

**June 2026 | Sivan - Tammuz, 5786**

## A Beautiful Question: Am I Sure?

Do you have a morning practice or ritual? I find that there is something beautifully sacred about a morning pause. Before the day awakens, we are offered a fresh page. I begin many mornings by literally pulling two fresh pages from my daily calendars, one from a Taoist Touching Peace calendar and one from The Far Side comic strip calendar. One offering wisdom while the other delivering the kind of dry humor that makes me stare for a moment and then laugh at something completely absurd. This ritual reminds me that I can begin with hurry and unease, or with humor and presence. It reminds me that I can begin with closed assumptions, or with open curiosity.

Several weeks ago, my Taoist daily calendar offered these words: *"Please write the words 'Are you sure?' on a large piece of paper and hang it where you will see it often. Ask yourself this question again and again."* - Thich Nhat Hanh

It made me reflect. *Am I sure this day will be difficult? Am I sure this challenge has no opportunity? Am I sure I know the whole story? Am I sure I understand?*

Jewish wisdom also treasures the importance of question. Our tradition teaches to seek, to study, to discuss, and to remain teachable at every age. In Judaism, growth often begins not with answers, but with the courage to ask and seek. Perhaps one of the greatest morning rhythms is not what I do, but how I think. I can meet them with complaint or curiosity, habit or gratitude, certainty or wonder.

Here are a few positive ways to begin each day with intention:

- Name gratitudes in your life. Recite the prayer, Modeh Ani (I am thankful)
- Pause and take five deep breaths. Read something meaningful
- Stretch gently for five or more minutes.
- Send one loving text to someone.

Tomorrow morning, before the coffee brews or the tea steeps and the day begins, pause and perhaps gently ask yourself: *Am I sure?*

We do not need to know everything to live wisely.  
We simply need to stay open.

## Uptown Ongoing Programs

### Chair Exercise (Board Room)

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 No class June 19

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, June 2 | 2:00 - 3:30 pm  
Free and open to the community.  
RSVP by Monday, June 1

Join us for June's Memory Cafe at the JCC Uptown for a joyful, artistic experience inspired by Piet Mondrian. We'll explore shape, color, unity, and balance through paint. 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, June 4 | 12:00 - 1:30 pm  
\$3 members | \$5 non-members  
RSVP by Monday, June 1

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

**Morris Bart Sr., Lecture Series - The Rainbow Fleur de Lis: Queer New Orleans History**

Monday, June 8 | 12:00 - 2:00 pm  
Free for members | \$10 non-members  
RSVP by Thursday, June 4

In this lecture, Frank Perez will survey New Orleans' fascinating LGBT+ history and explore what makes New Orleans unique. Highlights include the role of gay men in preserving the French Quarter 100 years ago, Gay Carnival and Southern Decadence, and the tragic Up Stairs Lounge arson. Enjoy a catered lunch.

**Aging Well, Living Fully - The Truth About Aging: Myths, Realities, Joys and Possibilities**

Thursday, June 11 | 12:30-1:30 pm  
No charge for members and non-members  
RSVP by June 9

This three-part Active Adult summer series is led by Beverly Gianna, MA, MAG, Community Gerontologist & Long-Term Ombudsman - New Orleans. Join us for conversations around what every older adult should understand about long-term care, resident rights, and how to advocate effectively. Bring your own lunch and enjoy light refreshments.

**Ogden Museum of Southern Art: Vicinal Visions**

Thursday, June 18 | 1:00-2:00 pm  
No charge for members and non-members  
RSVP by June 15

Experience "Vicinal Visions," the works of Dusti Bongé, Ida Kohlmeyer, and Dorothy Hood. This collection of the Ogden Museum of Southern Art highlights three visionary women who helped expand the boundaries of abstraction in the American South. Though each of these Southern artists developed their own distinct visual language, their work shares a spirit of experimentation and Modernist sensibilities, refracted through individual lenses of personal experience and place.

**June Book Club**

Tuesday, June 23 | 1:30-3:00  
No charge for members and non-members  
RSVP by June 21

We're inviting all book lovers to join us for the June Book Club meeting, where we'll discuss the books to be read during the 2026-2027 year. This meeting will be an open and collaborative space to share thoughts, suggest titles, and build excitement for the year ahead. We'll also talk about potential reviewers to invite each month, so bring your ideas and opinions! Whether you have favorite books to recommend or just want to be part of the conversation, we'd love to hear your voice.

**Movie Day: The Unlikely Pilgrimage of Harold Fry**

Thursday, June 25 | 12:00 - 2:00 pm  
No charge for members and non-members  
RSVP by Monday, June 22

A bestselling novel by Rachel Joyce, later adapted into a feature film. When a man learns that an old friend is seriously ill, he resolves to walk the length of England to see her, and inspires the nation along the way.

**Nourishing Our Neighbors**

Sunday, June 28 | 1:00 - 4:00 pm  
free for both members and non-members  
RSVP by Thursday, June 25

Join us for Nourishing Our Neighbors – Tzedek Community Service Project, a meaningful afternoon of community service and compassion in partnership with the Broadmoor Improvement Association Food Pantry. Together, we will assemble food packages for neighbors experiencing food insecurity and make a direct impact in our local community. Sign up to participate in this special opportunity to turn kindness into action.

**Learn to Play Mah Jongg Begins**

June 29 - July 8 | 6:00 - 8:00 pm  
Mondays, Tuesdays, Wednesdays  
\$100 members | \$125 non-members  
Register at [www.nojcc.org/adultclasses](http://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.

**\*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](http://nojcc.org/creativearts)**

**3 DATES, 3 TOPICS: JOIN US AT THE UPTOWN JCC!**

# Aging Well, Living Fully




**JUNE 11** | THURSDAY, 12:30-1:30PM (RSVP BY JUNE 9)

**THE TRUTH ABOUT AGING: MYTHS, REALITIES, JOYS AND POSSIBILITIES**

**JULY 16** | THURSDAY, 12:30-1:30PM (RSVP BY JULY 14)

**AGING IN PLACE WITH CONFIDENCE: PLANNING, SUPPORTS, AND SMART CHOICES**

**AUGUST 13** | THURSDAY, 12:30-1:30PM (RSVP BY AUGUST 11)

**YOUR VOICE MATTERS: ADVOCACY, RIGHTS, AND STAYING EMPOWERED**

**FREE AND OPEN TO THE COMMUNITY**

## Recipe Corner

### Blueberry Crumble

#### Blueberry Filling:

- 4 cups fresh blueberries
- 1/4 cup white sugar (do not add sugar if the blueberries are naturally very sweet)
- Juice of 1 lemon

#### Crust and Crumb Topping:

- 3/4 cup white sugar
- 1/4 cup brown sugar
- 1 teaspoon baking powder
- 2 cups ground almonds
- 2 cups matzah cake meal or finely crushed saltines, water crackers, or breadcrumbs
- 1/4 teaspoon salt
- Zest of 1 lemon
- 1/4 cup (1/2 stick) unsalted butter or margarine, cold and cut into cubes
- 1 egg
- 1/4 cup toasted slivered almonds



#### Instructions

1. Preheat the oven to 375°F and grease a 9x13-inch baking pan.
2. In a mixing bowl combine the blueberry filling ingredients. Stir until mixed well and set aside.
3. In a separate bowl, mix together the white sugar, brown sugar, baking powder, ground almonds, cake meal, salt, and lemon zest until well combined.
4. Add the butter and egg, and use a pastry cutter to blend the ingredients until well combined and you still have pea-sized chunks of butter. Mix in the slivered almonds.
5. Place half of the crust mixture into the baking dish and press it firmly into the bottom. Spoon the blueberry mixture into the crust, being careful not to add too much of the liquid.
6. Crumble the rest of the crust mixture over the blueberries so that it is evenly distributed. Bake for 50 minutes until the crumb topping is golden brown.
7. Let cool for at least an hour before cutting into 24 squares

# June 2026

Sunday	Monday	Tuesday	Wednesday
	<p><b>1</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45</p>	<p><b>2</b></p> <p><b>Memory Cafe</b> 2:00 - 3:30 pm</p> <hr/> <p>Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00</p>	<p><b>3</b></p> <hr/> <p>Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30</p>
<p><b>7</b></p>	<p><b>8</b></p> <p><b>Morris Bart Sr. Lecture Series</b> 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise   10:45 - 11:45</p>	<p><b>9</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00</p>	<p><b>10</b></p> <hr/> <p>Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30</p>
<p><b>14</b></p>	<p><b>15</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45</p>	<p><b>16</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00</p>	<p><b>17</b></p> <hr/> <p>Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30</p>
<p><b>21</b></p>	<p><b>22</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45</p>	<p><b>23</b></p> <p><b>Book Club</b> 1:30 - 3:00 pm</p> <hr/> <p>Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00</p>	<p><b>24</b></p> <hr/> <p>Dance for Parkinson's 10:30 - 11:45 Better Balance   10:45 - 11:30</p>
<p><b>28</b></p> <p><b>Nourishing Our Neighbors</b> 1:00 - 4:00 pm</p>	<p><b>29</b></p> <p><b>Mah Jongg Begins</b> 6:00 - 8:00 pm</p> <hr/> <p>Chair Exercise   10:45 - 11:45</p>	<p><b>30</b></p> <hr/> <p>Chair Exercise   10:45 - 11:45 Games Day   12:00 - 3:00</p>	

# Sivan - Tammuz, 5786

## Birthdays

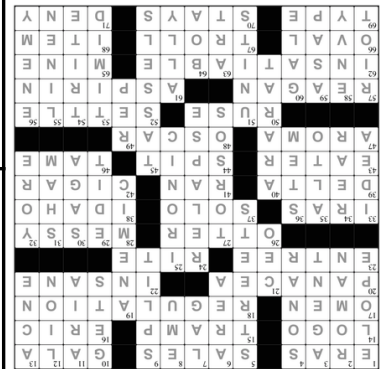
**Cornelia Whitlow** June 1  
**Lisette LaPrairie** June 7  
**Jackie Fajkowski** June 12  
**Liz Reed** June 15  
**Irene Hirsch** June 21

## Trivia Corner

**Elton John wrote the song "Candle in the Wind" about what actress?**

- a. Elizabeth Taylor
- b. Marilyn Monroe
- c. Katharine Hepburn
- d. Bette Davis

### Crossword Answer



### Trivia Answer

b. "Candle in the Wind" is a song with music and lyrics by Elton John and Bernie Taupin. It was originally written in 1973, in honor of Marilyn Monroe, who had died 11 years earlier. The lyrics of the song are a sympathetic portrayal of the life of Marilyn Monroe. (The song's opening line "Goodbye Norma Jean" refers to Monroe's real name.) Bernie Taupin was inspired to write the song after hearing the phrase "candle in the wind" used in tribute to Janis Joplin. In 1997, John performed a rewritten version of the song as a tribute to Diana, Princess of Wales.

### Thursday

### Friday

### Saturday

**4**

**Lunch & Learn with the Rabbi**  
12:00 - 1:30 pm

**5**

**6**

Chair Exercise | 10:45 - 11:45

Chair Yoga & Meditation | 11 - 12

**11**

**Aging Well, Living Fully**  
12:30 - 1:30 pm

**12**

**13**

Chair Exercise | 10:45 - 11:45

Chair Yoga & Meditation | 11 - 12

**18**

**Ogden Museum of Southern Art**  
1:00 - 2:00 pm

**19**

**JCC CLOSED FOR JUNETEENTH**

**20**

Chair Exercise | 10:45 - 11:45

**25**

**Movie Day**  
12:00 - 2:00 pm

**26**

**27**

Chair Exercise | 10:45 - 11:45

Chair Yoga & Meditation | 11 - 12

NEW ORLEANS JEWISH COMMUNITY CENTER | SUMMER 2026  
**PROGRAM GUIDE**  
 PROGRAMS | CLASSES | EVENTS

**SUMMER 2026** | Learn. Play. Belong.  
 Stay Active. Stay Connected.

NEW ORLEANS  
 SUMMER 2026  
 nojcc.org

**JUNE 8-28**  
**NOURISHING OUR NEIGHBORS**  
**Food Drive**

Donate non-perishable, shelf-stable food items at collection boxes located on our **Metairie** and **Uptown** campuses.

*High-Impact Items to Donate*

- Grains**  
Rice, pasta, oatmeal, and cereal
- Canned Goods**  
Vegetables, beans, and meats (tuna/chicken)
- Nut Butters**  
Peanut butter and alternatives
- Sweets & Treats**  
Boxed or bagged snacks

JCC Association of North America | **Tzedek** a JCC Talent offering, powered by Repair the World | Repair the World | NEW ORLEANS

**Metairie Summer Programs**

**SMART EATING ESSENTIALS**

**Metairie Nutrition Series**  
 with Mike Sandoz, Registered Dietitian

**FREE!**

**Healthy Eating for Pre-Diabetics and Diabetics**  
 Tuesday, June 16 | 12:30-1:30 pm

Excited to announce that Smart Eating Essentials will continue this summer at the Metairie JCC! Join us on June 16 for Healthy Eating for Pre-Diabetics and Diabetics. This informative session will explore practical nutrition and lifestyle habits to improve blood sugar levels and support long-term health.

**RSVP at [www.nojcc.org/events](http://www.nojcc.org/events)**

**Learn to Play Mah Jongg**

**June 9 - 18 (Metairie)**  
 Tuesday, Thursday | 5:30 - 8:30 pm  
 Instructor: Sara Mayeux  
 \$100 members | \$115 non-members

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

**Register at [www.nojcc.org/adultclasses](http://www.nojcc.org/adultclasses)**

**ACROSS**

- 1. Epochs
- 5. Bargain events
- 10. Festive event
- 14. Advertising emblem
- 15. Hobo
- 16. Rock's \_\_\_\_ Clapton
- 17. Sign
- 18. Rule
- 20. Cure-all
- 22. Demented
- 23. Menu item
- 24. Religious ceremony
- 26. Aquatic animal
- 28. Sloppy
- 33. Nest eggs (abbr.)
- 37. Aria
- 38. Boise's state
- 39. River mouth
- 41. Moved swiftly
- 42. Groucho Marx's prop
- 43. Devourer
- 44. Rotisserie rod
- 46. Docile
- 47. Scent
- 48. Felix's roommate
- 50. Pretense
- 52. Decide
- 57. President Ronald \_\_\_\_\_
- 61. Headache pill
- 62. Impossible to fill
- 65. Coal pit
- 66. The \_\_\_\_ Office
- 67. Gnome
- 68. News story
- 69. Category
- 70. Remains behind
- 71. Refuse

**DOWN**

- 1. Wed secretly
- 2. Nero, e.g.
- 3. Spy
- 4. Sub finder
- 5. Roads
- 6. \_\_\_\_ code
- 7. Dawdle
- 8. Aussie bird
- 9. Divided

**DOWN (CONTINUED)**

- 10. Understands
- 11. Met solo
- 12. Roaring feline
- 13. Skin woe
- 19. Weak
- 21. Corp. head
- 24. Get worse again
- 25. Satiric
- 27. Upper bodies
- 29. Blue-pencil
- 30. Heroic narrative
- 31. Counterfeit
- 32. Long ago
- 33. Brainstorm
- 34. Bring up
- 35. Choir voice
- 36. Flower support
- 40. Biblical mount

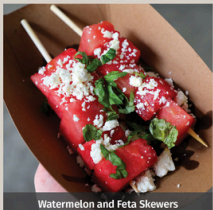
**DOWN (CONTINUED)**

- 45. Cap ornaments
- 49. Salesperson, briefly
- 51. Army subdivisions
- 53. Shy
- 54. Corny
- 55. Fine fabric
- 56. Adversary
- 57. Rampage
- 58. Jealousy
- 59. Right away (abbr.)
- 60. Strong gust
- 61. Friend
- 63. Gallery contents
- 64. Long scarf

1	2	3	4		5	6	7	8	9		10	11	12	13		
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57	58	59	60								61					
62							63	64					65			
66						67							68			
69						70								71		

# **J** NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue  
New Orleans, LA 70115



Watermelon and Feta Skewers



Crispy Corn Ribs w/ Tajin



Locally-Baked Soft Pretzel

# **BODEGA**

New Orleans

## at the J Cafe

### Serving our members all Summer!

Saturday & Sunday: 9:30AM-6PM

Monday-Thursday: 11AM-7PM

Friday: 11AM-3PM



Flatbread w/ Goat Cheese



Roasted Eggplant Sandwich



Israeli Salad

We are so excited that Bodega is now open at the J Cafe (Uptown) all summer long! We're serving up a brand-new kosher-style menu packed with yummy breakfast, snacks, lunch, dinner, frozen drinks, and sweet treats for kids and adults alike! Grab a bite at the pool, refuel after the gym, or stop by for lunch. We can't wait for you to try it all.