20 | Mondays 5:30 - 7:30 pm

### Intro to Hip Hop

March 10 - May 5 | Tuesdays 6:00 - 7:15 pm

### Improv

March 11 - May 6 | Wednesdays 5:30 - 7:30 pm

### Stencil Making & Spray Painting Workshop

Saturday & Sunday | April 18-19 | 1 - 4 pm

## Recipe Corner

### Crunchy Green Beans with Sesame Almond Crumble

#### Ingredients

- 2 lb fresh green beans, trimmed

#### Crumble

- 2 Tablespoons oil
- 2 shallots, thinly sliced
- 1 teaspoon kosher salt
- 1/2 cup sliced raw almonds
- 2 Tablespoons sesame seeds
- 1 Tablespoon soy sauce
- 1 Tablespoon honey
- 1 Tablespoon mustard (I use spicy brown)



#### Instructions

- Prepare green beans: place green beans into a pot of well-salted boiling water for one minute. Remove to an ice bath to cool then drain and set aside.
- Prepare crumble: Heat oil in a frying pan over medium-high heat. Add shallots and salt and cook, stirring often, for about 5 minutes, until softened.
- Add almonds and sesame seeds. Continue to cook, stirring often, for about 5 more minutes, until nuts and sesame seeds are toasted. Be careful to ensure they don't burn.
- Turn heat to low and add remaining ingredients. Stir until combined and remove from heat. To serve, either toss green beans with crumble or arrange green beans on a platter and top with crumble.

**J** NEW ORLEANS  
The Cathy and Morris Bart  
**JEWISH CULTURAL ARTS SERIES**  
SPRING 2026

## JEWISH HISTORY WALKING TOUR OF THE FRENCH QUARTER

Friday, February 20, 12-3PM

Sunday, February 22, 10AM-1PM

Sunday, February 22, 3-6PM

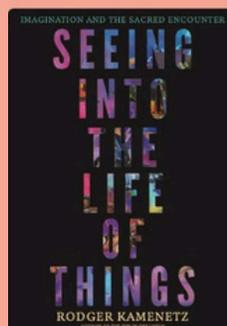
Select the time that fits your schedule!

Jewish Federation of Greater New Orleans



## SEEING INTO THE LIFE OF THINGS

A Retrospective on Fifty Years of Jewish-American Poetry and Spiritual Autobiography with Rodger Kamenetz, part of the annual Jewish American & Holocaust Literature (JAHLit) Symposium.



MONDAY, FEBRUARY 2  
5:45 - 6:45PM

MUSEUM OF THE SOUTHERN JEWISH EXPERIENCE

J A H L I T

IN-PERSON AND VIRTUAL

MSJE.ORG/EVENTS



Jewish Federation of Greater New Orleans



TULANE School of Liberal Arts



TULANE School of Liberal Arts Department of Jewish Studies



TULANE UNIVERSITY Grant Center for the American Jewish Experience

**Metairie Active Adult Programming**

Goldring-Woldenberg Jewish Community Center | 3747 W. Esplanade Avenue, Metairie

\*Programming takes place in the Metairie Member Lounge **Contact [lauraq@nojcc.org](mailto:lauraq@nojcc.org) with any questions**

**Weekly Wisdom**

Tuesdays | 8:15 - 9:15 am \*

Free and open to the community

Start your Tuesday with Rabbi David Cohen-Henriquez of Shir Chadash for Weekly Wisdom—a lively, accessible discussion of the weekly Torah portion and its relevance to modern life. No prior knowledge required; all are welcome.

**Midweek Mindfulness & Meditation**

Thursdays | 8:15 - 9:15 am \*

Free and open to the community

Find your midweek calm with our new mindfulness and meditation series led by Sandy Cohen. Pause, breathe, and reconnect through simple practices that reduce stress and bring balance to your day.

**Lunch & Learn with the Rabbi**

Thursday, February 10 | 12:00 - 1:30 pm

\$3 members | \$5 non-members

RSVP by Monday, February 5

Lunch & Learn with the Rabbi at the Metairie JCC Join us for our monthly Lunch & Learn as we discuss interesting topics with a local Jewish leader. This month, Rabbi Mendel Ceitlin from Chabad Jewish Center will be joining us after we have a light lunch.

**Movie Day: Nonnas**

Thursday, February 19 | 12:00 - 2:00 pm \*

No charge for members and non-members

RSVP by Monday, February 18

A grieving man finds the recipe for healing when he opens a restaurant and hires Italian grandmothers as chefs in this sweet movie based on a true story. Starring Vince Vaughn, Susan Sarandon, Lorraine Bracco, and more.

**Silver Sneakers Circuit**

Mondays | 11:00 - 11:45 am



Seated or standing strength work alternated with low-impact cardio using a chair for support

**Silver Sneakers Yoga**

Tuesdays & Thursdays | 10:30 - 11:15 am

Tuesdays | 11:30 am - 12:15 pm

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

**Silver Sneakers Classic**

Fridays | 10:15 - 11:00 am

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.

**Sign up at [www.nojcc.org/groupexercise](http://www.nojcc.org/groupexercise) or email [denise@nojcc.org](mailto:denise@nojcc.org)**



Join us for a **free, three-part wellness series** designed to help you make informed, sustainable choices for your long-term health. **Come to a single session or enjoy all three** - healthy snacks will be provided! From **12:30 - 1:30 PM** at the Metairie JCC.

Each session breaks down essential nutrition topics in a clear, approachable way. Participants will walk away with practical strategies and a deeper understanding of how food can support energy, balance, and overall well-being.

**Tuesday, February 24 | Mediterranean Diet**

**Tuesday, March 10 | Healthy Heart**

**Tuesday, April 21 | Carbohydrates**



**SPRING 2026**

Join our new Painting Class and spend your Monday evenings getting creative with artist and instructor Goni Sondak. Whether you're picking up a brush for the first time or building your skills, this class offers a welcoming space to explore technique, color, and personal expression.



**Mondays | 5:30 - 7:30 PM \***  
**February 23 - April 13**  
**Registration coming soon!**

# NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue  
New Orleans, LA 70115

## ADLOYADAH PURIM CARNIVAL



**SAVE THE DATE!** Sunday, March 1, 11:30-2:30 PM  
Open to the Community | Uptown JCC

The JCC celebrates Purim with a carnival called Adloyadah. Adloyadah celebrates Jewish survival and is similar to celebrations held in Israel. Open to the entire community, the JCC is transformed into a carnival complete with rides, music, Israeli food, hamantashen (special Purim treats), and New Orleans snowballs. Wear a costume, eat some delicious food, enjoy the music and have a blast!

