

October 2026 | Tishrei - Cheshvan, 5787

I Thought I Understood

Since I began leading the JCC Alzheimer's Care and Enrichment program (also known as the JCC ACE Social Club) in early 2025, I have spent countless hours studying, researching, listening, and learning about dementia and Alzheimer's disease. I thought I had a grasp on what my friends experience as their brain changes. Then I participated in a Virtual Dementia Tour hosted by AdviseWell, Inc., a nationally respected non-profit organization, and something shifted.

For a brief moment, knowledge became something I could feel. I was outfitted from head to toe with equipment designed to alter my senses and make ordinary tasks unexpectedly difficult: gloves that made my fingers too thick to easily manipulate familiar objects, irritating pads inside my shoes that made walking uncomfortable, fogged glasses that distorted my vision, and headphones that muffled ordinary sounds while amplifying startling rings, sirens, and alarms. Everything that normally helped me make sense of the world seemed to work against me. I became confused, frustrated, disoriented, and overwhelmed. During the experience, I was no longer the person who could easily process instructions or confidently navigate what was happening around me.

Brain change is complex, deeply personal, and experienced differently by every person. The simulation gave me a glimpse into the confusion, frustration, sensory overload, dependence, vulnerability, and loss of control my friends may experience. I experienced a kind of empathetic knowing. I felt a difference between saying, "I understand what my friend is going through," and saying, "I may never fully know what it is like to live my friend's life, but I can pause and imagine how the world might feel from where they are standing right now." I was reminded of Henry David Thoreau's words, "Could a greater miracle take place than for us to look through each other's eyes for an instant?"

Empathy can change our tone of voice, our pace, and our patience. It can remind us to offer reassurance rather than correction, companionship rather than judgment, and to meet people where they are. I believe that compassion begins when we pause long enough to wonder: ***What might this feel like from your side?*** May we, as an ever strong and brilliant JCC New Orleans Active Adult community, carry that question with us and choose curiosity over assumption, compassion over judgment, and connection over distance.

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 Bambi Maloney 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.

Lunch & Learn with the Rabbi

Thursday, October 1 | 12:00 - 1:30 pm

\$3 members | \$5 non-members

RSVP by Monday, September 28

Join us for our monthly Lunch & Learn! This month, Rabbi Silverman from Touro Synagogue will be joining us to after we have a light lunch.

Men's Group

Friday, October 2 | 12:45 - 2:00 pm

No charge to members and non-members

RSVP by Thursday, October 1

Meeting on the first Friday of each month, Men's Group provides an opportunity for retired gentlemen to come together to connect, reminisce, and explore a range of topics with their peers.

Memory Cafe

Tuesday, October 6 | 1:00 - 2:30 pm

Free and open to the community

RSVP by Monday, October 5

Join us for October's Memory Cafe for an afternoon of stitching and intergenerational connection! RicRACK NOLA will lead a hands-on embroidery activity, with students from Ursuline Academy joining us. 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.

Learn to Play Mah Jongg Begins (Metairie)

October 6 - 14 | 5:30 - 8:30 pm

Tuesday, Wednesdays

\$100 members | \$125 non-members

Register at www.nojcc.org/adultclasses

This four-session class at the Metairie JCC is perfect for beginners or those who need a refresher course. Learn using the NMJL rules. A Mah Jongg card will be provided. You MUST be able to attend the first class.

Tour of the Sydney and Walda Besthoff Sculpture Garden at NOMA

Thursday, October 8 | 12:00 - 2:00 pm

Free and open to the community

RSVP by Monday, October 5

Where art meets nature - experience 100 works of art set in a unique Louisiana landscape. Join your friends for lunch at Cafe NOMA and then a docent-led tour through the sculpture garden.

Cathy and Morris Bart Jewish Cultural Arts Series Jeremie Henan Trio: A Tribute to Jewish Broadway Composers

Sunday, October 11 | 6:00 - 8:00 pm

\$10 members | \$18 non-members

Tickets at www.nojcc.org/culturalarts

The Jérémie Hénan Trio celebrates the legacy of Jewish composers whose music helped shape the Great American Songbook. Joined by acclaimed New Orleans musicians Herlin Riley and Mark Brooks, pianist Jérémie Hénan presents imaginative jazz interpretations of timeless classics. The trio explores how these iconic Broadway melodies became an essential part of the jazz tradition.

Morris Bart Sr., Lecture Series:

Jews, Coffee, And The Promised Land

Monday, October 12 | 12:00 - 2:00 pm

Free for members | \$10 non-members

RSVP by Thursday, October 8

Once viewed with caution by the Talmudic sages, the nighttime world was transformed by the introduction of coffee in the 15th century. Coffeehouses opened new spaces for religious, political, and philosophical life—and often brewed their own share of trouble. Retired tour guide David Feldman explores how Judaism has responded to coffee and coffeehouse culture, and how these have influenced Jewish religious practice and secular life over the past five centuries. A kosher catered lunch will be served.

Current Events Group

Tuesday, October 13 | 1:00 - 2:00 pm

No charge to members and non-members

RSVP by Monday, October 12

Meet with 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 meets on the second Tuesday of each month.

Hertha Bart Memorial Luncheon

Thursday, October 15 | 12:00 - 2:00 pm

No charge, members only

RSVP by Monday, October 12

Join us for an elegant luncheon honoring the memory of our past member, Hertha Bart. Enjoy a delicious lunch and entertainment by one of Pat O'Brien's fabulous pianists, Ben Michaels. There is no charge for this event, but reservations are required and for members only. This luncheon is sponsored by Hertha's loving children, Vivian Cahn and Morris Bart.

Book Club: *Sunflower House* by Adriana Allegri

Tuesday, October 20 | 1:30 - 3:00 PM

Free and open to the community

RSVP by Monday, October 19

Reviewer: Diane Zimmerman. "The Sunflower House" is a historical fiction novel exploring the Nazi Lebensborn program—a state-run eugenics project designed to breed racially pure "Aryan" children. It follows Allina, a half-Jewish woman who conceals her heritage to survive and ultimately risks everything to save innocent children from Nazi control.

The Kaiut Yoga Method: A Talk by Ravi Kaiut

Wednesday, October 21 | 12:00 - 1:30 PM

Free and open to the community

RSVP by Monday, October 19

What we call aging may actually be the gradual loss of adaptability and mobility in the body. In "The Kaiut Yoga Method," Ravi Kaiut offers a different way of understanding movement, pain, and longevity. Instead of focusing on strength or flexibility, this book focuses on restoring the conditions that help the body thrive. Brazilian author, researcher, and educator Ravi Kaiut explores the connection between movement, the nervous system, and aging. Bring your lunch; dessert and coffee will be provided.

iPhone Basics: Master Your Device with Confidence

Thursday, October 22 | 12:00 - 2:00 pm

Free and open to the community

RSVP by Monday, October 19

New to smartphone technology? This gentle, step-by-step class removes the frustration from technology. Learn to navigate your screen, adjust essential settings, and connect with loved ones safely. Bring your lunch; dessert and coffee will be served.

Learn to Play Mah Jongg Begins (Uptown)

October 26 - November 5 | 5:30 - 8:30 pm

Mondays, Thursdays

\$100 members | \$125 non-members

Register at www.nojcc.org/adultclasses

This four-session class at the Uptown JCC is perfect for beginners or those who need a refresher course. Learn using the NMJL rules. A Mah Jongg card will be provided. You MUST be able to attend the first class.

Cathy and Morris Bart Jewish Cultural Arts Series: Stories Carry

Tuesday, October 27 | 4:00 - 6:00 pm

Free and open to the community

RSVP at www.nojcc.org/culturalarts

Join author Dena Schusterman in conversation with New Orleans author and editor Liza Nelson Brown about "Stories Carry: We All Carry Them. Some Even Carry Us," Schusterman's debut memoir exploring faith, family, belonging, and inherited identity. The daughter of Chabad-Lubavitch emissaries in 1970s Berkeley and now a Chabad emissary and community leader in Atlanta with her husband, Rabbi Eliyahu Schusterman, Dena reflects on the intersection of tradition and contemporary life. Through stories spanning four generations, she explores how storytelling carries forward the legacies we choose to preserve.

Dena Schusterman co-founded Chabad Intown in Atlanta with her husband, Rabbi Eliyahu Schusterman, and has since built a community as an educator, preschool director, and teacher. She writes about parenting and applies Torah for publications including Kveller, Chabad.org, Ami Magazine, and the Atlanta Jewish Times. A native Californian, Dena is the mother of eight. She and her husband have called Atlanta home for more than twenty-five years.

Movie Day:**Remarkably Bright Creatures**

Thursday, October 29 | 12:00 - 2:00 PM

Free and open to the community

RSVP by Monday, October 26

In this 2026 Emmy nominee, a wily octopus brings together two lost souls (Sally Field and Lewis Pullman).

**Dairy Free Pumpkin Bread****Ingredients**

- 2 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 15-oz can 100% pure pumpkin puree
- 2 eggs
- ⅓ cup oil

Instructions

1. Place flour, sugar, baking soda, baking powder, salt, cinnamon, ginger, and cloves into a baking bowl. Whisk well.
2. Add pumpkin puree, eggs, and oil. Mix until combined.
3. Preheat the oven to 325°F and set an oven rack in the middle position.
4. Evenly distribute batter between two greased and floured 8 x 4-inch loaf pans.
5. Bake for 65 to 75 minutes, or until a cake tester inserted into the center comes out clean.
6. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

October 2026

Sunday	Monday	Tuesday	Wednesday
4 <i>Simchat Torah</i>	5 Knitting Group 10:00 - 11:00 am	6 Memory Cafe 1:00 - 2:30 pm	7 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	
11 Cathy and Morris Bart Jewish Cultural Arts Series Jeremie Henan Trio 6:00 - 8:00 pm	12 Knitting Group 10:00 - 11:00 am Morris Bart Sr. Lecture Series 12:00 - 2:00 pm	13 Current Events Group 1:00 - 2:00 pm	14 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	
18	19 Knitting Group 10:00 - 11:00 am	20 Book Club 1:30 - 3:00 pm	21 The Kaiut Yoga Method: A Talk by Ravi Kaiut 12:00 - 1:30 pm
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
25	26 Knitting Group 10:00 - 11:00 am Learn to Play Mah Jongg Begins 5:30 - 8:30 pm	27 Cathy and Morris Bart Jewish Cultural Arts Series: Stories Carry 4:00 - 6:00 pm	28 Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
	Chair Exercise 10:45 - 11:45	Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	

Tishrei - Cheshvan, 5787

Birthdays

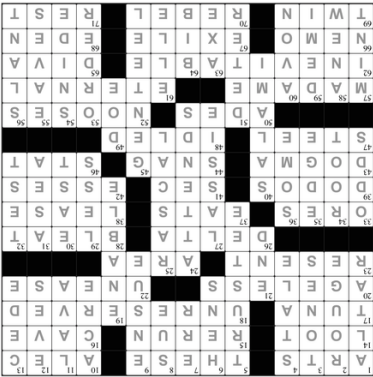
Anne Garrett
October 4
Ellen Barnett Cleary
October 15

Trivia Corner

Who appeared on the best-selling postage stamp in U.S. history?

- a. Mickey Mouse
- b. Elvis Presley
- c. Marilyn Monroe
- d. Bugs Bunny

Crossword Answer



Trivia Answer

Elvis Presley postage stamps are the most widely publicized stamp issued in the history of the United States Postal Service and it is the top selling commemorative postage stamp of all time. The Elvis postage stamps were released by the U.S. Postal Service on January 8, 1993. The USPS printed 500 million of them, three times the usual print run for a commemorative stamp. About 124.1 million of the 1993 Elvis Presley stamps were saved by Americans, according to the post office, which does an annual survey of 10,000 households to determine which stamps are most popular.

Thursday	Friday	Saturday
1 Sukkot Lunch & Learn with the Rabbi 12:00 - 1:30 pm Chair Exercise 10:45 - 11:45	2 Sukkot Men's Group 12:45 - 2:00 pm Chair Yoga & Meditation 11 - 12	3 Shemnini Atzeret JCC CLOSED for Shemini Atzeret
8 Sculpture Garden Tour at NOMA 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	9 Chair Yoga & Meditation 11 - 12	10
15 Hertha Bart Memorial Luncheon 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	16 Chair Yoga & Meditation 11 - 12	17
22 iPhone Basics: Master Your Device 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	23 Erev Sukkot Chair Yoga & Meditation 11 - 12	24
29 Movie Day 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	30 Chair Yoga & Meditation 11 - 12	31

J UNIVERSITY FALL CLASSES

nojcc.org/adultclasses

J UNIVERSITY

SMART COURSES FOR CURIOUS MINDS

The Book of Judges: Violence, Leadership, and the Struggle for Israel with Dr. Jason Gaines, Tulane University

The Book of Judges contains some of the Hebrew Bible's most vivid—and disturbing—stories: Deborah and Yael defeat an enemy general, Jephthah sacrifices his daughter, and Samson battles the Philistines. Set before Israel's monarchy, the book portrays a society divided by tribal loyalties, threatened by neighboring peoples, and repeatedly undone by violence.

We will study Judges, exploring what archaeology reveals about early Israel and how traditions developed over time. We will also examine the book's literary artistry and its troubling portrayals of women, warfare, political authority, religion, and ethnic identity. No prior knowledge is required.

Mondays, October 5 - Nov. 2 | 5:30 - 6:30 PM
\$125 Members | \$150 Non-Members (5 Classes)

The American Jewish Experience in World War II with Dr. Sean Scanlon, National WWII Museum

Of the more than 16 million Americans who served in uniform during WWII, more than 550,000 of them were Jewish men and women who served their country in every possible role.

This course, taught by Dr. Sean Scanlon, a military historian at the National WWII Museum, will explore the American Jewish experience of the war and cover themes such as the state of American Jewish life on the eve of World War II and the history of American Jewish military service before World War II; the Jewish American experience in uniform; the American Jewish experience on the Homefront; and the end of World War II and its legacy in the American Jewish community.

Wednesdays, October 7 - 28 | 4:30 - 5:30 PM
\$100 Members | \$125 Non-Members (4 Classes)

YOUR CREATIVE JOURNEY STARTS HERE

ARTS
at the center



CARD-MAKING

Thursdays, October 1 - November 5
12:30 - 2:30 PM
\$150 Members | \$187.50 Non-Members

IMPROV

Thursdays, October 1 - November 19
12:30 - 2:30 PM
\$170 Members | \$200 Non-Members

PAINTING WITH WATERCOLORS

Tuesdays, October 13 - December 1
5:30 - 7:30 PM
\$190 Members | \$237.50 Non-Members

WRITING AS RESISTANCE: JOURNALING ON THE JOURNEY

Monday, November 2 | 12:30-2:30 PM
\$40 Members | \$50 Non-Members

Learn more at www.nojcc.org/creativearts

CATHY AND MORRIS BART JEWISH CULTURAL ARTS SERIES



JÉRÉMIE HÉLAN TRIO FEATURING HERLIN RILEY & MARK BROOKS A TRIBUTE TO JEWISH BROADWAY COMPOSERS

Sunday, October 11, 6-8 PM

STORIES CARRY WE ALL CARRY THEM. SOME EVEN CARRY US.

Tuesday, October 27, 4-6 PM

CELEBRATING 60 YEARS IN OUR HOME A LEGACY OF JEWISH LIFE IN NEW ORLEANS

Wednesday, November 11, 6:30-8:30 PM

ADEENA SUSSMAN A CULINARY JOURNEY THROUGH STORIES & FLAVOR WITH MODERATOR ALON SHAYA

Sunday, November 22, 6:30-8:30 PM

Learn more at www.nojcc.org/culturalarts

ACROSS

1. ____ and crafts
5. Not those
10. A Baldwin
14. Stolen goods
15. TV repeat
16. Prehistoric dwelling
17. Salad fish
18. Available to anyone
20. Eternal
22. Discomfort
23. Take offense at
24. Location
26. Letter after gamma
28. Sheep's cry
33. Raw metals
37. Snacks
38. Tenant's document
39. Extinct birds
41. Dry, as wine
42. Highway curves
43. Doctrine
44. Obstacle
46. Medical "at once!"
47. Strong metal
48. Loafed
50. Citrus drinks
52. Rope loops
57. French title
61. Unending
62. Impossible to prevent
65. Aria singer
66. Movie fish
67. Banish
68. Genesis site
69. Duplicate
70. Rise up
71. Remainder

DOWN

1. Communion table
2. Cheek makeup
3. Pitches
4. Not fresh
5. Board member
6. Female birds
7. Miscalculate
8. Prosecute

DOWN

9. Come afterward
10. Farm measure
11. Hot, molten rock
12. December 24 and 31
13. Give up
19. Make possible
21. Finale
24. Goes to
25. Mischievous one
27. TV pooch
29. Not as much
30. "____ of Eden"
31. On the ocean
32. Try out
33. Chances
34. ____ beer
35. Advantage

DOWN (CONTINUED)

36. Not all
40. Deli offering
45. Refined
49. Stag's mate
51. Hinder
53. Command
54. Disparaging
55. Roof overhangs
56. Incline
57. Breath freshener
58. Once more
59. ____ Moore of "G.I. Jane"
60. Stratford-upon-____
61. She, in Paris
63. Cutting tool
64. Baby's meal garb

1	2	3	4		5	6	7	8	9		10	11	12	13
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69					70						71			

NEW ORLEANS **JEWISH COMMUNITY CENTER**

5342 St. Charles Avenue
New Orleans, LA 70115

WALK TO END
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

JOIN OUR TEAM **JCC ACE WALKERS**

Our wonderful ACE volunteer, Paula, is the captain of the JCC ACE Walkers for the Walk to End Alzheimer's on **Saturday, November 21!** Christine and Alice are serving as co-captains, and we would love for you to join our team! You do not have to be able to walk with us to be part of the team. Let's come together as a national community and proudly represent JCC ACE with enthusiasm and heart!

Please consider joining, sharing our team page on social media, and inviting your friends and family to participate and donate.

WHERE

University of New Orleans - Earl K Long Library Lawn
2000 Lakeshore Dr. | New Orleans, Louisiana 70148

1 MILE ROUTE

WHEN

SATURDAY, NOVEMBER 21

Walkers Welcome at 9 am | Ceremony 9:30 am
Walk immediately after at 10:00 a.m.

Contact Alice or Christine with questions!

