

NEW ORLEANS JEWISH COMMUNITY CENTER | FALL 2026

PROGRAM GUIDE

PROGRAMS | CLASSES | EVENTS



FALL 2026
nojcc.org



A WORD FROM REBECCA FRIEDMAN

Executive Director, New Orleans Jewish Community Center

Dear Members,

Fall brings a season of renewal at the New Orleans JCC. We welcome our Early Childhood Center families back to school. Our High Holiday Luncheon and Sukkot celebrations mark high points on the Jewish holiday calendar, and we are offering a host of new creative programs to promote life long learning.

We are thrilled to offer a fantastic slate of events for our Cathy and Morris Bart Jewish Cultural Arts series, from summer-camp themed film “The Floaters” to a live musical tribute to Jewish Broadway composers. We welcome world-famous chef and author Adeena Sussman, who will share her culinary journey, talents, and latest cookbook. And don’t miss a special night with authors Marlene Trestman and Roberta Brandes Gratz exploring the New Orleans JCC’s history and connections to our community’s remarkable legacy.

On November 7, we will host our annual Center Celebration. This year’s theme, “Mod About the J: Celebrating 60 Years” commemorates a special birthday for our iconic St. Charles Avenue building. We hope you will join us for this festive milestone evening.

We thank you for your patience while our renovation of the Uptown health clubs gets underway. The end results (in May 2027) promise to be amazing. If you have questions or concerns during the process, please reach out to me or another team member. We know change can be difficult and disruptive and are grateful for your flexibility during this time.

Here’s to a fabulous fall at the Uptown and Metairie JCCs!

Best,

Rebecca



HOURS & LOCATIONS

Metairie & Uptown Fitness Centers

Monday - Thursday, 5:30 AM - 9 PM

Friday, 5:30 AM - 6 PM

Saturday & Sunday, 8 AM - 6:45 PM

Metairie & Uptown Pools

Please visit nojcc.org/aquatics for hours of operation and detailed hour-by-hour schedules.

METAIRIE FACILITY (GOLDRING-WOLDENBERG JEWISH COMMUNITY CAMPUS)



UPTOWN FACILITY



CONTENTS



EARLY CHILDHOOD CENTER

Inspired by the Reggio Emilia approach, the JCC Early Childhood Center offers a play-based, constructivist program for ages 13 months through 5 years. Explore our child-led learning model, daily specialist enrichments, and inclusive community rooted in Jewish culture and values.

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YOUTH & TEEN

Our upcoming fall lineup features fun youth programs like Kid's Night Out and Mini Camps, alongside community traditions like our Sukkot Family Dinner. Parents can get involved through Parents' Night and gain valuable insights at Considering Educational Approaches and Navigating the Kindergarten Landscape.

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ADULTS

Unwind with weekly fitness, games, and meditation, or dive into creative classes like poetry, watercolor, improv, and choir (featuring a showcase concert and art exhibition on December 7). Our schedule also features engaging monthly book clubs, movie days, the Morris Bart Sr. Lecture Series, local museum visits, and special intergenerational events.

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FITNESS & SPORTS

Boost your strength and build lasting habits through structured 6-week programs like Women Who Lift and the Fall Fit Transformation Challenge, or explore targeted wellness with our GLP-1 Fitness Program and Smart Eating Essentials series. Plus, stay active on the court with adult basketball leagues and our seasonal 3-on-3 Thanksgiving tournament.

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AQUATICS

Our year-round Swim School offers supportive group instruction for ages 2 through 12, featuring leveled classes from Tadpoles to Jellies to build confidence and refine stroke technique. Adults can stay active with our structured Masters Swim Program, Aqua Fit, and year-round lap swimming.

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JEWISH CULTURE

Connect with vibrant culture through the Cathy and Morris Bart Jewish Cultural Arts Series. Enjoy a camp-movie screening, a live jazz tribute to Jewish Broadway composers, inspiring author talks, and a pre-Thanksgiving cooking demonstration with Adeena Sussman. Plus, join us for our annual community Chanukah celebration on December 10.

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amilia



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View more tips at nojcc.org/amilia.

EARLY CHILDHOOD CENTER

For more information visit nojcc.org/ecc or email ecc@nojcc.org.

OUR EARLY CHILDHOOD CENTER PROGRAM

At the New Orleans JCC Early Childhood Center, we honor the Jewish traditions of inquiry and instruction, we instill in our students a sense of ownership and self-expression, and we foster the social-emotional skills that prepare children for lifelong learning. Inspired by the philosophy of Reggio Emilia, our program offers a play-based, child-centered, constructivist curriculum for ages 13 months through 5 years. Families of all faiths are welcome.

As part of a vibrant community center, our school is enriched by intergenerational experiences and strong family engagement. Parents are invited to participate in ongoing events, helping build a connected community. Our curriculum is further enhanced by weekly swim lessons, creative movement, dance, yoga, gardening, music, and art—offering children daily opportunities to explore, move, and express themselves. Jewish life is woven into the rhythm of our days through joyful Tot Shabbat celebrations and holiday traditions.

OUR VISION OF THE CHILD

The child is viewed as a unique and complex individual, grounded in cultural heritage and embodied with potential. To support these capable, curious thinkers, we provide a nurturing and engaging environment that balances structure with freedom and discovery.

EARLY CHILDHOOD CENTER PROGRAM FEATURES

- Hands-on learning that fosters independence, creativity, inquiry, patience, and respect for others
- A thoughtful balance of child-led experiences and structured activities
- Enrichment activities led by specialists – music class, movement class, and swim lessons
- Open spaces and playground equipment that encourage exploration and motor development
- An environment infused with Jewish culture, values, and traditions



PROSPECTIVE FAMILIES

Scan this QR code to schedule your tour!



ENROLLMENT INFORMATION

In January, after returning families have had a chance to enroll in the upcoming school year, open spots will be offered to families on our interest list. To confirm enrollment, families must submit a deposit and pay a one-time registration fee for each new child. ECC families must also set up a JCC membership.

Scan this QR code to join the ECC Interest List.



YOUTH & TEEN

For more information about our Youth & Teen programs and events, please visit noicc.org.

KID'S NIGHT OUT

Have fun with friends and burn some energy while your parents have a night on the town.

Please wear closed-toe shoes and comfortable clothes so you can take part in all of the activities. (Grades K-5)

\$45 Members, \$56.25 Non-Members | Uptown
Saturday, September 5, 5:30-9PM
Saturday, November 14, 5:30-9PM

MINI CAMPS

School's out... but the JCC is IN!

When school is not in session, join us at the J for an active day of fun and entertaining supervised play. Spend time with old friends and meet new friends from other schools.

\$70 Members, \$87.50 Non-Members | Uptown

SEPTEMBER

SCHOOL'S OUT (GRADES K-1)

September 18, 8AM-4PM

SCHOOL'S OUT (GRADES 2-5)

September 18, 8AM-4PM

OCTOBER

FALL BREAK (GRADES K-1)

October 9-13, 8AM-4PM

FALL BREAK (GRADES 2-5)

October 9-13, 8AM-4PM

NOVEMBER

SCHOOL'S OUT (GRADES K-1)

November 3, 8AM-4PM

SCHOOL'S OUT (GRADES 2-5)

November 3, 8AM-4PM

THANKSGIVING BREAK (GRADES K-1)

November 23-25, 8AM-4PM

THANKSGIVING BREAK (GRADES 2-5)

November 23-25, 8AM-4PM

DECEMBER

SCHOOL'S OUT (GRADES K-1)

December 18, 8AM-4PM

SCHOOL'S OUT (GRADES 2-5)

December 18, 8AM-4PM

WINTER BREAK (GRADES K-1)

December 21-31, 8AM-4PM

WINTER BREAK (GRADES 2-5)

December 21-31, 8AM-4PM



DINNER UNDER THE SUKKAH

ECC FAMILIES ONLY

Celebrate the harvest holiday of Sukkot with dinner in the schoolyard. Families are invited to bring dinner, and the JCC will provide drinks and dessert.

Free for Members Only | Uptown
Thursday, October 1, 5:30-7:30PM



SOCKHOP DATES

We're opening our doors this Fall to all 5th-7th graders for dancing, games, and other activities!

\$50 Members Only | Uptown

Saturday, October 24, 7:30-10PM
Saturday, December 12, 7:30-10PM



FOR PARENTS

PARENTS NIGHT

ECC FAMILIES ONLY

Enjoy a hands-on, child-free school experience one night in early fall. You will have the opportunity to visit your child's classroom, learn more about their day at school, and enjoy some uninterrupted conversation with your child's teachers and fellow class parents.

Free for Members Only | Uptown
Thursday, September 24, 6:30-8:30PM

CONSIDERING EDUCATIONAL APPROACHES

You're invited to join us for an engaging panel discussion, "Considering Educational Approaches." We'll explore various styles of education and the key factors to consider when choosing the right school for your child. Don't miss this insightful event!

Free and open to the public | Uptown
Wednesday, October 14, 6:30-7:30PM

NAVIGATING THE KINDERGARTEN LANDSCAPE

PANEL DISCUSSION & SCHOOL FAIR

Are you looking at Kindergarten options in New Orleans? Starting school is a big step for your child and you, and knowing where to start and how to apply can be confusing. Join us as a panel of experienced local professionals explains the steps you need to take and answers parents' questions.

Learn more about getting your child ready for Kindergarten in New Orleans, your school options, and the NCAP public, charter school application process!

Free and open to the public | Uptown
Wednesday, November 18, 6-7:30PM

ADULTS

For more information about our Adult programs and events, please visit nojcc.org.

ARTS | 
at the center | NEW ORLEANS

YOUR CREATIVE JOURNEY STARTS HERE.

Discover new skills, spark your creativity, and express yourself with our fall art and wellness at the J!

FALL CLASSES

READING AND WRITING POETRY

Have you ever written a poem? Has a poem ever moved you, made you laugh or spoken to your soul? Part poetry appreciation, part writing workshop, this gentle and encouraging class will inspire you to pick up the pen once again.

\$160 Members, \$200 Non-Members
Wednesdays, September 16 - November 4, 1:15-2:45PM (8 Classes)

CLAY TILE-MAKING

Learn the art of low-relief ceramic sculpture. Students will explore fundamental principles of depth, balance, texture, and composition while developing their own creative instincts in working with clay.

\$160 Members, \$200 Non-Members
Wednesdays, September 16 - October 21, 5:30-7:30PM (6 Classes)

COMMUNITY CHOIR

All voices welcome! Singers will learn a diverse repertoire of music while developing breath support, basic music theory, ear training, and somatic awareness. No experience is necessary. Closing concert performance on December 7.

\$110 Members, \$137.50 Non-Members
Sundays, September 27 - December 6, 3-4:30PM (11 Classes)

CARD-MAKING

Explore core paper-crafting principles in this beginner-friendly course. Students will learn layout design, tool selection, color theory and layering techniques. They will build skills step by step as they develop their own unique creative style.

\$150 Members, \$187.50 Non-Members
Thursdays, October 1 - November 5, 12:30-2:30PM (6 Classes)

IMPROV

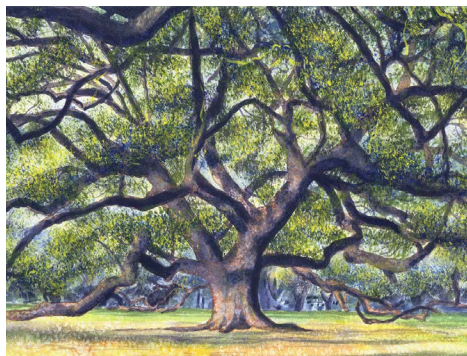
Learn how to create comedic improvisational scenes with your classmates as you develop listening skills and tap into the power of your imagination. In an easygoing and supportive environment, all are welcome to join in the fun.

\$170 Members, \$200 Non-Members
Thursdays, October 1 - November 19, 12:30-2:30PM (8 Classes)

PAINTING WITH WATERCOLORS

Study foundational watercolor techniques with local artist Jane Brewster. With live visual demonstrations and hands-on practice, Jane will guide students to build technical skills and confidence in their painting. Closing exhibition on December 7.

\$190 Members, \$237.50 Non-Members
Tuesdays, October 13 - December 1, 5:30-7:30PM (8 Classes)



1-DAY WORKSHOPS

MAKE YOUR OWN EARRINGS

Join artist Emma Fick to make one-of-a-kind earrings! Emma will provide supplies, personalized creative guidance, and assembly how-to. You'll spend an afternoon designing, playing and assembling, and take home your ready-to-wear earrings.

\$70 Members, \$87.50 Non-Members
Sunday, September 27, 2-4PM (1-day Workshop)

WRITING AS RESISTANCE: JOURNALING ON THE JOURNEY

Many of us are overwhelmed by the constant news from around the country and around the world. Creativity can restore our spirit. Even if you don't think of yourself as a writer, you can journal. Join writer Harriet Riley for a workshop on writing as resistance.

\$40 Member, \$50 Non-Members
Monday, November 2, 12:30-2:30PM (1-day Workshop)



CONCERT AND ART EXHIBITION

CELEBRATE A SEASON OF CREATIVITY WITH US!

Experience a live concert by our Community Choir paired with an art exhibition highlighting original works created by students in our Painting with Watercolors class.

Free and open to the community | Uptown
Monday, December 7, 5:30-7PM



ADULTS

For more information about our Adult programs and events, please visit nojcc.org.

MEMORY PROGRAMS

MEMORY CAFE

Join us for a fun and supportive social gathering for people living with memory changes and their caregivers.

This is a shared program—not a drop-off service—where you can both connect with others who understand, try new activities, and enjoy light snacks in a non-judgmental environment.

1st Tuesday of each month

- September 1
- October 6
- November 3
- December 1

Free and open to the community | Uptown
Tuesdays, 2-3:30PM

MIND MATTERS

FALL SEMESTER BEGINS SEPTEMBER 22

Mind Matters is a semester based, brain health course for individuals 50 years and older with weekly meetings.

The course incorporates memory techniques and cognitive stimulation, reading and discussion, physical exercise, social engagement and mindfulness. Together we keep up to date on the latest research into how we keep our brains healthy into our later years, and we support each other as we put these findings into practice in class.

Ages 50 and up. Scholarships are available based on need.

Email Allison Freeman (allison@nojcc.org) to register.

\$276 Members and Non-Members | Uptown
Tuesdays, September 22 - December 15, 10AM-2PM



WEEKLY PROGRAMS

KNIT ONE, CROCHET TOO

Come 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.

Free and open to the community | Uptown
Mondays, 10-11:30A

GAMES DAY

Join us for mah jongg, Rummikub or bridge.

Challenge your brain, meet new people and spend the afternoon with friends. Bring your lunch; dessert and coffee will be provided.

Free and open to the community | Uptown
Tuesdays, 12-3PM

SENIOR 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.

Free for Members, \$2 Non-Members | Uptown
Mondays, Tuesdays, Thursdays, 10:45-11:45AM

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.

Free for Members, Non-Members \$2 | Uptown
Wednesdays, 10:45-11:30AM

GUIDED MEDITATION

This class will take place on chairs and begins with soft stretching and yoga.

It will then move to guided meditation, led by a certified yoga and meditation instructor. Class will conclude with the group processing what they experienced.

Free for Members, \$2 Non-Members | Uptown
Fridays, 11-11:45AM

MONTHLY PROGRAMS

CURRENT EVENTS GROUP

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.

2nd Tuesday of each month

- September 8
- October 13
- November 10
- December 8

Free and open to the community | Uptown
Tuesdays, 1-2PM

MEN'S GROUP

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.

1st Friday of each month

- September 4
- October 2
- November 6
- December 4

Free and open to the community | Uptown
Fridays, 12:45-2PM



ADULTS

For more information about our Adult programs and events, please visit noicc.org.

SPECIAL EVENTS

ROSH HASHANAH GARDEN RENEWAL

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 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.

Free and Open to the Community | Uptown
Tuesday, September 8, 9:30-11AM



TZEDEK FALL DAY OF SERVICE: NOURISHING OUR NEIGHBORS

Join us to sort donations, prepare food boxes, and strengthen the fabric of our community at the Broadmoor Food Pantry.

The work is welcoming, meaningful, and deeply rewarding. There is no special RSVP required, only a willingness to show up with open hands, an open heart, and comfortable shoes and clothing. Every hour of service reminds us that by caring for one another with dignity and compassion, we help fulfill the timeless Jewish calling to repair the world, one neighbor at a time.

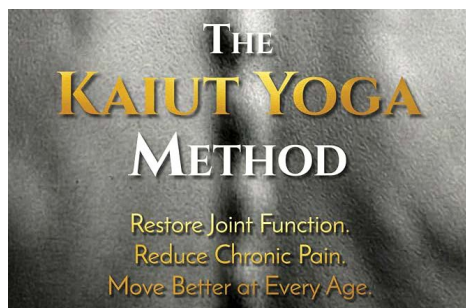
Location: BIA Food Pantry, 2021 S. Dupre Street

Free and Open to the Community
Tuesday, September 29, 8AM-12PM

HERTHA BART MEMORIAL LUNCHEON

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.

Free for Members Only | Uptown
Thursday, October 15, 12-2PM



THE KAIUT YOGA METHOD: A TALK BY RAVI KAIUT

In The Kaiut Yoga Method, Ravi Kaiut introduces a radically different way of understanding movement, pain, and long-term health. Instead of chasing strength, flexibility, or performance, this book focuses on something far more fundamental: restoring the conditions that allow the body to thrive again.

Ravi Kaiut is a Brazilian author, researcher, and educator whose work explores the intersection of movement, neuroscience, and human longevity. His work focuses on a central question: how the condition of the body influences the nervous system and shapes the way human beings age. Bring your lunch; dessert and coffee will be served.

Free and Open to the Community | Uptown
Wednesday, October 21, 12-1:30PM

IPHONE BASICS: MASTER YOUR DEVICE WITH CONFIDENCE

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.

Free and Open to the Community | Uptown
Thursday, October 22, 12-2PM

INTERGENERATIONAL KRISTALLNACHT PROGRAM: GIRL NO. 60427

In Tel Aviv, Summer 1998, young Reut discovers her grandmother's secret Holocaust diary, transforming her summer visit through her vivid imagination. Blending live action and animation, director Reut revisits her own childhood discovery.

The film will be followed by a panel discussion with second- and third-generation Holocaust survivors and teenagers exploring intergenerational trauma and family legacy.

Free for members and non-members
Monday, November 9, 6-7:30PM

HOLIDAY CELEBRATIONS



HIGH HOLIDAY LUNCHEON

Celebrate the High Holy Days with your friends at the J and savor all the 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.

\$5 Members, \$7 Non-Members | Uptown
Thursday, September 10, 12-2PM

SUKKOT PARTY

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

\$5 Members, \$7 Non-Members | Uptown
Thursday, September 24, 12-2PM

CHANUKAH PARTY

Are you ready for latkes and dreidel games? Join your friends for a delicious luncheon filled with all the traditional Chanukah foods, including latkes and sufganiyot (donuts). After lunch, stay for some live music to bring in the holiday spirit.

\$5 Members, \$7 Non-Members | Uptown
Thursday, December 10, 12-2PM



ADULTS

For more information about our Adult programs and events, please visit noicc.org.

MONTHLY GATHERINGS

MORRIS BART SR., LECTURE SERIES

Join us this fall for the Morris Bart Sr. Lecture Series, featuring four insightful Monday lunchtime presentations. From September to December, local thought leaders will dive into thought-provoking discussions on faith-based activism, historical Jewish contributions to New Orleans architecture, cultural traditions, and global education.

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

Monday, September 14, 12-2PM

Jews, Coffee And The Promised Land

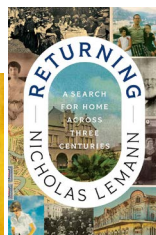
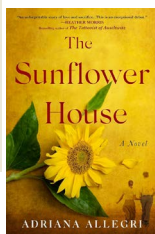
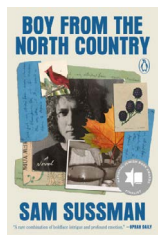
Monday, October 12, 12-2PM

Notable Jewish Architects in the History of New Orleans

Monday, November 9, 12-2PM

Building Bridges Across Borders: The Value of International Education

Monday, December 14, 12-2PM



BOOK CLUB: FALL 2026

Join us this fall for our Book Club Series as we explore powerful stories of family, identity, and resilience across history. From a touching modern coming-of-age memoir connected to musical lore to gripping historical fiction following bravery under Nazi rule, multi-generational Southern roots, and the extraordinary Hollywood rise of refugees, our monthly discussions offer rich perspectives led by guest reviewers.

Free and Open to the Community | Uptown

BOY FROM NORTH COUNTRY

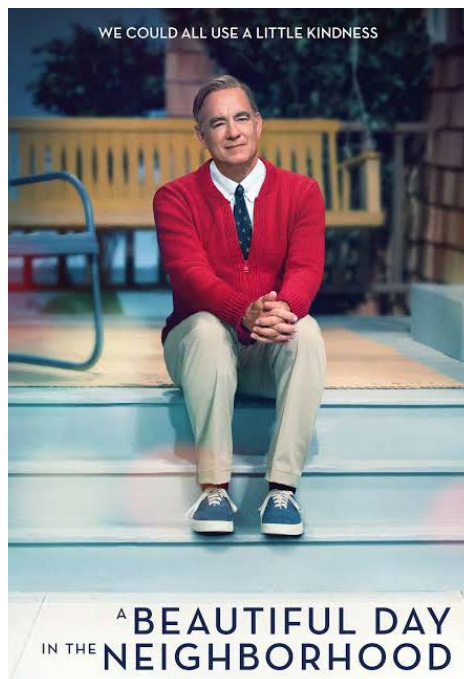
Tuesday, September 15, 1:30-3PM

SUNFLOWER HOUSE

Tuesday, October 20, 1:30-3PM

RETURNING: A SEARCH FOR HOME ACROSS THREE CENTURIES

Tuesday, November 17, 1:30-3PM



MOVIE DAY

Grab lunch and relax with us at the JCC for our Fall Movie Day series! Gathering on select Thursdays from September through December, this season's cozy, feel-good lineup features heartwarming true stories, charming literary adaptations, inspiring dramas, and delightful comedies guaranteed to brighten your afternoon.

A Beautiful Day in the Neighborhood

Thursday, September 17, 12-2PM

Remarkably Bright Creatures

Thursday, October 29, 12-2PM

The Choral

Thursday, November 19, 12-2PM

Mrs. Harris Goes to Paris

Thursday, December 17, 12-2PM

LUNCH AND LEARN WITH THE RABBI

Enjoy a light lunch and a fascinating discussion with a different local Jewish leader each month. Space is limited, so please RSVP for each event you wish to attend.

\$3 Members, \$5 Non-Members | Uptown

Rabbi Silverman (Touro Synagogue)

Thursday, October 1, 12-1:30PM

Rabbi Mendel Rivkin (Chabad)

Thursday, November 5, 12-1:30PM

Rabbi Gerber (Gates of Prayer)

Thursday, December 3, 12-1:30PM

MUSEUM VISITS

OGDEN MUSEUM: THE DREAM IS THE TRUTH

The Dream is the Truth showcases a unique survey of artists whose practices fall within and across the categories of Vernacular Art, which broadly includes self-taught and Visionary Art, all drawn from Ogden Museum Collection. The exhibition features paintings, drawings and bricolage sculptures created within a grassroots Southern tradition of artmaking beyond academic or conventional art institutions. These artists deeply engage recurring themes of spirituality, memory, sense of place and community, often transforming found or repurposed materials through strikingly original expression and a strong sense of artistic purpose.

Free to Louisiana Residents on Thursdays,
Courtesy of The Helis Foundation.

Thursday, September 3, 1:15-2:30PM

THE SYDNEY AND WALDA BESTHOFF SCULPTURE GARDEN AT NOMA

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.

Admission to the sculpture garden is free. Lunch is on you.

Thursday, October 8, 12-2PM

OGDEN MUSEUM: LOUISIANA CONTEMPORARY

Ogden Museum of Southern Art first launched Louisiana Contemporary, presented by The Helis Foundation in 2012, as an annual survey exhibition that would bring to the fore the work of artists living in Louisiana and highlight the dynamism of art practice throughout the state. Since the inaugural exhibition, Ogden Museum has shown works by over 650 artists, making Louisiana Contemporary an important moment in the national arts calendar to recognize and experience the spectrum and vitality of artistic voices emanating from New Orleans and art communities across Louisiana.

Free to Louisiana Residents on Thursdays,
Courtesy of The Helis Foundation.

Thursday, November 12, 1:15-2:30PM

ADULTS

For more information about our Adult programs and events, please visit nojcc.org.

TZEDEK PROJECT

INTERGENERATIONAL COMMUNITY SERVICE

We are excited to welcome our teens and adults to participate in this amazing community service project, which we will donate to the NOPD Second District. Together, we will create comfort bears that will be passed out to children when officers are on call.

SUNDAY, JANUARY 17, 1-4PM
Free and open to the community | Uptown



MAH JONGG

MAH JONGG: LEARN TO PLAY

This multi-session class is perfect for Mah Jongg beginners or those who need a refresher course. Learn the game using the National Mah Jongg League rules. No experience is necessary. A current-year Mah Jongg card will be provided. Register online or you can call the JCC (504) 897-0143 to register over the phone or get on the waiting list.

Register online at nojcc.org/adultclasses

Please note: Participants MUST be able to attend the first class in order to register.

\$100 Members, \$125 Non-Members

METAIRIE

August 3 - 11
Monday, Tuesday | 5:30-8:30PM

September 8 - 16
Tuesday, Wednesday | 5:30-8:30PM

October 5 - 13
Monday, Tuesday | 5:30-8:30PM

November 2 - November 10
Monday, Tuesday | 5:30-8:30PM

December 7 - December 15
Monday, Tuesday | 5:30-8:30PM

UPTOWN

August 17 - 26
Monday, Tuesday, Wednesday | 6-8PM

September 1 - 10
Tuesday, Thursday | 5:30-8:30PM

September 28 - October 8
Monday, Wednesday, Thursday | 6-8PM

October 27 - November 5
Tuesday, Thursday | 5:30-8:30PM

November 30 - December 8
Monday, Tuesday | 5:30-8:30PM



HARRIET W. KUGLER MEMORIAL MAH JONGG TOURNAMENT

HARRIET WAINER KUGLER

Harriet Wainer Kugler was a longtime member, friend and employee of the JCC. She was our first Mah Jongg class instructor and initiated our Annual Tournament.

Sadly, she was taken from us too soon, but her memory and legacy continue through the annual Harriet W. Kugler Memorial Mah Jongg Tournament, now in its 15th year.

THE TOURNAMENT

Anyone who knows how to play is welcome to register, whether you are just starting out or a seasoned player. Join us solo or with friends for a fun day of Mah Jongg, complete with snacks, coffee, lunch, and both cash and door prizes.

The games will be played according to the National Mah Jongg League rules, using 13 tiles and the current year NMJL card. Participants MUST bring their own card.

Tickets cost \$72 for JCC members and \$90 per non-members. Price includes registration and entry for a chance to win a door prize. Receive additional door prize chances with every \$25 donation.

This is a four-round tournament. Depending on the skill level at each table, each round will consist of 2 to 4 games. Participants will rotate tables upon completion of each round.

\$72 Members, \$90 Non-Members | Uptown
Sunday, January 24, 9AM-3PM



REACH THOUSANDS WHERE THEY LIVE, WORK, AND PLAY

Put your business front and center with our highly connected community. We offer multi-channel platforms designed to build brand loyalty and drive results.

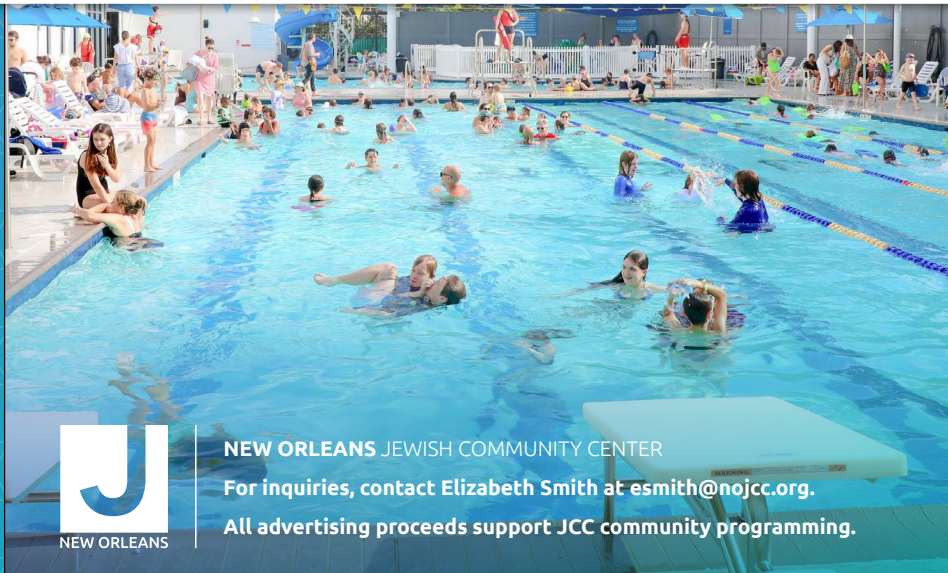
ADVERTISING RATE CARD

Elevate your brand through impactful community connection.



ADVERTISE WITH THE JCC

Visit nojcc.org/sponsor to learn more about advertising opportunities. All proceeds support NOJCC community programming.



13.8K Weekly Newsletter Subscribers

62% Newsletter Open Rate (Industry Leading!)

300K+ Annual Visitors to our Uptown and Metairie Campuses

10.8K Monthly Website Visitors

FITNESS & SPORTS

For more information about our Fitness programs, please visit nojcc.org.



IN METAIRIE

Take your health and wellness to the next level this fall at the Metairie J with our upcoming fitness and nutrition programs!

GLP-1 FITNESS PROGRAM

Learn about the JCC GLP-1 Fitness Program!

Whether you're just starting your GLP-1 journey or have been taking medication for a while, this program is designed to help you maximize your results through safe, effective exercise and healthy lifestyle habits.

Free for Members Only | Metairie
Tuesday, September 15, 5:30-6:15PM

SMART EATING ESSENTIALS

Fuel your wellness with our Smart Eating Essentials series at the Metairie J! You'll learn practical ways to maintain bone health, reduce osteoporosis risk, meet older adult nutritional needs, and enjoy balanced, energizing eating straight through the holidays.

Join us for three essential fall workshops designed to simplify your nutrition.

Free and Open to the Community | Metairie

DIET FOR OLDER ADULTS

Tuesday, September 15, 12:30-1:30PM

NUTRITION AND BONE HEALTH

Tuesday, October 20, 12:30-1:30PM

SMART EATING DURING THE HOLIDAYS

Tuesday, November 10, 12:30-1:30PM

WOMEN WHO LIFT

6-WEEK STRENGTH PROGRAM

Build strength, boost confidence, and discover what you're truly capable of with our Women Who Lift 6-week fitness program.

Designed for women of all fitness levels, this program focuses on full-body strength training to help you build lean muscle, improve endurance, increase confidence in the weight room, and develop healthy, lasting habits.

Throughout this 6-week program, you'll receive a professionally designed workout program along with guidance, encouragement, and support from our certified trainers. Whether you're new to lifting or looking to take your training to the next level, our team will be there to answer questions, provide exercise modifications, and help you stay motivated every step of the way.

Email Dre Smith (dsmith@nojcc.org) to RSVP.

\$25 Members Only | Uptown
August 1 - September 13

FALL FIT TRANSFORMATION CHALLENGE

6-WEEK FITNESS PROGRAM

Get ready to challenge yourself this fall! The Fall Fit Transformation Challenge is a 6-week fitness program designed to help you build lean muscle, reduce body fat, and create healthier habits that last.

Each participant will receive an InBody Scan at the beginning and end of the challenge to accurately measure body fat percentage and muscle mass. Your goal is simple: lose body fat while gaining muscle.

Email Dre Smith (dsmith@nojcc.org) to RSVP.

\$25 Members Only | Uptown
September 1 - October 11



BASKETBALL

Visit nojcc.org/adultsports to learn more and to signup!

3-ON-3 FALL BASKETBALL TOURNAMENT

Basketball, competition, and community—it's time to hit the court! Join us for an exciting morning of fast-paced 3-on-3 action. Whether you're bringing your own team or signing up as a Free Agent, everyone is welcome to compete.

Expect competitive games, great energy, and a fun way to kick off the Thanksgiving season. Gather your friends, lace up your sneakers, and get ready to battle for bragging rights.

Spots are limited, so register today!

\$5 Members, \$15 Non-Members | Uptown
Saturday, November 21, 9AM-1PM

MELLOWBALL

Mellowball is a half-court, 3-on-3, basketball league for members 30 years and older. The ten-game regular season is followed by a single-elimination playoff. Players must be registered and paid in full by start date to be placed on a team. Teams will be assigned by the sports department.

\$100 Members, \$150 Non-Members | Uptown
Wednesdays, September 16 - December 2, 6-9PM

YABL

YABL is a full-court, 5-on-5, young adult basketball league. The ten-game regular season is followed by a single-elimination playoff. Games will be officiated and statistics kept. Players must be registered and paid in full by start date to be placed on a team. Teams will be assigned by the sports department.

\$100 Members, \$150 Non-Members | Uptown
Mondays, September 14 - November 30, 6-9PM



The Coolest

HOT SPOT FOR WELLNESS

Opening May 2027

A COMPLETE RENOVATION OF
THE SECOND-FLOOR LOCKER ROOMS

nojcc.org/renovation



UPGRADED LAYOUTS & FINISHES
EXPANDED THERMAL SUITES
MORE SHOWERS
INCLUSIVE ACCESSIBILITY

AQUATICS

For more information about our Aquatic programs, please visit nojcc.org.

GROUP SWIM SCHOOL CLASSES

Our JCC Swim School offers a comprehensive and supportive pathway for children ages 2-12 to become safe and confident swimmers. Our leveled program focuses on progressive skill development, from basic water exploration to proper stroke technique and essential water safety.

The journey begins with our **Tadpoles** (ages 2-3), where beginners gain independence in the water. Swimmers then advance to our **Guppies** (ages 3-5) and **Jellies** (ages 6-12) levels, where they continue to master new skills and refine their technique in a fun, encouraging environment.

TADPOLES (AGES 2-3)

This beginner class introduces basic swimming skills. An adult is not required to be in the water. Prerequisite: Bubble Babies or previous exploration experience.

OCTOBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
October 5-21 (Monday, Wednesday), 3:30-3:55PM

\$120 Members, \$150 Non-Members | Uptown
October 6-24 (Tuesday, Saturday), 3:30-3:55PM and 10-10:25AM

NOVEMBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
November 2-18 (Monday, Wednesday), 3:30-3:55PM

\$120 Members, \$150 Non-Members | Uptown
November 3-21 (Tuesday, Saturday), 3:30-3:55PM and 10-10:25AM

DECEMBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
December 2-16 (Monday, Wednesday), 3:30-3:55PM

\$120 Members, \$150 Non-Members | Uptown
December 1-19 (Tuesday, Thursday), 3:30-3:55PM and 10-10:25AM

GUPPIES (AGES 3-5)

Swimmers progress through different levels learning water safety and proper stroke technique. For a full description of skills learned in this class, see Preschool Level 1, 2 and 3. Must be potty trained. Ages 3-5

OCTOBER SWIM CLASS

\$120 Members, \$150 Non-Members | Uptown
October 5-21 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM

\$120 Members, \$150 Non-Members | Uptown
October 6-24 (Tuesday, Saturday), 4-4:30PM and 10:30-11AM

\$80 Members, \$100 Non-Members | Uptown
October 3-24 (Saturday), 10:45-11:15AM

NOVEMBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
November 2-18 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM

\$120 Members, \$150 Non-Members | Uptown
November 3-21 (Tuesday, Saturday), 4-4:30PM

DECEMBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
December 2-16 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM

\$120 Members, \$150 Non-Members | Uptown
December 1-19 (Tuesday, Thursday), 4-4:30PM and 11:15-11:45AM

JELLIES (AGES 6-12)

Swimmers progress through different levels learning water safety and proper stroke technique. For a full description of skills learned in this class see Beginner Level 1. Must be able to swim 25 yards independently. Ages 6-12

OCTOBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
October 6-24 (Tuesday, Saturday), 4:45-5:15PM and 11:15-11:45AM

NOVEMBER SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown
November 3-21 (Tuesday, Saturday), 4:45-5:15PM and 11:15-11:45AM

DECEMBER SWIM CLASSES

\$80 Members, \$100 Non-Members | Uptown
December 1-19 (Tuesday, Saturday), 4:45-5:15PM and 11:15-11:45AM

MASTER'S SWIM PROGRAM

Dive into fitness, build confidence and enjoy the camaraderie of swimming with our JCC Masters Swim Program.

This program is designed for advanced beginner, intermediate and experienced swimmers. We focus on improving technique, endurance, strength, and overall fitness. Whether you are training, staying active or returning to the pool after time away, our program offers structured work out that can be adapted to meet your individual goals.

Individuals must be able to comfortably swim all four competitive strokes and be able to complete a full workout.

Classes are Monday and Wednesday only in lap pools, lanes 4-6. Ages 18 and up

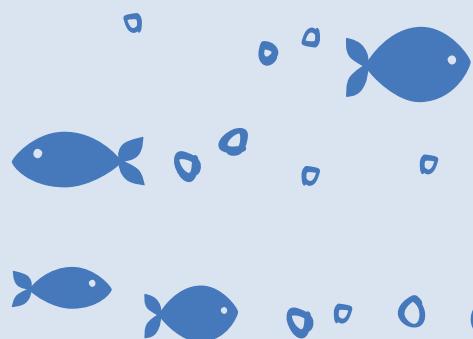
\$10 Members Only | Uptown
October 5 - December 9, 7-8AM

YEAR-ROUND SWIM LESSONS

Group classes and lessons at the Uptown JCC are designed utilizing the guidelines of the American Red Cross Learn-to-Swim Program.

Instruction focuses on providing a safe and nurturing environment where each swimmer is encouraged and challenged, but never pressured or forced to participate. All lessons are implemented and taught by highly skilled and trained American Red Cross certified Water Safety Instructors.

Prices vary. Please visit nojcc.org/swimschool to learn more.



AQUATICS

For more information about our Aquatic programs, please visit nojcc.org.

A SUMMER TO REMEMBER AT THE POOL

Here's a look back at the smiles, splashes, and sunny days that made this pool season unforgettable!



OUTDOOR POOLS

Learn more at nojcc.org/aquatics

RECREATIONAL SWIMMING ENDS SEPTEMBER 27

Enjoy it while it lasts! The final day for recreational swimming at both our Metairie and Uptown pools is **September 27**.

Members may bring up to three guests to the pool. Pre-register your guests to speed check-in at the welcome desk.

Please be sure to check our website for hours.

YEAR-ROUND OPTIONS

Uptown offers lap swim, Aqua Fit, and swim lessons all year long.



JEWISH CULTURE

Visit [noicc.org/jewishculture](https://noicc.org/ jewishculture) to learn more about our community events, cultural arts series, and resources.



The Cathy and Morris Bart **JEWISH CULTURAL ARTS SERIES**

FALL 2026



THE FLOATERS

Summer may be ending—but camp memories last forever! Relive the magic, laughter, friendships, and unforgettable moments of Jewish summer sleep-away camp with *The Floaters*, a quirky and heart-felt comedy directed by Rachel Israel.

Featuring Seth Green, Jackie Tohn, Steve Guttenberg, Jill Kargman, and more, this warm and funny film celebrates friendship, identity, and the lifelong connections that make camp unforgettable.

Dress Code: Wear your camp shirt if you have one!

Free and open to the public | Uptown
Tuesday, September 1, 6:30-8PM

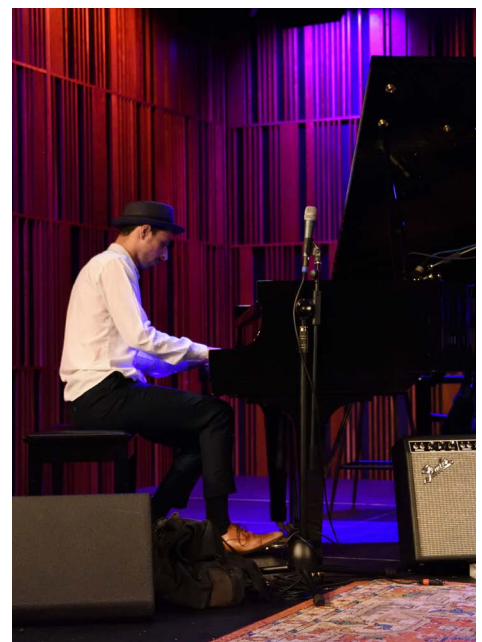
JÉRÉMIE HÉNAN TRIO FEATURING HERLIN RILEY & MARK BROOKS: A TRIBUTE TO JEWISH BROADWAY COMPOSERS

The Jérémie Hénan Trio celebrates the enduring 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.

Through expressive improvisation and engaging insights into the music and its composers, the trio explores how these iconic Broadway melodies became an essential part of the jazz tradition.

\$10 Members, \$18 Non-Members | Uptown
Sunday, October 11, 6-8PM



JEWISH CULTURE

Visit noicc.org/iewishculture to learn more about our community events, cultural arts series, and resources.



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

Join author Dena Schusterman and New Orleans author and editor of *Stories Carry*, Liza Nelson Brown for a conversation about *Stories Carry: We All Carry Them. Some Even Carry Us*, Schusterman's memoir exploring faith, family legacy, 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, Schusterman reflects on the intersection of tradition and contemporary life. Through stories spanning four generations, she explores how storytelling shapes identity, strengthens communities, and carries forward the legacies we choose to preserve.

Free and open to the public | Uptown
Tuesday, October 27, 4-6PM

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

As we celebrate 60 years in our St. Charles Avenue home, join acclaimed authors Marlene Trestman and Roberta Brandes Gratz for a conversation exploring the remarkable history of this landmark building and its enduring role in Jewish life in New Orleans.

From its origins as the Jewish Orphans' Home to its transformation into the JCC, this historic site reflects generations of resilience, philanthropy, and community. Trestman and Gratz will explore the building's history, architecture, preservation, and the people and stories that continue to shape New Orleans' Jewish legacy.

Following the conversation, books by both authors will be available for purchase through Octavia Books, with a signing to follow.

Free and open to the public | Uptown
Wednesday, November 11, 6:30-8:30PM



ADEENA SUSSMAN: A CULINARY JOURNEY THROUGH STORIES & FLAVOR

Celebrate the flavors, stories, and traditions of Jewish and Mediterranean cuisine with *New York Times* best-selling author, food writer, and culinary storyteller Adeena Sussman.

Featuring her newest cookbook, *Zariz*, this special pre-Thanksgiving experience explores the vibrant culinary culture of Tel Aviv, where Adeena lives and finds inspiration. Through conversation, storytelling, and a live cooking demonstration, she will share the journey behind her recipes and the traditions that shape her work. A limited-capacity VIP Meet & Greet featuring tastings inspired by *Zariz* will take place one hour before the program. Separate registration and additional fees apply.

Free for Members, \$10 Non-Members | Uptown
Sunday, November 22, 6:30-8:30PM



THE CATHY AND MORRIS BART JEWISH CULTURAL ARTS SERIES

The New Orleans JCC gratefully acknowledges Cathy and Morris Bart for their generous sponsorship of the Jewish Cultural Arts Series. Their support brings enriching Jewish authors, music, and films to our community, fostering cultural appreciation for all. We thank them for their commitment to bringing these free Jewish cultural events to our community.

REGISTER IN ADVANCE

All events are open to the community, but advance registration is required. To see the full schedule and to register, please visit: noicc.org/culturalarts. Please plan to arrive on time as programs will begin promptly.

All events in The Cathy and Morris Bart Jewish Cultural Arts Series will be held at the Uptown JCC.

QUESTIONS?

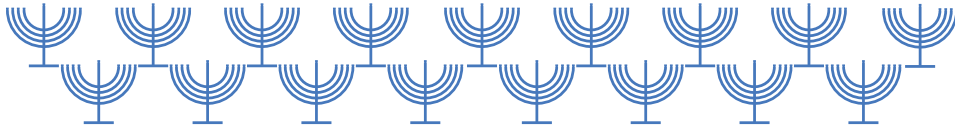
Please contact our Director of Jewish Life, Natalie Cohen, at natalie@noicc.org.



SCAN (OR CLICK)
TO REGISTER FOR
EVENT(S)

JEWISH CULTURE

Visit noicc.org/jewishculture to learn more about our community events, cultural arts series, and resources.



NEW ORLEANS JCC ANNUAL

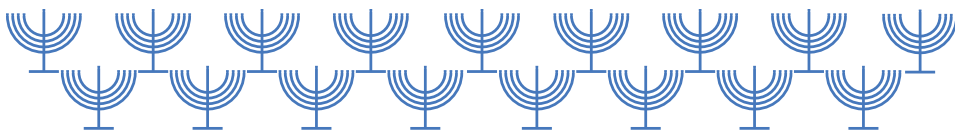
CHANUKAH CELEBRATION

THURSDAY, DECEMBER 10

Our season will conclude with a festive community Chanukah celebration featuring Melvin Funkenstein's Funkstravaganza, a one-of-a-kind New Orleans funk band made up of an all-star lineup of beloved local artists (including Tony Hall, Ari Teitel, Andriu Yanovski, and more) for an unforgettable musical experience.

**Join us for an evening of live music, celebration,
community, one massive hora, and plenty of holiday spirit
as we light the menorah, celebrate the Festival of Lights,
and close out the season together.**

\$10 Members, \$18 Non-Members | Uptown



Congregation Anshe Sfard

HOLIDAY & COMMUNITY EVENTS

Throughout the year, the JCC holds holiday celebrations and commemorative events that are open to the entire community. Here are a few...

ADLOYADAH PURIM CARNIVAL

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!

YOM HA'SHOAH

Local educators and Holocaust survivors come together to create a program and memorial service designed to educate the public about the horror of the Nazi regime and to teach the importance of tolerance. Holocaust survivors take a leading role in planning the Yom Ha'shoah Memorial Program and providing living testimony about their own experiences in an effort to ensure that such crimes are never repeated.

YOM HA'ATZMAUT

Celebrate Israel's Birthday with music, folk dancing, and Israeli food. This JCC event, in cooperation with local synagogues and Jewish organizations, keeps growing and changing — just like Israel itself. Yom Ha'Atzmaut gives the JCC the opportunity to celebrate Israel's Independence Day with the entire community and educate the public on the Jewish Homeland.

CHANUKAH CELEBRATION

Our annual Chanukah Celebration always features a fun, family-friendly concert by a popular Jewish artist or musical group. Past events have featured musicians as varied as David Broza and Craig Taubman to a cappella groups SIX13 and the Maccabeats. All ages enjoy the festive celebration and delicious Chanukah treats.

JEWISH CULTURE

Visit noicc.org/ jewishculture to learn more about our community events, cultural arts series, and resources.

UPCOMING JEWISH HOLIDAYS & OBSERVANCES

*Visit noicc.org/holidayhours as some holidays may impact operation hours.

SHABBAT



Every Friday eve
through Saturday eve

*ROSH HASHANAH



SEPTEMBER 12-13, 2026

Saturday-Sunday
Begins at sunset September 11

*YOM KIPPUR

September 21, 2026

Monday
Begins at sunset September 20

*SUKKOT



September 26-27, 2026

Saturday-Sunday
Begins at sunset September 25

*SHEMENI ATZERET & SIMCHAT TORAH

OCTOBER 3-4, 2026

Saturday-Sunday
Begins at sunset October 2

CHANUKAH



DECEMBER 5-12, 2026

Saturday-Saturday
Begins at sunset December 4

PURIM



MARCH 23, 2027

Tuesday
Begins at sunset March 22

*PASSOVER



APRIL 22-29, 2027

Thursday-Thursday
Begins at sunset April 21

*SHAVUOT

June 11-12, 2027

Friday-Saturday
Begins at sunset June 10



SUPPORT THE NEW ORLEANS JCC

For more information please contact our Director of Advancement, Elizabeth Smith, at esmith@nojcc.org.

By supporting the New Orleans JCC, you can ensure we remain a hub for Jewish life, art, culture, and education while continuing to serve both the vibrant Jewish community and the broader community.

ENHANCING OUR COMMUNITY

In the coming year and beyond, we are excited to expand our programming to offer more learning opportunities, a renewed focus on health and wellness, and diverse cultural offerings. We also aim to enhance our role and visibility as a contributor to the cultural fabric of New Orleans and the welfare of our city.

Our community relies on the New Orleans JCC for transformative programming and lasting connections. Thank you for joining us in this important mission.

CORPORATE SPONSORSHIP PROGRAM

We collaborate with corporate and individual donors who share our vision, enabling the JCC to fulfill its mission of creating a stronger and more interconnected community. Through our corporate sponsorship opportunities, we facilitate meaningful engagement for our partners. By providing exposure at various events and programs through diverse marketing and communication efforts, our partners can establish new relationships, attract prospective clients, and gain access to our membership base.

GIVE TO THE J

The New Orleans JCC is not only a place where you build stronger relationships with your family and friends, but where you help build a stronger, healthier community.

Invest in the JCC to make an impact on and improve the lives of others in the community. Visit nojcc.org/donate to learn more.



Photo from the Tzedek Project, Nourishing Our Neighbors food drive.



Photo from the Tzedek Project, Nourishing Our Neighbors food drive.

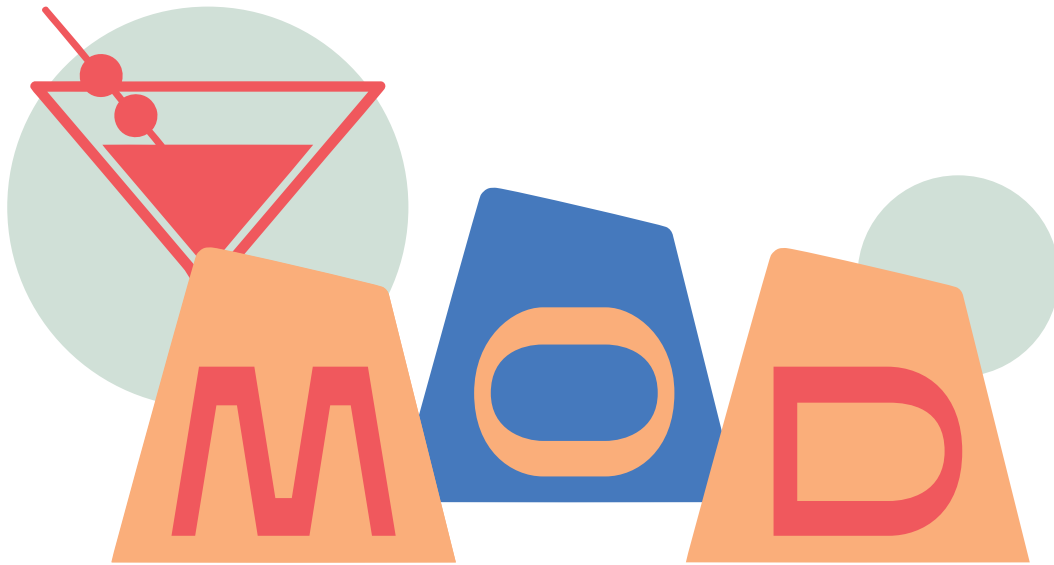


Photo from the Tzedek Project, Nourishing Our Neighbors food drive.



Photo from the Tzedek Project, Nourishing Our Neighbors food drive.

Save the date! More info coming soon.



ABOUT THE *Celebrating 60 Years*

A New Orleans JCC Annual Center Celebration

**Saturday,
November 7
2026**

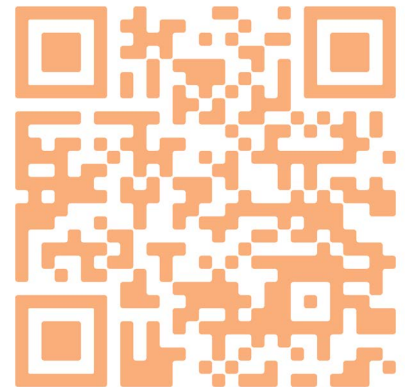
**A 1960s
Mad Men &
Mod-inspired
party on the
Avenue.**

CELEBRATING
60
YEARS
IN OUR
ICONIC BUILDING



To support the year's
Center Celebration, we
invite you to view our
sponsorship package
and ticket options.

nojcc.org/celebration





nojcc.org/programguide



nojcc.org



NEW ORLEANS



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SOCIAL MEDIA

New Orleans Jewish Community Center – UPTOWN

5342 St. Charles Avenue, New Orleans, LA 70115 • (504) 897-0143

Golding-Woldenberg Jewish Community Center – METAIRIE

Golding-Woldenberg Jewish Community Campus, Harry and Jeanette Weinberg Building
3747 W. Esplanade Avenue, Metairie, LA 70002 • (504) 887-5158

