

July 2026 | Tammuz - Av, 5786

A July Reflection: The Koi Story

Have you ever looked into a still pond and watched koi fish glide through the water with such peaceful grace that it almost seems effortless? Beneath that calm movement lies an ancient story of courage, strength, and perseverance.

Ancient legend tells of a great school of golden koi swimming upstream in the Yellow River of China. Together they pushed against powerful currents, gaining strength with every movement forward. When they reached a towering waterfall known as the Dragon Gate, many turned back, allowing the river to carry them downstream toward the easier path. But a few koi remained. Again and again they leapt toward the top of the waterfall. The currents pushed them back. The rocks bruised them. The effort seemed impossible. According to legend, even the demons watching from above mocked their determination and made the waterfall higher still. Still, one koi refused to surrender. After a hundred years of effort, one determined fish finally reached the summit. The gods, recognizing its courage and perseverance, transformed the koi into a golden dragon... a symbol of wisdom, strength, transformation, and fulfilled destiny.

I find that this ancient story continues to resonate because, in many ways, we are all swimming upstream at different moments in our lives. We encounter seasons that ask us to persevere through uncertainty, loss, change, aging, caregiving, illness, or the quiet challenges no one else can fully see. The waterfall before us may look different for each person, but the feeling of standing before something difficult is universal. The legend of the koi reminds us that growth rarely happens in still waters alone. Strength is often formed through resistance. Character is shaped through persistence. Transformation comes not from avoiding life's currents, but from continuing to move forward through them.

And there is something deeply beautiful in the way koi live. They flourish in clean, balanced environments and thrive when surrounded by calm connection and care. As we move through the warmth of July, join us at the JCC as we nurture a community grounded in wellbeing, integrity, friendship, and connection, and we swim forward together.

Alice



Uptown Ongoing Programs

Chair Exercise (Board Room) no class 7/13

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 (Group Ex Studio)

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 (Board Room)

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.

Fourth of July Party

Thursday, July 2 | 12:00 - 2:00 pm
 \$5 members | \$7 non-members
 RSVP by Monday, June 30

Celebrate the Fourth of July with your friends at the J. Enjoy your favorite summer treats along with wonderful musical entertainment by jazz vocalist Meryl Zimmerman. Meryl's expressive vocals and playful storytelling through song will bring us an afternoon of soulful jazz and unmistakable New Orleans joy as we celebrate Independence Day together. Meryl will be accompanied on piano by Jenna McSwain.

Memory Cafe

Tuesday, July 7 | 2:00 - 3:30 pm
 Free and open to the community.
 RSVP by Monday, July 6

Join us for July's Memory Cafe at the JCC Uptown for a joyful, creative movement experience with Kelly Haber. 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 & Sculpt with Artist-in-Residence Ness Kent

Thursday, July 9 | 12:00 - 2:00 pm
 \$3 members | \$5 non-members
 RSVP by Monday, July 6

Join Artist-in-Residence, Ness Kent, in a clay-based sculpture-making project. During the artist residency at the JCC in July, Ness will lead the community in crafting two or three golems out of clay - drawing from our imaginations and using Jewish folklore as inspiration. The golem is a creature formed out of earth or clay, and then magically brought to life to be a protector and helper for the Jewish community. No art experience is necessary; just an open mind and heart. Lunch will be served.

**Morris Bart Sr., Lecture Series
Civic AI: Partnering Academia with Local Communities**

Monday, July 13 | 12:00 - 2:00 pm
 Free for members | \$10 non-members
 RSVP by Thursday, July 9

In this talk, Tulane Professor Alon Cullota will give an overview of the latest advances in artificial intelligence, including large language models and agents, which are rapidly being used to automate routine tasks in nearly every domain. He will discuss some of the ongoing research projects through Tulane's Center for Community-Engaged Artificial Intelligence, with applications in health, criminal justice, and civic engagement. Dr. Cullota will conclude with some speculation about future impacts of AI on society. Catered lunch will be served.

Aging Well, Living Fully: The Future of Aging Is Changing; Know Your Options. Protect Your Choice.

Thursday, July 16 | 12:30-1:30 pm
 No charge for members and non-members
 RSVP by Tuesday, July 14

As we grow older, one of life's most important questions becomes: Where - and how - do I want to live? Join Beverly Gianna, Community Gerontologist and Long-Term Care Ombudsman, for a conversation exploring the housing and care options available today - and the new trends creating more choices than ever before for older adults. Why planning ahead helps preserve your most important right: CHOICE. The question is no longer simply Where will I live? It is: How do I preserve independence, dignity, and choice as I grow older?

Learn to Play Mah Jongg Begins

July 20 - July 29 | 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 National Mah Jongg League rules. No experience is necessary. A current Mah Jongg card will be provided. You MUST be able to attend the very first class in order to register for the series.

NOMA: Robert Gordy: Outside the Mainstream

Wednesday, July 22 | 12:00 - 2:00 pm
 Free admission for Louisiana residents courtesy of The Helis Foundation.
 RSVP by Monday, July 20

Although best known today for his prints and late monotypes, Gordy worked in a range of media throughout his career. This exhibition, the first in-depth presentation of the artist's work at NOMA in over four decades, shares selections from Gordy's career from the 1950s until his death in 1986. Meet your friends for lunch at Café NOMA at noon and then a docent will lead us through the exhibition.

Movie Day: Operation Mincemeat

Thursday, July 30 | 12:00 - 2:00 pm
 No charge for members and non-members
 RSVP by Monday, July 27

Operation Mincemeat A global hit with viewers, this "cracking espionage caper" about a stranger-than-fiction scheme to trick Hitler is "funny and grand" says Time Magazine. Starring Colin Firth and Matthew Macfadyen.

***During Summer Camp (June & July):**

- **Peer-led groups are on pause**
- **Chair Exercise and Dance for Parkinson's has been moved to the Board Room.**
- **Better Balance is moved to the Group Ex Studio**

NEW WORKSHOPS THIS SUMMER!
\$50 each for members | \$60 non-members
Ceramics Workshop
Sunday, July 12 | 2 - 4 pm

Join JCC Artist-in-Residence Ness Kent for a 2-hour clay workshop exploring the Jewish folklore of golems, protective humanoid figures. Participants will learn basic clay techniques, then sculpt their own golem. Finished pieces will be kiln-fired and available for pickup 2-3 weeks later.

Creative Writing Workshop
Sunday, July 19 | 10:30 am - 12:30 pm

WITH NEW PROMPTS! Looking to get your creative juices flowing? Using a variety of prompts and exercises, this class is designed to silence your inner critic and help you tap into your imagination.

Photography Workshop
Sunday, July 19 | 1:30 - 3:30 pm

Great photos are the result of a few simple decisions that anyone can learn. Whether you're shooting with a camera or your phone, you can create great photos. Discover how your camera works, how to frame a shot, and how to find and use natural light.

More information at nojcc.org/creativearts

JOIN US AT THE UPTOWN JCC!

Aging Well, Living Fully


JULY 16

THURSDAY, 12:30-1:30PM (RSVP BY JULY 14)

THE FUTURE OF AGING IS CHANGING. KNOW YOUR OPTIONS. PROTECT YOUR CHOICE. WHERE DO YOU WANT TO LIVE WHEN...?



FREE AND OPEN TO THE COMMUNITY

Recipe Corner

Cold Cucumber Soup

Ingredients

- **6 cucumbers, of course!** It is wonderful to use fresh cucumbers from our Louisiana gardens.
- **1 ½ cups Greek yogurt** - It gives the soup its delicious creamy texture and tangy flavor.
- **¼ cup extra-virgin olive oil** - for richness, and some extra for drizzling.
- **¾ cup fresh basil and 2 Tbs fresh dill** - blend basil and dill into the soup and scatter more dill, fresh mint, or chives on top.
- **3 Tbs fresh Lemon juice** - it makes the soup nice and bright.
- **1 garlic clove** - it adds sharp depth of flavor
- **½ tsp honey** - don't worry – the honey doesn't make this recipe sweet. Instead, it offsets the tang from the lemon and the bite from the raw garlic, creating a flavorful, well-balanced soup.
- **Salt and pepper** – to make all the flavors pop
- **Fresh mint or chives for garnish**



Instructions

1. First, blend! Add the cucumbers, herbs, yogurt, olive oil, lemon juice, garlic, honey, salt, and pepper to a large blender, and blend until smooth.
2. Next, chill. When the soup is smooth, transfer it to the fridge to chill for at least 4 hours, or overnight.
3. Finally, enjoy! Serve the chilled soup in bowls with a garnish of fresh herbs, thinly sliced cucumbers, and a generous drizzle of olive oil.

July 2026

Sunday	Monday	Tuesday	Wednesday
			1
5	6 Chair Exercise 10:45 - 11:45	7 Memory Cafe 2:00 - 3:30 pm Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	8 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
12	13 Morris Bart Sr. Lecture Series 12:00 - 2:00 pm Chair Exercise Canceled	14 Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	15 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
19	20 Learn to Play Mah Jongg Begins 6:00 - 8:00 pm Chair Exercise 10:45 - 11:45	21 Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	22 NOMA: Robert Gordy Exhibit 1:00 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
26	27 Chair Exercise 10:45 - 11:45	28 Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	29 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30

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Birthdays

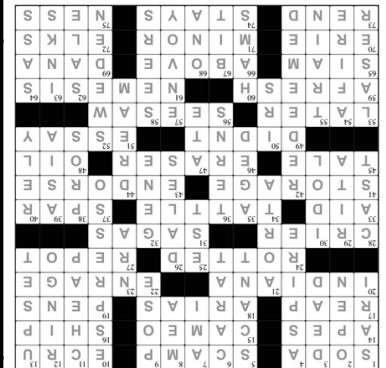
Marianne Abbott July 1
Caryl Branch July 14
Trish Hodes July 20
David Guttman July 24
Nancy Flint July 24
Flo Brown July 27
Hoolyse Davajian July 31

Trivia Corner

New York and New Jersey fought their way to the Supreme Court over ownership of which landmark?

- a. Lincoln Tunnel
- b. George Washington Bridge
- c. Holland Tunnel
- d. Ellis Island

Crossword Answer



Trivia Answer

d. Think you know which state owns Ellis Island? Think again. Ellis Island, the gateway to the U.S. for millions of immigrants in the early 20th century, technically belongs to New Jersey. In May of 1998, the Supreme Court ended a long-standing argument between New York and New Jersey over who actually owns Ellis Island. Based on a land claims agreement between the two states made before Ellis Island became a gateway for nearly 12 million immigrants, the U.S. Supreme Court ruled that 90% of Ellis Island was part of New Jersey rather than New York.

Thursday	Friday	Saturday
<p>2</p> <p>Fourth of July Party 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>3</p> <p>Chair Yoga & Meditation 11 - 12</p>	<p>4</p> 
<p>9</p> <p>Lunch & Sculpt with Ness Kent 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>10</p> <p>Chair Yoga & Meditation 11 - 12</p>	<p>11</p>
<p>16</p> <p>Aging Well, Living Fully 12:30 - 1:30 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>17</p> <p>Chair Yoga & Meditation 11 - 12</p>	<p>18</p>
<p>23</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>24</p> <p>Chair Yoga & Meditation 11 - 12</p>	<p>25</p>
<p>30</p> <p>Movie Day 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>31</p> <p>Chair Yoga & Meditation 11 - 12</p>	



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

Metairie Summer Programs



Metairie Nutrition Series
with Mike Sandoz, Registered Dietitian

FREE!

Grocery Store Survival
Tuesday, July 14 | 12:30-1:30 pm

We are excited to continue Smart Eating Essentials this summer at the Metairie JCC. Join us for the July session: Grocery Store Survival. Learn to shop like a Nutrition Pro and how to confidently navigate the grocery store and make healthier choices with ease.

RSVP at www.nojcc.org/events



Learn to Play Mah Jongg

July 6 - 14 (Metairie)
Monday, Tuesday | 5:30 - 8:30 pm
Instructor: Sara Mayeux
\$100 members | \$115 non-members

August 3 - 11 (Metairie)
Monday, Tuesday | 5:30 - 8:30 pm
Instructor: Sara Mayeux
\$100 members | \$115 non-members

Register at www.nojcc.org/adultclasses

ACROSS

- 1. Cola, e.g.
- 5. Rascal
- 10. Beige
- 14. Chimpanzees
- 15. Engraved gem
- 16. Ocean liner
- 17. Harvest
- 18. Opera highlights
- 19. Animal enclosures
- 20. Michigan's neighbor
- 22. Infuriate
- 24. Decomposed
- 27. Transplant
- 28. Town's announcer
- 31. Legendary stories
- 33. Assist
- 34. Squeal
- 37. Shadowbox
- 41. What attics are used for
- 43. Support
- 45. Fable
- 46. Pencil end
- 48. Lubricant
- 49. Common contraction
- 51. Composition
- 53. In a while
- 56. Teeter-totter
- 59. Again
- 61. Arch enemy
- 65. Thailand, formerly
- 66. Over
- 69. Comedian ____ Carvey
- 70. Pennsylvania city
- 71. Underage person
- 72. Caribous' kin
- 73. Rip apart
- 74. Remains behind
- 75. Monster's loch

DOWN (CONTINUED)

- 8. Give ____ break! (2 wds.)
- 9. Model
- 10. Coffeehouse selection
- 11. Inexpensive
- 12. Beatle beatkeeper
- 13. Distressed
- 21. Large artery
- 23. Gun lobby (abbr.)
- 25. Cleveland time zone (abbr.)
- 26. Glens
- 28. Hurl
- 29. Glamorous ____ Hayworth
- 30. Adored one
- 32. Cowboy ____ Autry
- 35. Old
- 36. Coastal birds
- 38. Experts

DOWN (CONTINUED)

- 39. Korea's continent
- 40. Count (on)
- 42. Restored the honor of
- 44. Nighttime vision
- 47. Had lunch
- 50. Tax agcy.
- 52. Norway's neighbor
- 53. Intense beam
- 54. Flaming
- 55. Locomotive
- 57. Ambassador
- 58. Clairvoyants
- 60. Bad actors
- 62. Mall event
- 63. Pen fluids
- 64. Brashness
- 67. Drill part
- 68. Stop ____ dime (2 wds.)

DOWN

- 1. Indian robe
- 2. Candid
- 3. ____ Sea Scrolls
- 4. Be ambitious
- 5. Meager
- 6. Diamond weight
- 7. Pierre's friend

1	2	3	4		5	6	7	8	9		10	11	12	13	
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70						71						72			
73						74						75			



NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue
New Orleans, LA 70115



Mindfulness in Wellness and Illness with Dr. Jayashree Rao



Wednesdays Uptown JCC
August 5 - September 30 | 12:30 - 2:00 PM

Free and open to the community

Through guided meditation and simple exercises, participants will learn mindfulness techniques to help them stay present in everyday activities. Many participants report feeling more focused and “in-tune” with themselves and others. Research suggests mindfulness may help reduce stress, anxiety, depression, chronic pain, high blood pressure, chronic pain, and diabetes.

Dr. Jayashree Rao is a retired pediatric endocrinologist who spent 30 years teaching, researching, and practicing medicine at LSU Health Sciences Center and Children's Hospital. She now leads mindfulness sessions using techniques from the Mindfulness-Based Stress Reduction (MBSR) program.