



Active Adult

The New Orleans JCC Guide to Events and Activities for the Active Senior Adult

2018

November

5779 cheshvan/kislev

In The Blink Of An Eye

Each year in November I write about my daughter Riley because it is her birth month. Last year I lamented the fact that it was a nothing special birthday, but I had to sit back and watch her mature. This year, however, is a monumental birthday. She becomes a teenager and a soon-to-be bat mitzvah. Although, sadly, I can barely remember her as a baby, I am in disbelief that she is already a teenager. Where has the time gone?!

I have so much to be proud of in my daughter. She is kind, caring, creative and hilarious. Those wonderful attributes compensate for her being messy, moody and constantly fighting with her brother. Thank goodness, because I suspect she is going to be a handful as a teenager. But then again, I have suspected that since she was about two years old.

It's a strange thing to watch your daughter grow up. Roles change and I find myself asking for her advice now on certain matters that have never been my forte. Makeup, for instance - she's great at it so I let her do it for me. Technology is an obvious one, as well. Perhaps the best part is the conversations we now share. It's becoming more like talking to a peer than a child and I find myself enjoying those moments in a very special way. But then I look into her eyes and know, she will always be my baby.

Remember to live, love, laugh and enjoy!

Rachel



ONGOING PROGRAMS

Exercise Class

Mondays, Tuesdays & Thursdays
10:30 - 11:30 AM

No charge members

\$2 non-members

This class is designed for seniors at all levels and abilities. Either exercise from a chair or standing, according to your comfort level. The class involves stretching and strength training. Wear comfortable clothes and closed-toe shoes. Check with your doctor before starting any exercise program. *No class Nov 22.*

Games Day

Tuesdays | 11:00 AM - 3:00 PM

Bring your lunch on Tuesdays and stay for Games Day after the exercise class finishes.

Mah jongg is going strong. We could use a few more players for **rummikub** and **bridge**. Call me if you are interested in any games. Coffee and desserts are provided. Come spend the afternoon with your friends and make some new ones, too.

Better Balance

Tuesdays | 3:00 - 4:00 PM

\$2 members and non-members

Balance exercises, along with certain strength exercises, can help prevent falls by improving one's ability to control and maintain body position, whether you are moving or still.

Mah Jongg at the Metairie J

Tuesdays | 11:00 AM - 3:00 PM

\$2 members and non-members

Bring your game and enjoy the afternoon with your friends and meet new ones, too. Coffee and snacks are provided. *Contact Wendy at 504.887.5158.*

Lunch & Learn with the Rabbi

Thursday, November 1 | 12:00 - 1:30 PM

\$3 members / \$5 non-members

Join us for our monthly lunch and learn as we discuss interesting topics with a local Jewish leader. In November it's Rabbi Reimer from Temple Sinai. A light lunch will be served. *RSVP by Monday, October 29*

The NOLA Grannies Project: Assisting Asylum Seekers Traveling Through New Orleans

Thursday, November 8 | 12:00 - 2:00 PM

\$7 members and non-members

Horrified by the implementation of the Zero Tolerance policy, a group of grandmothers from New York decided they could not remain still or silent and coordinated a "Granny Caravan" from New York to McAllen, TX. About 10 grannies from New Orleans joined them.

Once the people in detention—who were legally seeking asylum but instead detained (imprisoned) and separated from loved-ones, are released—they are dropped off at a bus station, often with only the clothes on their backs and a ticket to their sponsor city. Their destinations are often hundreds, if not thousands, of miles away and they are given virtually no provisions.

When the NOLA grannies returned, they knew they had to do something to help. With advice from those in Texas who are directly involved with helping these asylum seekers, the NOLA Granny group set up a program at the local Greyhound Bus Terminal to distribute "care kits" filled with non-perishable food, toiletries, diapers, and toys for the children. It is their hope that they can show these weary travelers that there are people here in the United States who truly do care.

Come join us as we assemble "care kits" to be distributed, and learn more from program organizers about how we can help. You do not have to be a senior or a woman to participate. All are welcome. Your donation will help cover the cost of the kits we assemble. Bring your lunch; desserts and coffee will be served.

*RSVP by Monday, November 5***Morris Bart, Sr. Lecture Series -****Guidebooks To Sin: The Blue Books Of Storyville, New Orleans**

Monday, November 12 | 11:45 AM - 1:30 PM

No charge members / \$10 non-members

Pamela D. Arceneaux, Senior Librarian/Rare Books Librarian with The Historic New Orleans Collection, will discuss her most recent book *Guidebooks to Sin: The Blue Books of Storyville, New Orleans*. For most of Storyville's twenty years (1898-1917), guidebooks were produced containing directories listing hundreds of prostitutes by name, address, and race as well as full-page advertisements for some of the better brothels. In New Orleans, these various published guides were known collectively as "Blue Books," even though they did not all bear that title officially. New Orleans was

not the first nor the only city to offer such guides to their vice districts, but probably produced them on a more regular basis than most other cities. By modern standards, the tone of these guides is almost demure; none of the Storyville-era Blue Books specifically describe the sexual services offered, nor do they list fees. Issued annually around Carnival and targeting a white male audience, these little books can be seen as marketing tools, not only to the city's vice district but to the depiction of New Orleans itself as a popular and exotic winter convention and tourist destination. Lunch will be served. **RSVP by Thursday, November 8**

Copies of *Guidebooks to Sin: The Blue Books of Storyville, New Orleans*, a richly illustrated, hardcover annotated bibliography, will be available to purchase for \$50.

JCC Book Club

***Shocking Paris: Soutine, Chagall and the Outsiders of Montparna* by Stanley Meisler**

Tuesday, November 13 | 1:30 - 3:00 PM

Rich in period detail, this book explores the short, dramatic life of one of the most influential artists of the twentieth century, Chaim Soutine. Our reviewer is Molly Travis, PhD, Associate Professor of English at Tulane University.

Seniors On The Go

Thursday, November 15 | 10:00 AM - 4:00 PM

\$25 members and non-members

Join us on our next adventure to the beautiful **North House Home and Gardens** in Bush, LA. North House has been a 20 year plus ongoing project for Dr. James Briggs and David Bourgeois.

Like everything, it started small and then took on a life of it's own. They now have eight gardens and five buildings. It has become a top rated event site and we will have the pleasure of seeing them prepare for a major wedding. In addition to a tour of the gardens and grounds, we will enjoy a catered lunch and lecture by the event coordinator on how they prepare the grounds for large weddings.

Attendees should come comfortably dressed and wear reasonable shoes to walk through the gardens. Thanks to a generous donation from Morris Bart, there is no charge for the bus, and the cost of the tour and luncheon has been subsidized. **RSVP by Thursday, November 8**

Movie Day - Fences

Thursday, November 29 | 12:00 - 2:20 PM

No charge members and non-members

Working as a trash collector in 1950s Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race. This movie stars Denzel Washington and Viola Davis. Movie snacks will be served.

RSVP by Monday, November 26

2018 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4	5 Exercise 10:30 - 11:30	6 Exercise 10:30 - 11:30 Games Day 11:00 - 3:00 Metairie Mah Jongg 11:00 - 3:00 Better Balance 3:00 - 4:00	7
11	12 Exercise 10:30 - 11:30 Morris Bart, Sr. Lecture Series 11:45 - 1:30 <i>RSVP by November 8</i>	13 Exercise 10:30 - 11:30 Games Day 11:00 - 3:00 Metairie Mah Jongg 11:00 - 3:00 Better Balance 3:00 - 4:00	14 Book Club 1:30 - 3:00 ←-----
18	19 Exercise 10:30 - 11:30	20 Exercise 10:30 - 11:30 Games Day 11:00 - 3:00 Metairie Mah Jongg 11:00 - 3:00 Better Balance 3:00 - 4:00	21 Rachel on vacation
25	26 Exercise 10:30 - 11:30	27 Exercise 10:30 - 11:30 Games Day 11:00 - 3:00 Metairie Mah Jongg 11:00 - 3:00 Better Balance 3:00 - 4:00	28

cheshvan kislev

5779

THURSDAY

FRIDAY

SATURDAY

1 Exercise
10:30 - 11:30

Lunch & Learn
12:00 - 1:30
RSVP by October 29

2

3

8 Exercise
10:30 - 11:30

NOLA Grannies
Project
12:00 - 2:00
RSVP by November 5

9

10

15 Exercise
10:30 - 11:30

Seniors On The Go
10:00 - 4:00
RSVP by November 8

16

17



JCC CLOSED

23

Rachel on vacation

24

29 Exercise
10:30 - 11:30

Movie Day
12:00 - 2:20
RSVP by November 26

30

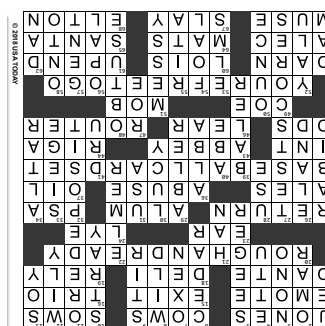
Happy Birthday

November 2
Anne Chirinos

Let us know the dates
of all your special events
so we can celebrate
them together!

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. We are grateful for their continued, generous support.

(Solution to puzzle from page 7)



My humans are jerks.



Chick Magnet



Power Outage

I had a power outage at my house this morning and my PC, laptop, TV, DVD, I-Pad and my new surround sound music system were all shut down. Then I discovered that my I-Phone battery was flat. To top it off, it was snowing and icy so I couldn't go for a walk, bike or run. The garage door opener needs electricity so I couldn't go anywhere in the car. I went into the kitchen to make coffee and then I remembered that this also needed power, so I sat and talked with my wife for a few hours. She seems like a nice person.

RACHEL'S RECIPE CORNER

CRANBERRY NUT BARS

Ingredients:

2 eggs
 1 cup sugar
 1 cup flour
 1/3 cup melted butter or margarine
 1 1/4 cups fresh or frozen cranberries
 1/2 cup chopped walnuts

Directions:

Preheat oven to 350 degrees. Grease an 8-inch square pan.

Beat eggs in a medium mixing bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly into pan.

Bake for 45 minutes or until golden brown. Cool and cut into squares.

Serves 9 - 12

ACTIVE ADULT DONATIONS

A donation to the Active Adult program is a beautiful way to let someone know that you have remembered them or a loved one, and in turn you help defray the costs of our programs. Acknowledgements of your remembrance are sent to whom you choose along with a tax deductible confirmation to you. Donations can be made online at www.nojcc.org, called in, mailed in or dropped off at the reception desk.



ACROSS

- 1) Legendary engineer Casey
- 6) Farm females
- 10) Farm females
- 14) Overdo it on stage
- 15) Go off stage
- 16) Biblical Magi, e.g.
- 17) "Inferno" poet
- 18) Party platter preparer, perhaps
- 19) Place one's trust in, with "on"
- 20) Crude but effective
- 23) Place for a Q-tip
- 24) Soapmaker's compound
- 25) E-filed document
- 29) Visitor to an old prof
- 32) Message from Smokey Bear, fo short
- 35) Pub options
- 36) Treat like dirt
- 37) Clampett's "bubblin' crude"
- 38) Topps or Bowman collectible
- 42) Negative stat for a QB
- 43) London's ___ Road Studios
- 44) Latvia's capital
- 45) Letters on some shingles
- 46) Nonsense poet Edward
- 47) Wi-Fi device
- 49) Cedar Rapids college
- 51) Tony Soprano's group, with "the"
- 52) Words of dismissal
- 59) "Aw, nuts!"
- 60) Hi's spouse, in comics
- 61) Cause to topple over
- 63) Baldwin of "Match Game"
- 64) Wrestlers' surfaces
- 65) Year-end mall temp
- 66) Erato or Clio
- 67) Finish off, as a dragon
- 68) "Daniel" singer John

DOWN

- 1) Clampett who discovered 37-Across
- 2) Poet Khayyam
- 3) Rich desserts, to a dieter
- 4) Caesarean rebuke
- 5) "Turn! Turn! Turn!" composer Pete
- 6) Cigar box wood
- 7) Yoked team
- 8) Like jokers, sometimes
- 9) Make uniform, in a way
- 10) Dogcatcher's catch
- 11) Mesabi Range resource, e.g.
- 12) Skilled at trickery
- 13) Source of nondairy milk
- 21) Chinese dynasty after the Qin
- 22) Elsie the Cow's mate
- 25) Like a mad dog
- 26) Serengeti antelope
- 27) College application data
- 28) "___ as directed"
- 29) More up to it
- 30) "Peanuts" psychiatrist
- 31) Olympics chant
- 33) Assault on the Alamo
- 34) Site for some rites
- 36) Jessica of "Fantastic Four" movies
- 39) Plantation machine
- 40) "Cactus Flower" playwright Burrows
- 41) Joanne of "Red River"
- 47) Sturgeon yield
- 48) Slow on the uptake
- 50) Postal scale gradation
- 51) Needing straightening
- 52) China-North Korea border river
- 53) Pennsylvania Avenue trees
- 54) Paddock newborn
- 55) The Beatles' meter maid
- 56) Shimmering birthstone
- 57) Polite chap
- 58) In the know about
- 59) Reservoir creator
- 62) Politico Quayle

For more information about this product, visit syndication.andewsmcmeeel.com

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New Orleans JCC

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COMMUNITY CHANUKAH CELEBRATION

WITH A PERFORMANCE BY NEFESH MOUNTAIN

Sunday, December 9, 2018 | 4:00 PM

Celebrate the seventh day
of Chanukah at the JCC!

We'll light the menorah,
nosh on a Chanukah dinner
complete with latkes,
and enjoy a live concert
by Jewish bluegrass band
Nefesh Mountain.

