

September 2026 | Elul 5786 - Tishrei 5787

Why Were You Not Zusya? A Yom Kippur Reflection

Rabbi Zusya of Hanipoli (Ukraine) was an 18th-century Hasidic rabbi and a revered teacher. There is a story of a conversation he had with his students when he was old and had become ill. He began to weep until one of his students asked, "Rabbi, why do you weep? Surely if anyone has assured a place in the kingdom of heaven, it is you!" The rabbi turned his head towards his beloved students and began to speak softly. "If, my children, when I stand before the heavenly court, I am asked, 'Zusya, why were you not a Moses?' I shall have no hesitation affirming, 'I was not born a Moses.' If they ask me, 'Why were you not an Elijah?' I shall speak with confidence, 'Neither am I Elijah.' I weep, friends, because there is only one question I fear to be asked, 'Why were you not Zusya?'"

This Hasidic story invites us to consider that perhaps Yom Kippur is not asking, "Why weren't we more righteous?" Instead, it gently asks, "Where did we lose ourselves this past year?" The Hebrew word teshuvah is often translated as repentance, but its literal meaning is return. I sense how it is less about guilt and more about returning to our deepest values, our relationships, and all we are capable of becoming.

We reflect on how much of our suffering comes from clinging to status, certainty, success, comparison, or the image we have created of ourselves. How often do we quietly tell ourselves, "I should be more accomplished. More successful. More generous. More this or more that, or more like someone else." Teshuvah does not ask us to become someone else. It asks us to become fully ourselves. Perhaps this is why the paintings of Marc Chagall speak so deeply to me during this season. In many of Chagall's works, his figures are not portrayed as triumphant spiritual heroes. They are searching, humble, and almost transparent. People float through his paintings-not as an escape from the world, but as if they have become lighter, less burdened by fear, pride, and comparison. I wonder if Chagall is inviting us to imagine what the soul feels like when it no longer carries the weight of the ego.

Wisdom gently asks me to loosen my grip on whatever keeps me from loving myself, my neighbors, and my life more fully. As my defenses soften, compassion has room to grow. Forgiveness becomes more about releasing the version of myself I no longer wish to carry. As our JCC community prepares for Yom Kippur, may we join together in honesty, openness, and compassion. And may we discover that becoming fully ourselves is one of the greatest journeys we can make.

Alice



Memory Cafe

Tuesday, September 1 | 2:00 - 3:30 pm
Free and open to the community.
RSVP by Monday, August 31

Join us for September's Memory Cafe 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.

Learn to Play Mah Jongg Begins

September 1 - 10 | 5:30 - 8:30 pm
Tuesday, Thursday
\$100 members | \$125 non-members
Register at www.nojcc.org/adultclasses

This four-session class 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.

Ogden Museum: The Dream is the Truth

Thursday, September 3 | 1:15 - 2:30 PM
Free admission for Louisiana residents, courtesy of The Helis Foundation.
RSVP by Monday, August 31

The Dream is the Truth showcases a unique survey of artists whose practices fall within the category of Vernacular Art, which broadly includes self-taught and Visionary Art. The exhibition features paintings, drawings, and sculptures created within a grassroots Southern artmaking tradition outside academic or conventional art institutions. These artists deeply engage recurring themes of spirituality, memory, sense of place, and community through original expression and a strong sense of artistic purpose.

Rosh Hashanah Garden Renewal

Tuesday, September 8 | 9:30 - 11 am
No charge to members and non-members
RSVP by Friday, September 4

Join us for a joyful morning of connection at our Rosh Hashanah Garden Renewal! Volunteers will partner with the children of the JCC Early Childhood Center and Pre-K to plant fall vegetables and flowers, celebrating the season of renewal and fresh beginnings. Your hands and heart will help nurture both the garden and our intergenerational community.

Current Events Group

Tuesday, September 8 | 1:00 - 2:00 pm
No charge to members and non-members
RSVP by Monday, September 7

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.

Learn to Play Mah Jongg Begins (METAIRIE JCC)

September 8 - 16 | 5:30 - 8:30 pm
Tuesday, Wednesday
\$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.

High Holiday Luncheon

Thursday, September 10 | 12:00 - 2:00 pm
\$5 members | \$7 non-members
RSVP by Monday, September 7

Celebrate the High Holy Days with your friends at the J! Savor traditional foods, including matzah ball soup, brisket, tzimmes, and honey cake. Natalie Cohen, our Director of Jewish Life, will lead a discussion on the meaning of these holidays.

Men's Group

Friday, September 11 | 12:45 - 2:00 pm
No charge to members and non-members
RSVP by Thursday, September 10

The JCC Men's Group is a monthly discussion group for retired gentlemen to build community, connect, reminisce, and explore a variety of topics with their peers. Meeting on the first Friday of each month, this group will explore a range of topics with their peers.

Morris Bart Sr., Lecture Series

Faith That Does Justice: The Work of the Jesuit Social Research Institute

Monday, September 14 | 12:00 - 2:00 pm
Free for members | \$10 non-members
RSVP by Thursday, September 10

For nearly 20 years, the Jesuit Social Research Institute (JSRI) at Loyola University New Orleans has worked to advance justice in the South through research, education, advocacy, and service. Join JSRI Executive Director Annie Phoenix for a look at the institute's history and its current work in prison education, immigration, and public policy. Learn how JSRI combines faith, research, and civic engagement to create meaningful change and hear stories of the communities impacted by its work. The presentation will also explore JSRI's next chapter as it prepares to celebrate its 20th anniversary. A kosher, catered lunch will be served.

Book Club: *Boy from North County* by Sam Evan Sussman

Tuesday, September 15 | 1:30 - 3:00 PM
Free and open to the community
RSVP by Monday, September 14th

In Sussman's semi-autobiographical debut novel, 26-year-old Evan returns to his upstate New York home to care for his dying mother, June. As they navigate the final months of her life, Evan uncovers family secrets and explores long-held rumors that his biological father is the legendary musician Bob Dylan.

Movie Day: A Beautiful Day in the Neighborhood

Thursday, September 17 | 12:00 - 2:00 PM

Free and open to the community

RSVP by Monday, September 14

Writer Lloyd Vogel forges a friendship with famed children's television host Fred Rogers and learns to make peace with his painful past. Starring Tom Hanks, Matthew Rhys and Susan Kelechi Watson. Bring your lunch; movie snacks and coffee will be provided.



Mind Matters

September 22 - December 15 | 10:00 am - 2:00 pm

\$276 for members and non-members

Contact allison@nojcc.org to sign up

Mind Matters is a brain health course for adults 50 years and older. The course incorporates memory techniques and cognitive stimulation, reading and discussion, physical exercise, social engagement, and mindfulness. Together, we stay up to date with the latest research on keeping our brains healthy in our later years, and we support each other as we put these findings into practice. Scholarships are available.

Sukkot Party

Thursday, September 24 | 12 - 2 PM

\$5 members | \$7 non-members

RSVP by Monday, September 21

Join us for a celebration of Sukkot, a weeklong Jewish festival where families build a temporary hut called a sukkah and eat under it to commemorate the Israelites' 40 years in the desert. We will enjoy a delicious harvest feast and celebrate the holiday's traditions.

Learn to Play Mah Jongg Begins

September 28 - October 8 | 6:00 - 8:00 pm

Monday, Wednesday, Thursday

\$100 members | \$125 non-members

Register at www.nojcc.org/adultclasses

This six-session class 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.



Tulane University
Center for Aging

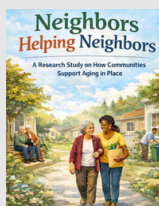
Tulane Center for Aging Community Meeting

Sunday, September 27 | 2:00 - 3:00 PM

Uptown JCC Auditorium

Neighbors Helping Neighbors is a community-based research project led by Tulane's Center for Aging that explores how connections with neighbors help us feel supported and age confidently at home.

Older adults, retirees, and caregivers living in Twinbrook, East Carrollton, or Leonidas are encouraged to join us for this community meeting. To learn more, email aging@tulane.edu.



Uptown Ongoing Programs

Chair Exercise (No class 9/7, 9/21)

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

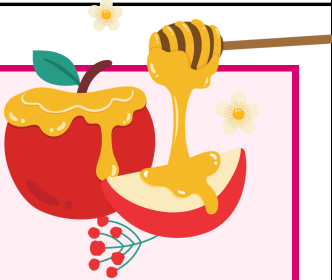
Free to members | \$2 non-members

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.

September 2026

Sunday	Monday	Tuesday	Wednesday
		1 Memory Cafe 2:00 - 3:30 pm Learn to Play Mah Jongg Begins 5:30 - 8:30 pm Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	2 Mindfulness in Wellness and Illness 12:30 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
6	7 Labor Day No Adult Programming	8 Rosh Hashanah Garden Renewal 9:30 am - 11:00 am Current Events Group 1:00 - 2:00 pm Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	9 Mindfulness in Wellness and Illness 12:30 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
13 Rosh Hashanah JCC CLOSED for Rosh Hashanah	14 Knitting Group 10:00 - 11:00 am Morris Bart Sr. Lecture Series 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	15 Book Club 1:30 - 3:00 pm Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	16 Mindfulness in Wellness and Illness 12:30 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
20 Erev Yom Kippur	21 Yom Kippur JCC CLOSED for Yom Kippur	22 Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	23 Mindfulness in Wellness and Illness 12:30 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30
27 Sukkot Neighbors Helping Neighbors Community Meeting 2:00 -3:00 pm	28 Sukkot Knitting Group 10:00 - 11:00 am Learn to Play Mah Jongg Begins 5:30 - 8:30 pm Chair Exercise 10:45 - 11:45	29 Sukkot Nourishing Our Neighbors Day of Service (BIA Food Pantry) 8:00 am - 12:00 pm Chair Exercise 10:45 - 11:45 Games Day 12:00 - 3:00	30 Sukkot Mindfulness in Wellness and Illness 12:30 - 2:00 pm Dance for Parkinson's 10:30 - 11:45 Better Balance 10:45 - 11:30

Elul 5786 - Tishrei 5787

Thursday	Friday	Saturday
3 Ogden Museum 1:15 - 2:30 pm Chair Exercise 10:45 - 11:45	4 Chair Yoga & Meditation 11 - 12	5
10 High Holiday Luncheon 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	11 Erev Rosh Hashanah Men's Group 12:45 - 2:00 pm Chair Yoga & Meditation 11 - 12	12 Rosh Hashanah JCC CLOSED for Rosh Hashanah
17 Movie Day 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	18 Chair Yoga & Meditation 11 - 12	19
24 Sukkot Party 12:00 - 2:00 pm Chair Exercise 10:45 - 11:45	25 Erev Sukkot Chair Yoga & Meditation 11 - 12	26 Sukkot JCC CLOSED for Sukkot
Wishing our JCC community a sweet and joyful Rosh Hashanah. May the New Year bring peace, happiness, health, and meaningful connections. Shanah Tovah! 		

Birthdays

Michael Mackenzie
September 9

Carol Tully
September 16

Jean Walker
September 20

Stan Fajkowski
September 20

Trivia Corner

What is the game of “Checkers” called in England?

a. Jumpers
b. Draughts
c. Hoppers
d. Ludo

Trivia Answer

b. Checkers is the American name of the game known as Draught” in England, Dams in Scotland and Dames in France. The name Checkers is an obvious reference to the pattern of the board, a typical but not universal feature of the game family. Draughts refers to the fact that the game pieces are “draught” (drawn or dragged) across the board. The name derives from the verb to draw or to move. It is very likely that Draughts was derived from Alquerque in medieval Europe.

Recipe Corner



Lemon Olive Oil Honey Cake

Ingredients:

- 2 eggs
- 1 and 1/2 cups sugar
- 1/2 cup olive oil
- 1/4 cup honey
- 1/4 cup orange juice
- 1 tablespoon instant coffee granules dissolved in 1 tablespoon hot water
- 2 teaspoons vanilla
- 1/4 cup lemon juice
- zest of 2 lemons (optional, but recommended)
- 2 cups flour
- 2 teaspoons baking powder

Topping

- 2 cups confectioners' sugar
- 1/4 cup Lemon Juice

Garnish

- fresh thyme
- pomegranate arils
- lemon peel, well scrubbed and sliced thinly

Directions

This cake can be made in a bundt pan or a nine-by-13-inch pan.

1. Preheat oven to 350 degrees Fahrenheit. Prepare a nine-inch springform pan and set it aside.
2. Beat eggs and sugar until smooth, creamy, and pale yellow, about 3 to 5 minutes. Add olive oil, honey, juices, and coffee, and mix. Add in dry ingredients and mix until smooth, careful not to overmix.
3. Pour into the prepared springform and bake at 350 degrees Fahrenheit for 1 hour, or until a toothpick comes out clean.

Prepare the Topping

When the cake is cooled, combine confectioners' sugar and lemon juice and smear over the cake. Decorate with pomegranate seeds, thyme, and lemon peel, if desired.

Mindfulness in Wellness and Illness

with Dr. Jayashree Rao

Wednesdays
August 5 - September 30
12:30-2PM

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

FALL 2026
NEW ORLEANS Your Community, Your Fall: Renewal at the JCC

Celebrate. Discover. Connect.

FALL 2026
nojcc.org

Don't forget to check out the **Fall 2026 Program Guide**! Explore all the exciting things happening at the J - from our Cathy and Morris Bart Jewish Cultural Arts Series, High Holiday celebrations, our annual Center Celebration, and much more!

View the full guide at
www.nojcc.org/programguide.



Cathy and Morris Bart Jewish Cultural Arts Series

THE FLOATERS

THE SUMMER CAMP MOVIE YOU'VE BEEN WANTING
Tuesday, September 1, 6:30-8:30 PM

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



www.nojcc.org/culturalarts



YOUR CREATIVE JOURNEY STARTS HERE

Learn more at www.nojcc.org/creativearts

ARTS
at the center



Classes

READING AND WRITING POETRY

Wednesdays, September 16 - November 4
1:15 - 2:45 PM
\$160 Members | \$200 Non-Members

CLAY TILE-MAKING

Wednesdays, September 16 - October 21
5:30 - 7:30 PM
\$160 Members | \$200 Non-Members

COMMUNITY CHOIR

Sundays, September 27 - December 6
3:00 - 4:30 PM
\$110 Members | \$137.50 Non-Members

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

One-Day Workshops

MAKE YOUR OWN EARRINGS

Sunday, September 27 | 2:00 - 4:00 PM
\$70 Members, \$87.50 Non-Members

WRITING AS RESISTANCE:

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



NEW ORLEANS **JEWISH COMMUNITY CENTER**

5342 St. Charles Avenue
New Orleans, LA 70115

NOURISHING OUR NEIGHBORS ***Food Drive & Tzedek Project***

Nourishing Our Neighbors Fall Food Drive **September 1 - 28**

Support local families by donating non-perishable, shelf-stable food items at collection boxes. Your donations will help provide nourishing meals to our Broadmoor neighbors.

Nourishing Our Neighbors Fall Day of Service **Tuesday, September 29 | 8:00 a.m. – 12:00 p.m.**

Together at the Broadmoor Improvement Association Food Pantry, we will create food packages for our neighbors experiencing food insecurity.



BIA Food Pantry

2021 S. Dupre Street

Free to all members and non-members

RSVP by Friday, September 25th

