

March 2026 | Adar - Nissan, 5786

The Depth That Makes Joy Possible

There was a time in my life when discord and struggle seemed to touch everything I held. It was in my early twenties - a season of questioning, rebellion, and longing that, only later, I would learn is a very human passage of becoming. At the time, I lacked the wisdom to name it for what it was; I only knew that life felt sharp and unsettled.

I remember one particular moment clearly: sitting at my parents' kitchen table, caught in an argument over something small in scale but large in meaning to me. As emotions rose, I picked up a pen and began to draw absentmindedly on a piece of paper that bore the words, *"This is the day that the Lord has made"* (Psalm 118:24). That simple inscription, and the quiet act of drawing followed me for years, gently reminding me to look beneath the surface and to keep growing through life's harder edges.

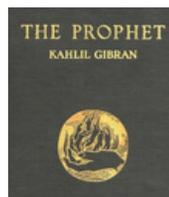
Not long after, I encountered the words of the poet, Kahlil Gibran, in *The Prophet*. His reflection on joy and sorrow opened a door for me, one that led toward understanding, patience, and a deeper capacity for joy. Gibran teaches that joy and sorrow are inseparable, that the same places carved by pain are the places where joy eventually takes root. Like a musical instrument, hollowed and shaped before it can sing, we, too, are formed by what we endure.

This teaching feels especially meaningful in our world today. Many of us carry sorrow close to home, and many of us hold grief for places far beyond it, for communities divided by injustice, for lives lost in violence and war, for the weight of uncertainty that meets us in the daily news. These truths are heavy, and they walk beside us as we gather, learn, create, and care for one another. Yet naming sorrow does not diminish joy. In fact, it deepens it. In Gibran's words, the cup that holds our wine is the very one shaped in the potter's oven.

As we move into March, a season of subtle renewal, may we honor both what has shaped us and what continues to grow within us. In the spirit of renewal and liberation, we look forward to welcoming you at the JCC this Passover as we come together to tell our story, honor the past, and celebrate the promise of freedom.

*"The deeper that sorrow carves into your being,
the more joy you can contain."* - Kahlil Gibran

Alice



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

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

Join us at Memory Cafe for an afternoon of incredible Jazz at the JCC Uptown with a fabulous performance by Meryl Zimmerman and Joe Krown. 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! This program is not designed to offer drop-off respite care – but 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, March 5 | 12:00 - 1:30 pm
\$3 members | \$5 non-members
RSVP by Monday, March 2

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

Men's Group

Friday, March 6 | 12:45 - 2:00 pm
No charge to members and non-members
RSVP by Thursday, March 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: Rethinking Banned Books in American History & Today

Monday, March 9 | 12:00 - 2:00 pm
Free for members | \$10 non-members
RSVP by Thursday, March 5

Each year during the American Library Association's "Banned Books Week," librarians display famous books that have been challenged in the past as well as the most frequently challenged books in the present day. By focusing on the books themselves, however, do librarians tacitly concede that these books are indeed controversial? Do we also help provide cover to the often-powerful groups behind these attempted book bans and why they seek to censor? In this talk, Adam Beauchamp will explore who has challenged books in United States history and what their motivations were in order to better understand our current moment and the agendas of today's book banners.

RSVP for programs to aclanton@nojcc.org

Current Events Group

Tuesday, March 10 | 1:00 - 2:00 pm
No charge to members and non-members
RSVP by Monday, 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.

Commander's Palace Luncheon

Thursday, March 12 | 12:00 - 2:00 PM
1403 Washington Ave
Free for JCC members only
Reservations are limited and are required by Thursday, March 5
Email aclanton@nojcc.org to RSVP

For many years Robert Kohlmann sponsored an elegant luncheon at Commander's Palace for the JCC senior community. We will continue to honor his memory at this year's luncheon. Preference for reservations will be given to those members who regularly attend Active Adult programs.

**Cathy & Morris Bart Jewish Cultural Arts Series
Zibby Owens - On Being Jewish Now**

Thursday, March 12 | 2:00 -4:00 PM
Free for members and non-members
www.nojcc.org/culturalarts

Join us for a thoughtful and engaging conversation with author and media personality Zibby Owens. The discussion will be moderated by Meryl Poster, acclaimed film and television producer and former Co-President of Miramax Films. Together, they will explore modern Jewish identity, creativity, and the power of storytelling. Book signing presented with Octavia Books.

Book Club: Fagin the Thief by Allison Epstein

Tuesday, March 17 | 1:30 - 3:00 PM
Free and open to the community
RSVP by Monday, March 16

Reviewer: Dr. Leah Rosenberg, Professor of Literature, Loyola University New Orleans (Ph.D., M.A., B.A.)

"Fagin the Thief" reimagines the notorious character from Charles Dickens's "Oliver Twist," presenting Jacob Fagin as a multifaceted figure shaped by hardship and loss. Born to a Jewish mother in 18th-century London, Jacob's early life is marked by hardship and loss. Jacob turns to pickpocketing as a means of survival after his mother's death. Over time, he becomes a mentor to orphaned children, including the infamous Bill Sikes. As Jacob navigates life on the fringes of society, he grapples with questions of morality, loyalty, and identity. Epstein's novel offers a nuanced portrayal of a long-vilified character, exploring survival, compassion, and the gray areas of human nature.

Movie Day: The Children's Train

Thursday, March 19 | 12:00 - 2:00 pm
 No charge for members and non-members
 RSVP by Monday, March 16

The Children's Train is a 2024 drama based on the novel by Viola Ardone. Set in postwar Italy, it follows a young boy from Naples who is sent north by his mother to live with a host family, hoping to escape poverty and find new opportunities.



Passover Luncheon

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

Ready for some matzo ball soup and brisket? Come to our Passover luncheon, where we will enjoy the traditional foods of the holiday while Rabbi Todd Silverman from Touro leads us through a mini-seder and a discussion on the meaning of the holiday.

Knit One, Crochet Too

Mondays | 10:00 - 11:30 am
 Free and open to the community
 Email Rachel Ruth to RSVP

Come and knit and crochet along with us. Beginners are welcome; we will get you started. Already an expert? Share your expertise with the group. Bring your works in progress and some show and tell items. Other handcrafts are also welcome. Held every Monday at the Uptown JCC.

Among
NEIGHBORS

WINNER
 INDIEFEST
 AUDIENCE AWARD
 BEST DOCUMENTARY

2024
 berkshire
 international
 film festival
 AUDIENCE AWARD WINNER

HEARTLAND
 INTERNATIONAL
 FILM FESTIVAL
 BEST OFFICIAL SELECTION

2024
 L A F A
 LOS ANGELES
 FILM FESTIVAL
 AUDIENCE AWARD

23rd Annual
 A F F
 AMERICAN FILM FESTIVAL
 AUDIENCE AWARD
 - 2025 -

WINNER
 AUDIENCE AWARD
 BEST DOCUMENTARY
 2025

WINNER
 AUDIENCE AWARD
 BEST OF FESTIVAL
 2025

WINNER
 AUDIENCE AWARD
 BEST DOCUMENTARY
 2025

WINNER
 ENVISION
 AWARD

WINNER
 Warsaw Jewish
 Film Festival
 AUDIENCE AWARD

ONE WITNESS CAN CHANGE HISTORY

MON., MARCH 9
 Film Screening and
 Q&A with filmmaker Yoav Potash in-person

THE BROAD THEATER
 636 N Broad St, New Orleans, LA 70119
 thebroadtheater.com

A YOAV POTASH FILM | AMONGNEIGHBORS.COM

Among Neighbors has its Louisiana premiere at The Broad Theater on **Monday, March 9**, followed by an in-person Q&A with filmmaker Yoav Potash.

The award-winning documentary uses striking hand-drawn animation to uncover a buried murder and a nation's darkest secret—an urgent, powerful film that has sparked international attention and debate.

Critically acclaimed and controversial, *Among Neighbors* has been praised as "remarkable" by the San Francisco Chronicle and "masterful" by the Jewish Journal.

Get \$8 tickets www.thebroadtheater.com

Remember Labs | Your Life Is a Story Worth Telling

Your life is full of moments worth preserving—the memories, traditions, and wisdom that define your family. Remember Labs makes capturing those stories easy. No screens, no typing—just a warm, guided phone conversation with a thoughtful interviewer who helps you reflect on the moments that matter most. Your stories are preserved in your own voice, creating a lasting legacy for generations to come.

Interested in learning more or getting started?
 email hello@rememberlabs.com or (917) 410-8782

GET PLAYING

Online virtual
BRIDGE classes
 for absolute beginners
 through advanced players

Club King

GET STARTED

Learn to Play Bridge Online (virtual classes)

The ClubKing/JCC Bridge Alliance is pleased to announce our upcoming online Beginning Bridge series starting **March 9, 2026**.

This eight-week series is designed to help you start playing or refresh your existing skills.

Questions? Email info@ClubKingInc.com or Rachel Ruth.

Do you already play bridge? We have classes for you too. Visit www.clubkinginc.com.

March 2026

Sunday	Monday	Tuesday	Wednesday
1 Adloyadah Purim Carnival 11:30 am - 2:30 pm	 2 Knit One, Crochet Too 10:00 - 11:30 am	3 Memory Cafe 2:00 - 3:30 pm	4 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45		
8	9 Knit One, Crochet Too 10:00 - 11:30 am Morris Bart Sr. Lecture Series 12:00 - 2:00 pm	10 Smart Eating Essentials (Metairie) 12:30 - 1:30 pm Current Events Group 1:00 - 2:00 pm	11 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45		
15	16 Knit One, Crochet Too 10:00 - 11:30 am	17 Book Club 1:30 - 3:00 pm	18 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45		
22	23 Knit One, Crochet Too 10:00 - 11:30 am	24	25 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45		
29	30 Knit One, Crochet Too 10:00 - 11:30 am	31	
	Chair Exercise 10:45 - 11:45		

Adar - Nissan, 5786

Birthdays

Theresa Mahon
March 4
Larry Schlueter
March 15
Shirley Goldman
March 15

Trivia Corner

Which product was originally marketed as an "Esteemed Brain Tonic & Intellectual Beverage"?

- a. Maxwell House Coffee
- b. Tang
- c. Coca-Cola
- d. Smart Water

Trivia Answer

c. Coca Cola was originally marketed as an "Esteemed Brain Tonic and Intellectual Beverage" when it first appeared on the market in 1886. It was promoted it as an "intellectual beverage" and a "brain and nerve tonic," one that "could cure headaches, relieve exhaustion and deliver you with exhilarating and invigorating joy." It was particularly beneficial for "ladies, and all those whose sedentary employment causes nervous prostration." Initially it was available through the drug store and soon found its way to the soda fountain.

Thursday	Friday	Saturday
<p>5</p> <p>Lunch & Learn with the Rabbi 12:00 - 1:30 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>6</p> <p>Men's Group 12:45 - 2:00 pm</p> <hr/> <p>Chair Yoga & Meditation 11 - 12</p>	<p>7</p>
<p>12</p> <p>Commander's Palace Luncheon 12:00 - 2:00 pm</p> <p>Zibby Owens On Being Jewish Now 2:00 - 4:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>13</p> <hr/> <p>Chair Yoga & Meditation 11 - 12</p>	<p>14</p>
<p>19</p> <p>Movie Day 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>20</p> <hr/> <p>Chair Yoga & Meditation 11 - 12</p>	<p>21</p>
<p>26</p> <p>Passover Luncheon 12:00 - 2:00 pm</p> <hr/> <p>Chair Exercise 10:45 - 11:45</p>	<p>27</p> <hr/> <p>Chair Yoga & Meditation 11 - 12</p>	<p>28</p>

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

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



The Cathy and Morris Bart
JEWISH CULTURAL ARTS SERIES

SPRING 2026

ZIBBY
OWENS
ON BEING JEWISH NOW

THURSDAY, MARCH 12, 2-4PM



Recipe Corner

A Fabulous Flourless Chocolate Cake Recipe

Ingredients

- 8 ounces chocolate, roughly chopped (we used semi-sweet)
- 1/2 cup unsalted butter, cut into pieces
- 5 large eggs, separated
- 3/4 cup granulated sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 2 tablespoons cocoa powder



Instructions

- Preheat the oven to 325°F and generously butter a 9-inch springform pan with butter, then dust with cocoa powder. Set aside.
- In a large microwave-safe bowl, combine the cubes of butter and chopped chocolate. Place in the microwave in thirty-second intervals, stirring well between each interval. Repeat until completely melted and no clumps of chocolate remain. Set aside to cool slightly.
- While the chocolate cools, separate the egg whites from the yolks, placing the yolks in a separate bowl, and the egg whites in the bowl of a stand mixer fit with the whisk attachment.
- Beat the egg whites on medium speed, gradually increasing to high as you stream in granulated sugar to aerate the egg whites. Continue beating on high until medium stiff peaks form.
- While the egg whites are beating, add the yolks one at a time into the chocolate and butter mixture, whisking in between each addition. Add the vanilla, salt, and cocoa powder, and whisk to combine.
- Gradually incorporate the whipped egg whites into the chocolate mixture by dropping large spoonfuls at a time into the chocolate mixture and folding to combine. Mix until combined and no streaks of egg whites or cocoa powder remain. Do not overmix.
- Spoon the batter into the prepared pan, using the back of a spoon or a rubber spatula to spread into an even layer.
- Bake at 325°F for 45 to 50 minutes or until a knife inserted into the middle comes out clean and the edges of the cake start to pull away from the sides of the pan.
- Allow to cool completely before removing from the springform pan and serving with whipped cream, raspberries, or powdered sugar! Enjoy!

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 with any questions

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. This weekly gathering invites you to pause, breathe, and reconnect through simple yet powerful practices designed to quiet the mind, reduce stress, and bring balance to your day. Together, we'll explore how attention, intention, and embodiment shape our experience of life. You'll learn gentle, practical tools to steady the nervous system, cultivate presence in your relationships, and feel more connected—whether sitting still or moving through your day. Each session blends meditation, dialogue, and mindful movement, creating a welcoming space for both beginners and experienced practitioners to restore clarity and ease midweek.

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 or email denise@nojcc.org



SPRING 2026

**Card-Making Class
JCC Metairie**



Have you ever struggled to find just the right greeting card? By making your own, you can tailor each one for any occasion or message. Each hands-on class in this beginner-friendly course will focus on aspects of cardmaking fundamentals, including selecting tools, materials, and color palettes; designing effective layouts; using layering techniques; and adding embellishments and sentiments. Students will build skills step by step in a welcoming and supportive environment that encourages them to explore their creative style and enjoy the satisfaction of creating something uniquely their own.

Wednesdays | 1:00 – 3:30 PM *

March 4 – April 18

Registration at www.nojcc.org/creativearts



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

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

NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue
New Orleans, LA 70115

ADLOYADAH PURIM CARNIVAL



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! In partnership with Junkluggers, we will collect Mardi Gras throws during the event.

Free and open to the community!
\$5 per person | \$10 at the door
Free for kids under 3

