

May 2026 | Iyar - Sivan, 5786

Between the Levees and the Light

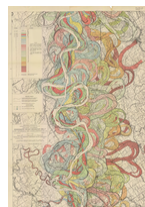
It began with a blank canvas, a quiet afternoon, and an image of the Mississippi River I couldn't quite understand. The river was at flood stage, and from an aerial view, it was higher than my neighborhood. The weather radio sounded with a series of urgent announcements, and the spillways were opened. The Atchafalaya River Basin was deliberately flooded to spare the lower Louisiana delta. Because one of the largest rivers in the world was allowed to intentionally overflow, land was built naturally in a state that was otherwise losing what was often described as "a football field" of land each day to erosion. I was perplexed by the paradox. The river always knew how to build land, if it could move freely, flooding and flowing in the direction it was meant to go.

I began to study how the early 18th and 19th-century levee system was carefully constructed to contain a river both vital to the economy and unpredictable in its flow. I found myself thinking not just about engineering, but about the relationship between people, land, and water. The levees were built with intention and hope, shaped by the belief that something powerful could be guided, managed, and even controlled, so that trade could flourish and communities could settle close to the river's edge. John M. Barry's work, *Rising Tide*, references how "the Mississippi River creates natural levees... building up the land closest to it." The river knew how to renew itself, even in moments that appeared destructive.

When I sat down to paint, I didn't begin with the river itself. I started with the edges, the levees, the boundaries, the lines meant to hold everything in place. But as the color moved across the canvas, the river seemed to take on a life of its own. It widened, softened, and stretched beyond what I had planned. The colors deepened and diversified. The movement became less contained and resembled John M. Barry's words, "Nature... chooses its own moments."

I let color, shape, and movement flood the canvas, spilling emotion wherever it needed to go, so that something new could be created rather than eroded. In the Torah, the rainbow appears as a promise that even after the waters rise and recede, life continues with purpose and care. We are invited to live with that same understanding. We cannot always control the currents around us, but we can choose how we respond, how we support one another, and how we rebuild. Like the river, we are always in the process of becoming. And within our JCC community, through connection, compassion, and presence, we create something steady and enduring, even as life continues to flow.

Alice



Uptown Ongoing Programs

Chair Exercise No class May 25

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 May 22

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.

Learn to Play Mah Jongg Begins (FULL)

May 4-14 | 6:00 - 8:00 pm

Mondays, Wednesdays, Thursdays

\$100 members | \$125 non-members

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.

Memory Cafe

Tuesday, May 5 | 2:00 - 3:30 pm

Free and open to the community.

RSVP by Monday, May 4

Come join us for May's Memory Cafe! Gather at the JCC Uptown for an afternoon of live music, featuring Phil Cramer and his mesmerizing Americana harmonies. 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.

Ziv Kartaginer: Live Musical Performance

Wednesday, May 6 | 7:00 pm

Free for members | \$18 non-members

Tickets at www.nojcc.org/culturalarts

Next up in our Cathy and Morris Bart Jewish Cultural Arts series is a live performance with music director and artist Ziv Kartaginer, who blends jazz, classical, klezmer, and Middle Eastern influences into cross-cultural music. For this performance, he joins New Orleans musicians to mix original work, Israeli and Middle Eastern pieces, and New Orleans distinctive sound.

Lunch & Learn with the Rabbi

Thursday, May 7 | 12:00 - 1:30 pm

\$3 members | \$5 non-members

RSVP by Monday, May 4

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

Men's Group

Friday, May 8 | 12:45 - 2:00 pm

No charge to members and non-members

RSVP by Thursday, April 30

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 - A Life in Frames: Photography and My Ethiopian-Israeli Journey

Monday, May 11 | 12:00 - 2:00 pm

Free for members | \$10 non-members

RSVP by Thursday, May 7

This talk offers a personal look at how photography became the way Ephraim Wasse understands himself, his identity, and his place in the world. Through selected works and stories from his life, Ephraim will share how growing up as an Ethiopian-Israeli shaped his perspective and how his artistic practice explores questions of belonging, body, and self-definition through the lens. The lecture provides an intimate and visually engaging window into the experiences that continue to inform his work as an artist. Catered lunch will be served

**Current Events Group**

Tuesday, May 12 | 1:00 - 2:00 pm

No charge to members and non-members

RSVP by Monday, May 11

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.

Documentary: *The Roots That Bind Us*

Thursday, May 14 | 12:30 - 2:30 PM

Free and open to the community

RSVP by Monday, May 11

"The Roots that Bind Us" is a documentary by the Promise of Justice Initiative (PJI) that examines the history of non-unanimous juries in Louisiana, highlighting how this law, rooted in slavery and designed to exclude Black voices, continues to impact the justice system and incarcerate individuals today. The documentary will be followed by a Q&A/teach-in about the bills in the legislative sessions led by PJI.

Tripp Friedler - The Tunnel: A Conversation on Mental Health

Thursday, May 14 | 7 - 9 PM

Free and open to the community

Tickets at www.nojcc.org/culturalarts

In honor of Mental Health Awareness Month, author Tripp Friedler shares the story behind his memoir *The Tunnel*, reflecting on his son's mental health crisis and the journey of grief, resilience, and healing that followed. The conversation will be moderated by Rabbi Mendel Rivkin and Staci Lanza, LCSW-BACS of Jewish Family Service, fostering an open and compassionate dialogue about mental health in Jewish life. A portion of book sale proceeds will support Jewish Family Service.

Learn to Play Mah Jongg Begins (FULL)

May 18-28 | 6:00 - 8:00 pm

Week 1: Monday, Tuesday, Wednesday

Week 2: Tuesday, Wednesday, Thursday

\$100 members | \$125 non-members

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.

Book Club: An Inside Job

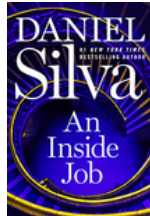
Tuesday, May 19 | 1:30 - 3:00 PM

Free and open to the community

RSVP by Monday, May 18

Reviewer: Judy Steinberg

In "An Inside Job," legendary spy and art restorer Gabriel Allon races against time to recover a stolen Leonardo da Vinci masterpiece. From the Venetian Lagoon to London galleries and the French Riviera, Allon navigates murder, corruption, and the shadowy world of the art market. Daniel Silva delivers a gripping, stylish thriller where greed, power, and intrigue collide, and the fate of a pope hangs in the balance.



Shavuot Luncheon

Thursday, May 21 | 12:00 - 2:00

\$5 members | \$7 non-members

RSVP by Monday, May 18

Join us for a delicious catered, dairy luncheon celebrating the harvest holiday of Shavuot which is best known for the giving of the Torah on Mount Sinai. Learn about the holiday and how it is celebrated around the world.

Movie Day: Monster

Thursday, May 28 | 12:00 - 2:15 pm

No charge for members and non-members

RSVP by Monday, May 25

A talented teen implicated in a robbery-turned-murder fights for his innocence and integrity against a criminal justice system that's already judged him. Starring Jennifer Hudson, Jeffrey Wright, and more.



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.

RSVP for programs to aclanton@nojcc.org



The Cathy and Morris Bart
JEWISH CULTURAL ARTS SERIES

SPRING 2026

**ZIV
KARTAGINER**

THE FOUNDER AND MUSIC
DIRECTOR OF THE MIDDLE
EASTERN BIG BAND



**LIVE MUSICAL PERFORMANCE
WEDNESDAY, MAY 6, 7-9 PM**

Ziv blends jazz, classical, klezmer, and Middle Eastern influences into cross-cultural music. For this performance, he joins New Orleans musicians to mix original work, Israeli and Middle Eastern pieces, and New Orleans distinctive sound.

HOLIDAY HOURS

Shavuot

Thursday, May 21

Both facilities close at 6:45 PM

Friday, May 22

Both facilities closed

Memorial Day

Monday, May 25

Fitness facilities open 8:00 AM - 6:45 PM

ARTS
at the center



**NEW CREATIVE ARTS CLASSES THIS SUMMER
\$50 each for members | \$60 non-members**

Ceramics Workshop

Sunday, July 12 | 2 - 4 pm

Creative Writing Workshop


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

Photography Workshop

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

More information at nojcc.org/creativearts

May 2026

Sunday	Monday	Tuesday	Wednesday
3	4 Knit One, Crochet Too 10:00 - 11:30 am Learn to Play Mah Jongg Begins 6:00 - 8:00 pm <hr/> Chair Exercise 10:45 - 11:45	5 Memory Cafe 2:00 - 3:30 pm <hr/> Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	6 Ziv Kartaginer: Live Musical Performance 7:00 - 9:00 pm <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
10	11 Knit One, Crochet Too 10:00 - 11:30 am Morris Bart Sr. Lecture Series 12:00 - 2:00 pm <hr/> Chair Exercise 10:45 - 11:45	12 Current Events Group 1:00 - 2:00 pm <hr/> Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	13 <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
17	18 Knit One, Crochet Too 10:00 - 11:30 am Learn to Play Mah Jongg Begins 6:00 - 8:00 pm <hr/> Chair Exercise 10:45 - 11:45	19 Book Club 1:30 - 3:00 pm <hr/> Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	20 <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
24	25  NO PROGRAMS Memorial Day	26 <hr/> Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	27 <hr/> Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
31			

Iyar - Sivan, 5786

Birthdays

Stuart Leib

May 23

Joanne Stephens

May 29

Thursday

Friday

Saturday

1

Chair Yoga & Meditation | 11 - 12

2

7

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

8

Men's Group
12:45 - 2:00 pm

9

Chair Exercise | 10:45 - 11:45

Chair Yoga & Meditation | 11 - 12

14

**The Roots
That Bind Us**
12:30 - 2:30 pm
Tripp Friedler
7:00 - 9:00 pm

15

16

Chair Exercise | 10:45 - 11:45

Chair Yoga & Meditation | 11 - 12

21

Shavuot Luncheon
12:00 - 2:00 pm

22



**JCC CLOSED
For Shavuot**

23

Chair Exercise | 10:45 - 11:45

28

Movie Day
12:00 - 2:15 pm

29

30

Chair Exercise | 10:45 - 11:45

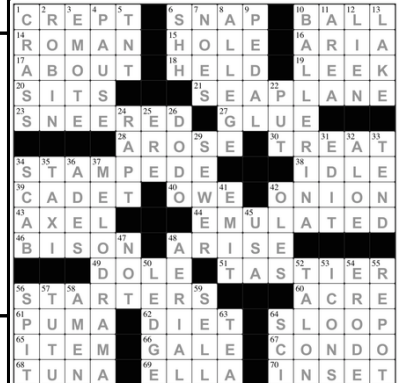
Chair Yoga & Meditation | 11 - 12

Trivia Corner

Which event traditionally takes place on Memorial Day weekend?

- a. Indianapolis 500
- b. The Masters
- c. Kentucky Derby
- d. Wimbledon

Crossword Answer



Trivia Answer

a. The Indianapolis 500-Mile Race is an automobile race held annually at the Indianapolis Motor Speedway. Since 1974, the race has been scheduled for the Sunday of Memorial Day weekend. The event, billed as "The Greatest Spectacle in Racing," is considered part of the Triple Crown of Motorsport, which comprises three of the most prestigious motorsports events in the world. The official attendance is not disclosed by Speedway management, but the permanent seating capacity is upwards of 250,000. It has been avouched to be the largest single-day sporting event in the entire world.



The Cathy and Morris Bart
JEWISH CULTURAL ARTS SERIES

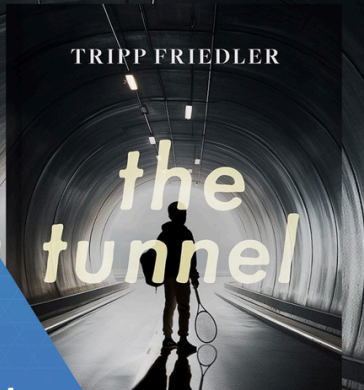
SPRING 2026

TRIPP FRIEDLER

THE TUNNEL: A CONVERSATION ON MENTAL HEALTH

THURSDAY, MAY 14, 7-9 PM

In honor of Mental Health Awareness Month, author Tripp Friedler shares his memoir, *The Tunnel*, reflecting on his son's mental health crisis and a journey of grief, resilience, and healing. Moderated by Rabbi Mendel Rivkin and Staci Lanza, LCSW-BACS of Jewish Family Service, the conversation invites an open, compassionate dialogue on mental health in Jewish life. A portion of book sales will benefit JFS.



MODI
FIRST TIME IN NEW ORLEANS

MAY 18
NEW ORLEANS
ORPHEUM THEATER

ALL PROCEEDS TO BENEFIT BIKUR CHOLIM
 TICKETS AT MODILIVE.COM

Recipe Corner

Lemon Herb Israeli Salad

Ingredients

- **Tomatoes** - Use vine-ripened summer tomatoes for the BEST flavor.
- **Cucumber** - any thin-skinned cucumbers work best here!
- **Red onion** - or use white or yellow onions in a pinch.
- **Bell pepper** - use red bell pepper and yellow bell pepper
- **Fresh herbs** - Italian parsley, mint, dill, or cilantro, or a mix!
- **Fresh Lemon** - use the lemon zest and the fresh juice!
- **Extra Virgin olive oil** - to add richness
- **Salt and pepper**

Instructions

Step 1: Finely Chop all your veggies

Step 2: Then place all the veggies in a large bowl.

Step 3: Add the fresh herbs, olive oil, lemon zest, lemon juice and salt and pepper.

Step 4: Mix well, taste and adjust salt and lemon to your liking.



ACROSS

- 1. Decide not to visit
- 5. Any number in a spread-sheet
- 9. Junk email
- 13. Vessel of 1492
- 14. Messy heap
- 15. Charming Southern woman
- 16. Military truant: Abbr.
- 17. Skirt-smoothing appliance
- 18. Look forward to
- 19. Tall woody plants with needles (cones also)
- 21. From that time
- 22. Possesses
- 23. Weight attached to a fishing line
- 24. Mail-related
- 28. Bee attack
- 30. Not shortened, as a film
- 31. Locomotive sound
- 32. Gambling game like lotto
- 36. Any Hollywood headliner
- 37. Straighten, as car wheels
- 38. Collector's __ (sought-after rarity)
- 39. Bugle or trumpet
- 40. Drains, as strength
- 41. Look without blinking
- 42. Same-age siblings
- 44. Teaching session
- 45. Large African desert
- 48. Bird in a farm coop
- 49. Suspect's excuse
- 50. Farm heaps where it's hard to find needles
- 56. Turnpike fees
- 57. Finds a purpose for
- 58. Uninteresting, informally
- 59. Small bay
- 60. Lion's hair
- 61. Not on time
- 62. Loch __ monster
- 63. Practice for a bout
- 64. Looked at closely
- 68. Large food fish
- 69. Vocalist ____ Fitzgerald
- 70. Map detail

DOWN

- 1. Insensitive
- 2. Batman's sidekick
- 3. Act the ham
- 4. Hesitation
- 5. Blasting substance (abbr.)
- 6. Hush!
- 7. Nays
- 8. Assert
- 9. Piano part
- 10. Classical dancer
- 11. Region
- 12. Mortgage
- 13. Placid, e.g.
- 22. Place
- 24. Completely absorbed
- 25. Poet's "before"
- 26. Flightless bird
- 29. Underground drain
- 31. Prepare copy
- 32. Burn balm
- 33. Take care of

- 34. Wound covering
- 35. City transportation
- 36. Citrus drinks
- 37. Sentimental movie
- 41. Give off
- 42. Bullring shouts
- 45. Can.'s neighbor
- 47. Negative word
- 48. In the sky
- 50. Shelflike rock
- 52. Falcon's claw
- 53. Sacred images
- 54. Wear down
- 55. Transplant
- 56. Roasting rod
- 57. Dancer's skirt
- 58. Church word
- 59. Broker's advice
- 63. Earl Grey, e.g.
- 64. Biol., e.g.

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68						69				70				

NEW ORLEANS JEWISH COMMUNITY CENTER

5342 St. Charles Avenue
New Orleans, LA 70115

**GIVE NOLA DAY IS
TUESDAY, MAY 5!**

GIVE NOLA DAY
GREATER NEW ORLEANS FOUNDATION

**TUESDAY
MAY 5**

#GIVENOLADAY • GIVENOLA.ORG

In 2026, we are celebrating the 60th anniversary of our beloved building on Saint Charles Avenue. Previously, the Jewish Orphans' Home of New Orleans, the current building was constructed in 1966. As we commemorate this important milestone, we also reaffirm our commitment to creating lasting, supportive spaces that benefit our diverse community.

Help us preserve our rich history and unwavering commitment to the community by donating \$60 this GiveNOLA Day to benefit our Building Anniversary Fund.

