

NEW ORLEANS JEWISH COMMUNITY CENTER | SPRING 2026

# PROGRAM GUIDE

PROGRAMS | CLASSES | EVENTS



SPRING 2026  
[nojcc.org](http://nojcc.org)



# A WORD FROM REBECCA FRIEDMAN

Executive Director, New Orleans Jewish Community Center

Dear Members,

Spring is a vibrant time in this town, and the same goes for the New Orleans JCC, where you'll find our Uptown and Metairie campuses bustling with offerings for the body, mind, and spirit. The Harriet Kugler Memorial Mah Jongg Tournament returns on January 25. The Kosher Dill Classic Pickleball Tournament, generously sponsored by Humana, hits the courts in Metairie on February 22. The Adloyadah Purim carnival brings family fun on March 1. And there will be so much more happening all spring long, from stimulating lectures and classes to the Cathy and Morris Bart Jewish Cultural Arts Series to member appreciation events – just for starters.

In early February, we will also be introducing our new membership software system that will make it simpler to register for classes and events at the JCC. We will be here to help you with any questions related to the transition – stay tuned for more communication on that topic.



In 2026 we will also mark the 60th anniversary of our iconic St. Charles Avenue building (built in 1966) by celebrating the rich history of the New Orleans JCC. We look forward to hearing your stories and memories from the 'old' building and the 'new' and to sharing those reflections all year long.

We hope to see you soon at the J!

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](http://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

Explore special events designed for the entire ECC family! Join us for high-energy community celebrations like the musical **Family Shabbat** and our festive **Purim Parade**. This section also details great bonding opportunities, including the open play **Toddler Social Club** and the year-end gathering at **Marks Park Day**.

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## YOUTH & TEEN

This section covers everything your family needs—from safe, active, full-day **Mini Camps** and **School's Out** programs when school is closed, to engaging life skills courses like **Safe Sitter®**, and unforgettable social events like **Kids' Night Out** and our **Spring Sock Hop**. Find the perfect opportunity for your child to learn, play, and connect.

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## ADULT

Our adult schedule is highlighted by **Arts at the Center** (participatory classes in the creative arts) and **J University** (intellectual lecture series). Focused on growth, engagement, and creative expression, these diverse offerings span arts, learning, cultural trips, celebrations, and tournaments.

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## FITNESS & SPORTS

Get active with our complete schedule of sports, fitness, and wellness programs. This section covers competitive Adult Leagues (**YABL**, **Mellowball**), developmental **Youth Sports** (Basketball, Soccer, Kickball), specialized training (**Women Who Lift**), and mindful movement events like **Family Yoga**.

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## AQUATICS

Find all our water-based classes here, including the comprehensive **Group Swim School** (Tadpoles, Guppies, Jellies) for ages 2-12. This section also features **Stroke Academy** (for advanced technique) and professional training opportunities like the **American Red Cross Lifeguarding Course**.

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## JEWISH CULTURE

Dive into vibrant live performances and cultural experiences, including the **Middle Eastern Big Band** concert and the **Jewish History Walking Tour** that are part of The Cathy and Morris Bart Jewish Cultural Arts Series. Explore insightful author conversations, and connect with tradition through weekly learning programs like **Weekly Wisdom** and **Jewish Studies 101**.

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## MEMBERSHIP REMINDERS

Any changes to your membership must be made in writing using the form here, [nojcc.org/change](http://nojcc.org/change).

Cancellations must be made in writing 30-days prior to the start of the next billing date on the 15th.

To freeze your account, notice must be given in writing by the 10th of the month.

Visit [nojcc.org/membership](http://nojcc.org/membership) to learn more about your membership at the New Orleans JCC.

# EARLY CHILDHOOD CENTER

For more information visit [nojcc.org/ecc](http://nojcc.org/ecc) or email [ecc@nojcc.org](mailto:ecc@nojcc.org).



## OUR EARLY CHILDHOOD 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 Amelia, our program offers a play-based, child-centered, constructivist curriculum for ages 13 months through 5 years. Families of all faiths are welcome.

## SCHOOL READINESS

The Constructivist approach supports children as they build the competencies necessary for understanding complex concepts such as:

- Working memory
- Incidental learning
- Analyzing situations, weighing options, and identifying various solutions

This approach follows a responsive, child-centered methodology that prioritizes meaningful, developmentally appropriate learning.

Educators provide personalized, hands-on experiences that support each child's individual growth, academically, socially, and emotionally. Instead of isolating skills like letters and numbers, we embed them naturally into engaging activities that reflect the interests and developmental stages of the children in each classroom.

Our students are well-equipped with foundational academic and socio-emotional skills that strengthen and support them on their learning journey well beyond their preschool years.



## 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.



**New Orleans JCC**  
EARLY CHILDHOOD CENTER



# EARLY CHILDHOOD CENTER

For more information visit [nojcc.org/ecc](http://nojcc.org/ecc) or email [ecc@nojcc.org](mailto:ecc@nojcc.org).

## THE HEART OF OUR ECC

The dedication of our educators is the most valuable part of your child's experience. We celebrate this caring, professional team whose collective effort guides daily learning, nurtures growth, and builds the foundation for lifelong curiosity and belonging across every JCC classroom.



## JOIN THE FUN!

### FAMILY SHABBAT

Feel free to join us for a morning of pure joy! We invite friends, family, and all ages to kick off Shabbat with high-energy singing, movement, and dancing.

Bring your whole crew for a musical and memorable start to your Saturday. We can't wait to see you there!

For ECC Students and their Families | Uptown  
Friday, January 9, 9:30-10AM  
Friday, February 13, 9:30-10AM  
Friday, May 8, 9:30-10AM



### TODDLER SOCIAL CLUB

Enjoy the morning on the Early Childhood Center play yard. Light snacks will be served. Families must stay with their children for the duration of the program. In the event of rain, Toddler Social Club will be canceled.

For ECC Students and their Families | Uptown  
Sunday, January 11, 9:30-11:30AM



### PURIM PARADE

Our Purim Parade is a school-wide event that happens just after morning drop-off. Come cheer for our children and teachers as they parade in costume around the school building in celebration of this joyous spring holiday. Our parade culminates with an opportunity for families to join us for some festive revelry before the children head back to their classrooms for the day.

For ECC Students and their Families | Uptown  
Tuesday, March 3, 8:45-9:15AM

### Marks Park Day

ECC Families come together to play and share a meal in the schoolyard as we celebrate the conclusion of a great school year.

For ECC Students and their Families | Uptown  
Monday, May 18, 5:30-7:30PM

# YOUTH & TEEN

For more information about our Youth & Teen programs and events, please visit [noicc.org](http://noicc.org).

## IN METAIRIE

Bring the family for free food, snoballs, and inflatables while kids play, and parents meet our camp staff or try a complimentary group exercise class.

Visit [nojcc.org/events](http://nojcc.org/events) to register!

### FAMILY FUN FEST 2026

feb. 1 | 11:30am-1:30pm  
3747 w esplanade ave.

happy birthday to the trees: a tu b'shevat celebration  
activities crafts bouncing food friends fun ...and so much more!



### FAMILY FUN FEST 2026

Join us for a massive, multi-organizational family event that doubles as our official Camp Open House! This collaborative celebration is sponsored by the New Orleans JCC, Jewish Federation, JCDS and in partnership with Gates of Prayer, Shir Chadash, Touro Synagogue, Temple Sinai, Jacobs Camp, Jewish Endowment Foundation and more of your favorite community organizations.

We'll celebrate Tu B'Shevat (Birthday of the Trees) with free pizza and salad from D'vash catering, fun art projects, and inflatables for the kids (including a toddler bounce house and obstacle course).

While the kids play, parents can meet our incredible camp staff and even try out a complimentary group exercise class.

Free and open to the community | Metairie  
Sunday, February 1, 11:30AM-1:30PM



### SAFE AT HOME

Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

The program is designed to prepare students for their first steps toward independence.

**\$40 Members, \$55 Non-Members | Uptown  
Sunday, February 22, 1-2:30PM**

### SAFE SITTER®

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. The instructor-led class is filled with fun games and role-playing exercises. The program consists of two class sessions.

More information on the course structure and topics can be found at [safesitter.org/course-options/](http://safesitter.org/course-options/)

**\$85 Members, \$100 Non-Members | Uptown  
Sundays, March 15 & 22, 1-4:30PM**



## SPRING SOCKHOP DATE!

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

**\$30 for presale | \$45 at the door  
\$10 Snack Pass add-on available**

**JCC's Spring Sock Hop!  
Saturday, April 18, 7:30-10 PM**



### MINI CAMPS

During the school year and before and after JCC Summer Camp, the JCC offers mini camps for both our preschool-aged children and youth and teens to coincide with holidays and special days off. Our staff will guide participants through an active day filled with group activities, creative arts, athletic games, and more.

Bring a bagged lunch and wear closed-toe shoes so you can take part in all of the fun. Please do not bring money or electronics.

### K-1ST GRADE & 2ND-5TH GRADE

#### MARDI GRAS

**\$70 Members, \$85 Non-Members | Uptown  
February 18-20, 8:30AM-4PM**

#### SPRING BREAK

**\$70 Members, \$85 Non-Members | Metairie  
April 6-10, 8:30AM-4PM**

**\$350 Members, \$425 Non-Members | Uptown  
April 6-10, 8:30AM-4PM**

### KIDS' 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.

**\$40 Members, \$50 Non-Members | Metairie  
Saturday, January 17, 5:30-9PM**

**\$40 Members, \$50 Non-Members | Uptown  
Saturday, January 17, 5:30-9PM  
Saturday, March 21, 5:30-9PM**

### SCHOOL'S OUT

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

### K-1ST GRADE & 2ND-5TH GRADE

**\$70 Members, \$85 Non-Members | Uptown  
Tuesday, January 20, 8:30AM-4PM  
Friday, March 13, 8:30AM-4PM  
Wednesday, April 1, 8:30AM-4PM**

# YOUTH & TEEN

For more information about our Youth & Teen programs and events, please visit [noicc.org](http://noicc.org).



## WHAT IS BBYO?

BBYO is a youth-led, worldwide group that provides opportunities for teens to develop their leadership potential. With the support of peers, participants commit to personal growth while cultivating their Jewish identity. BBYO includes out-of-town conventions, weekend programs, community activism, volunteer opportunities and many other activities for high school students. Jewish-identifying teens in Grades 9 - 12 (regardless of JCC membership) are invited to join Big Easy BBYO!

## HOW CAN TEENS GET INVOLVED?

Send an email to BBYO City Director at [bigeasybbyo@noicc.org](mailto:bigeasybbyo@noicc.org). Our Chapter Advisor, Jody Israel, will reach out with steps and connect you to our MitMom (Teen who manages membership and new member education).



# MACCABI GAMES

## 2026 MACCABI GAMES: JOIN US IN TORONTO, ON AUGUST 2-7!

Each summer, over 2,000 Jewish teens participate in the Maccabi Games, a Jewish Olympic-style event. Since 1982, more than 100,000 teens have benefited from this incredible experience.

At the Maccabi Games, teen athletes compete in one of fifteen sports, participate in exciting social events, and have the opportunity to give back to the community. This week-long experience fosters lasting friendships and creates memories that will last a lifetime.

Visit [noicc.org/maccabi](http://noicc.org/maccabi) to learn more.



# NOJCC Job Fair is Coming this Spring!

Keep your eyes and ears open for more information.



# ADULT

For more information about our Active Adult programs and events, please visit [nojcc.org](http://nojcc.org).



# SPRING 2026 CLASSES

## DRAWING

In this introductory drawing course, students will develop essential drawing skills through structured exercises, observational studies, and imaginative projects. We will explore a range of traditional media, including graphite, charcoal, and ink. This course encourages experimentation and personal growth, with a focus on building a solid foundation in drawing.

**\$180 Members, \$195 Non-Members | Uptown Wednesdays, January 14 - March 4, 5:30-7:30PM**

## COMMUNITY CHOIR

All voices welcome! Experience the joy of lifting your voice in song with others. Join us as we sing a variety of repertoire, including pop, oldies, traditional music and more! This choir will introduce the concepts of proper breath support, essentials of music theory, ear training and somatic awareness. We will close with a concert on April 23rd.

**\$100 Members, \$115 Non-Members | Uptown Sundays, February 8 - April 19, 3-4:30PM**



## PERSONAL ESSAY / MEMOIR WRITING

Want to tell the world your story? This class could provide the spark you need! Focusing on first-person stories that are drawn from our own lives, we will read and analyze examples of the genre and then write our own. The class combines literary analysis with a place to workshop our own writing in a thoughtful and supportive environment. All levels of experience are welcome.

**\$160 Members, \$175 Non-Members | Uptown Wednesdays, February 25 - April 15, 1-2:30PM**

## PAINTING

In this 8-week painting class, adult students will explore the fundamentals of acrylic painting. Through a series of engaging exercises, participants will learn essential techniques such as color mixing, brushwork, texture creation, and layering, all while developing their own creative expression. The class fosters a flexible, relaxed environment where each individual can progress at their own pace, free from pressure. Whether you're a beginner or looking to refresh your skills, this course offers a fun, encouraging space to explore your artistic potential and build confidence in your painting practice.

**\$180 Members, \$195 Non-Members | Uptown Mondays, March 2 - April 20, 5:30-7:30PM**

## INTRO TO HIP HOP

Get your groove on at the New Orleans JCC! Join Kenneth "Kynt" Bryan for an Intro to Hip Hop class that's open to all ages (15+) and all skill levels! Whether you're brand new to dance or already love moving to the beat, this class is a blast for everyone. Expect a mix of hip hop fundamentals, fun choreography, and positive vibes. You'll leave feeling confident, energized, and ready to hit the dance floor! Come for the dance, stay for the community. See you there!

**\$160 Members, \$175 Non-Members | Uptown Tuesdays, March 10 - May 5, 6-7:15PM**

## IMPROV

Want to make new friends and do something fun and creative? In Improv class, we'll learn how to create comedic improvisational scenes as we harness the power of our imagination. The curriculum focuses on interactive, collaborative play as well as heightened listening skills. Each class consists of improv warm-ups, exercises, games, and scene work.

**\$160 Members, \$175 Non-Members | Uptown Wednesdays, March 11 - May 6, 5:30-7:30PM**



## WEEKEND WORKSHOPS

### ACTING: MOLLY SMITH METZLER'S "CRY IT OUT"

For anyone who knows a little something about the absurdities and challenges of childrearing in America today, this play is for you! Metzler's comedy Cry It Out is a smart, funny and candid play about class, friendship and the hard choices all parents make.

Whether you're a seasoned actor or new to the stage, come have some fun putting scenes from this play on their feet. We'll present excerpts for friends and family at the end of the second day.

**\$70 Members, \$85 Non-Members | Uptown Saturday & Sunday, January 24-25, 11AM-3PM**

### STENCIL MAKING AND SPRAY PAINTING

Experience the art of stencils and spray paint in this two-day workshop with artist and muralist Brent Housenga.

The first day will be dedicated to learning how to craft your own stencil. Because Brent's specialty is portraits, if you plan on attending, please send a photo in advance so he can prepare it for you to work with. Typically portraits are head and shoulders.

Photographs with good lighting make for good stencils. Day Two will be dedicated to spray painting the stencils with guidance on how to make your portrait pop using some of Brent's layering techniques.

**\$70 Members, \$85 Non-Members | Uptown Saturday & Sunday, April 18-19, 1-4PM**



Visit [nojcc.org/creativearts](http://nojcc.org/creativearts) to learn more and to reserve your spot today!

# ADULT

For more information about our Active Adult programs and events, please visit [nojcc.org](http://nojcc.org).

## MIND MATTERS

Mind Matters is designed to support memory and brain health in individuals who are 50 years and older. 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.

**\$264 Members and Non-Members | Uptown**  
**Tuesdays, January 13 - April 7, 10AM-2PM**

## CONVERSATIONS WITH JOSH PAILET & FILM SHOWING OF CHASING THE LIGHT: A LIFE THROUGH PHOTOGRAPHS

A new documentary, Chasing the Light: A Life Through Photographs, offers an intimate look into the world of celebrated New Orleans photographer and photography dealer, Joshua Mann Pailet. The film is a visual journey set against the vibrant backdrop of New Orleans' French Quarter and other iconic locations. The documentary reveals the passion, struggles, and triumphs of a life devoted to photography, showcasing Pailet's unique perspective and his significant contributions to the art world. Join us for this film showing followed by conversations with Josh Pailet. Desserts and coffee will be served. RSVP by Monday, January 13.

**Free and open to the community | Uptown**  
**Thursday, January 15, 2-4PM**

## COLLEGE COUNSELING SEMINAR

In today's world, everything about college admissions can feel overwhelming. Join us for a free workshop to discover what leads to college satisfaction, and how to find the right fit and match for your high schooler—academically, socially, and financially.

Julie Koppman is an independent college coach and parent who guides students and families through the entire process of finding, selecting, and applying to colleges. She is a member of IECA, the Independent Educational Consultants Association. Learn more at [juliekoppman.com](http://juliekoppman.com).

**Free and open to the community | Uptown**  
**Wednesday, March 4, 7-8PM**

## 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, 10-11AM**

### GAMES DAY

Join us for Mah Jongg, Rummikub or Bridge. Bring your lunch; dessert and coffee are provided.

**Free and open to the community | Metairie**  
**Mondays, 11:45AM-1PM**

**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, 10:45-11:30AM**

## MONTHLY 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*

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

### 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*

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

### PLAY READING GROUP

Meeting on the third Wednesday of each month, the idea of this group is really very simple; we get together, we sit around a table and we read a play aloud. Everyone has a part or two to read.

*3rd Wednesday of each month*

**Free and open to the community | Uptown**  
**Wednesdays, 2-4PM**

### 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*

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



# ADULT

For more information about our Active Adult programs and events, please visit [noicc.org](http://noicc.org).



## BOOK CLUB

Our monthly book series invites you to explore compelling new titles with some of our community's most brilliant minds. Each month, a different book is presented and analyzed by a local expert—including university professors, cultural historians, and community leaders—who will provide unique context and spark lively discussion.

This spring, our lineup features everything from gripping historical fiction to timely non-fiction. Join us for an engaging literary journey.

[Free and Open to the Community | Uptown](#)

**BY ANY OTHER NAME BY JODI PICOULT**

[Tuesday, January 20, 1:30-3PM](#)

**ON BEING JEWISH NOW BY ZIBBY OWENS**

[Tuesday, February 24, 1:30-3PM](#)

**FAGIN THE THIEF BY ALLISON EPSTEIN**

[Tuesday, March 17, 1:30-3PM](#)

**ALIVE AND BEATING BY REBECCA WOLF**

[Tuesday, April 21, 1:30-3PM](#)

**THE SECRET HISTORY OF AUDREY JAMES BY HEATHER MARSHALL**

[Tuesday, May 19, 1:30-3PM](#)



## 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 COHEN-HENRIQUEZ  
FROM SHIR CHADASH**

[Thursday, January 8, 12-1:30PM](#)

**RABBI MENDEL RIVKIN  
FROM CHABAD JEWISH CENTER**

[Thursday, February 5, 12-1:30PM](#)

**TBD**

[Thursday, March 5, 12-1:30PM](#)

**RABBI LEVI**

[Thursday, April 16, 12-1:30PM](#)



## MORRIS BART SR. LECTURE SERIES

Join us for an enriching afternoon of learning and community. This monthly series features engaging speakers who are experts in their fields, presenting on a wide range of cultural, historical, and community-focused topics.

From The Ella Project's work with local artists to timely discussions on banned books, each session offers a unique opportunity for learning. A catered kosher lunch is served before each lecture.

[Free for Members, \\$10 Non-Members | Uptown](#)

**THE ELLA PROJECT: PROVIDING ARTISTS WITH  
ACCESS TO JUSTICE**

[Monday, January 5, 12-2PM](#)

**"RUN, DARLING" THREE SISTERS: ONE WAR. A  
HARROWING ESCAPE**

[Monday, February 9, 12-2PM](#)

**RETHINKING BANNED BOOKS IN AMERICAN  
HISTORY & TODAY**

[Monday, March 9, 12-2PM](#)

**THE HOLOCAUST AND THE AMERICAN THEATER  
1933-1965 (AND BEYOND)**

[Monday, April 13, 12-2PM](#)

**A LIFE IN FRAMES: PHOTOGRAPHY AND MY  
ETHIOPIAN-ISRAELI JOURNEY**

[Monday, May 11, 12-2PM](#)

## MOVIE DAY

Settle in for an afternoon at the movies. Our monthly matinee series brings you a curated selection of acclaimed, star-studded films, from gripping dramas to heartwarming true stories. It's the perfect midday escape, and it's completely free for both members and the community. **RSVP by the Monday before each show so we can save you a seat.**

[Free and Open to the Community | Uptown](#)

**THE PENGUIN LESSONS**

*Event is also taking place at our Metairie location*  
[Thursday, January 22, 12-2:15PM](#)

**NONNA'S**

[Thursday, February 19, 12-2:15PM](#)

**THE CHILDREN'S TRAIN**

[Thursday, March 19, 12-2:15PM](#)

**RUTH & BOAZ**

[Thursday, April 27, 12-2:15PM](#)

**MONSTER**

[Thursday, May 28, 12-2:15PM](#)

## HOLIDAY CELEBRATIONS!

### TU B'SHEVAT SEDER

Join us for this fun festival celebration as we put on a traditional Tu B'Shevat seder where we will eat fruits and grains that remind us of the land of Israel. The seder incorporates the four traditional types of fruit into four courses. We will have a delicious and interactive meal to celebrate this festive holiday. **RSVP by Monday, January 26.**

[\\$10 Members, \\$7 Non-Members | Uptown](#)

[Thursday, January 29, 12-2PM](#)



### PURIM PARTY

Join us for a delicious luncheon—hamantaschen included. After lunch you will have the opportunity to bake your own hamantaschen and make up mishloach manot (Purim goodie bags) to give to your friends. **RSVP by Monday, February 23.**

[\\$5 Members, \\$7 Non-Members | Uptown](#)

[Thursday, February 26, 12-2PM](#)



### PASSOVER LUNCHEON

Come to our Passover luncheon, where we will enjoy the traditional foods of the holiday while a Rabbi leads us through a mini-seder and a discussion on the meaning of the holiday. **RSVP by Monday, March 23.**

[\\$5 Members, \\$7 Non-Members | Uptown](#)

[Thursday, March 6, 12-2PM](#)

# ADULT

For more information about our Active Adult programs and events, please visit [nojcc.org](http://nojcc.org).

## MAH JONGG

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 14th year.



### MAH JONGG: LEARN TO PLAY

This six-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. A 2026 Mah Jongg card will be provided as well as Mah Jongg sets to play with. No experience is necessary.

Register online at [nojcc.org/adultclasses](http://nojcc.org/adultclasses)

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

**\$100 Members, \$115 Non-Members**

### METAIRIE

**Tuesdays, Wednesdays, Thursdays**

- **January 13-22, 6-8PM**

**Mondays, Tuesdays, Wednesdays**

- **March 2-11, 6-8PM**

### UPTOWN

**Mondays, Wednesdays, Thursdays**

- **January 5-15, 6-8PM**
- **March 16-26, 6-8PM**

**Mondays, Tuesdays, Wednesdays**

- **February 2-11, 6-8PM**
- **May 11-20, 6-8PM**

### HARRIET W. KUGLER MEMORIAL MAH JONGG 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.

\$60/person includes registration and entry for a door prize. Receive additional door prize chances with every \$25 donation.

This is a three-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.

**\$60 for Members and Non-Members | Uptown Sunday, January 25, 9AM-3PM**



## MUSEUM VISITS

### NOMA

New Orleans Museum of Art

#### EXHIBITION: NICOLAS FLOC'H: FLEUVES-OCEAN, MISSISSIPPI WATERSHED

This exhibition pairs vibrant monochromatic photographs of the color of water made under the surface with dramatic black-and-white landscape photographs made along the banks of the Mississippi and its tributaries—from Louisiana and across the country.

Meet your friends for lunch at Café NOMA at noon and then a docent will lead us through the exhibition. Free museum admission for Louisiana residents, courtesy of The Helis Foundation. Lunch is on you.

NOMA offers free admission on Wednesdays for Louisiana residents. RSVP by Monday, February 9.

**Wednesday, February 11, 12-2PM**



### OGDEN MUSEUM OF SOUTHERN ART

#### EXHIBITION: I AM THE FACE

Drawn exclusively from the permanent collection of Ogden Museum of Southern Art, I Am the Face is a meditation on the history of portraiture within Southern Photography. Beginning with the early twentieth century to the present, I Am The Face highlights ever-changing ideas, trends, methods and technologies that define the photographic portrait.

Free to Louisiana Residents Thursdays, Courtesy of The Helis Foundation. RSVP by Monday, April 20.

**Thursday, April 23, 1-2PM**

# ADULT

For more information about our Active Adult programs and events, please visit [nojcc.org](http://nojcc.org).

## TZEDEK PROJECT INTERGENERATIONAL COMMUNITY SERVICE

This intergenerational program will allow teens and seniors to work together to make an impact in the community.

After learning about local crime and its effects on young children, our participants will work together to create comfort dolls that the police will offer to children they meet while on-call.

Visit [nojcc.org/events](http://nojcc.org/events) to learn more and to RSVP.

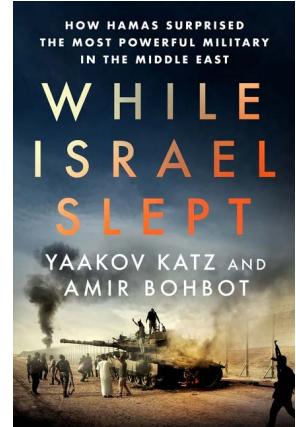
Free and open to the community | Uptown  
Sunday, January 18, 1-4PM



## AN EVENING WITH YAAKOV KATZ AUTHOR OF WHILE ISRAEL SLEPT

Yaakov Katz, former editor-in-chief of the Jerusalem Post, will speak about his powerful new book: *While Israel Slept: How Hamas Surprised the Most Powerful Military in the Middle East*.

This book reveals through a detailed examination of the events leading up to October 7, 2023, the intelligence and strategic failures that enabled this devastating invasion. It takes readers back in time, showing how years of complacency, mistaken intelligence analysis, and a misguided policy of containment enabled Hamas to prepare for an assault that Israel did not believe was possible and that would change the Middle East.



**Yaakov Katz** is the former editor-in-chief of *The Jerusalem Post*. He writes for *Newsweek* and *The Jewish Chronicle*, hosts the *JPII* weekly podcast and has appeared on *CNN* and *BBC*. He is the author of *Shadow Strike* and the coauthor with Amir Bohbot of *Weapon Wizards*.

Free and open to the community | Uptown  
Tuesday, January 20, 7-8:30PM



## J UNIVERSITY

SMART COURSES FOR CURIOUS MINDS



This Spring, we survey **World Religions and the Search for Meaning**, exploring diverse expressions of ethics and transcendence across major spiritual traditions. We then trace the evolution of modern thought in **The Modern Mind: From Enlightenment to AI** to uncover the key ideas that define our identity and anxieties today. Finally, dive into essential Health Literacy with **The Vaccine Dilemma**, equipping yourself with the scientific facts needed for informed decision-making.

### WORLD RELIGIONS AND THE SEARCH FOR MEANING

This course surveys the world's major spiritual traditions with an eye to what they say about living well. We'll read texts on compassion, forgiveness, and enlightenment from Buddhism, Christianity, Judaism, Islam, and Hinduism. Rather than doctrine, the focus is on shared moral questions and the diverse ways humans have expressed reverence, gratitude, and transcendence. **(8 Classes)**

Instructor: Ari Ofengenden

Fridays, January 9 - February 27, 2-3PM  
\$200 Members, \$240 Non-Members

### THE MODERN MIND: FROM ENLIGHTENMENT TO AI

The modern world reshaped what it means to be human. This course traces that transformation—from Descartes and the Enlightenment faith in reason to Marx's critique of industry, Freud's discovery of the unconscious, and today's debates about artificial intelligence. It's a journey through ideas that still define our identities, freedoms, and anxieties. **(8 Classes)**

Instructor: Ari Ofengenden

Fridays, March 6 - May 1, 2-3PM  
\$200 Members, \$240 Non-Members

### THE VACCINE DILEMMA

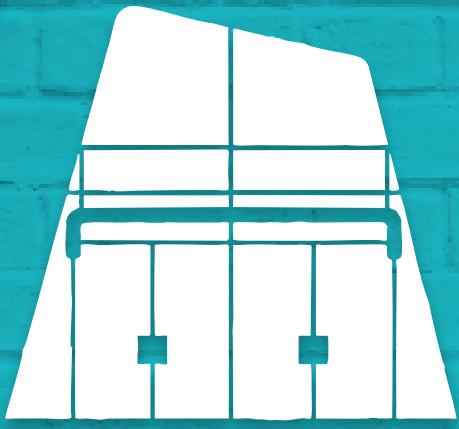
Are vaccines the miracle preventative, or are there hidden problems?

How did the idea that vaccines cause problems like autism arise? Come inform yourself and learn how vaccines work and make your own informed decision. Learn how to scientifically rebut commonly stated misconceptions about vaccines. **(4 Classes)**

Instructor: Thomas Lonergan, Ph.D., Cellular Biologist

Tuesdays, January 13 - February 3, 5:30-6:30PM  
\$100 Members, \$120 Non-Members

# NEW ORLEANS JEWISH COMMUNITY CENTER



## *Six Decades Strong: Our Iconic Building Turns 60*

Join us throughout 2026 as we celebrate the anniversary of this cherished St. Charles Avenue structure. The building we know today was constructed in 1966 on the site of the former Jewish Orphans' Home (built in 1885) and has welcomed generations of New Orleanians through its doors.

Over the coming year, we look forward to exploring and sharing the history of this site as well as the community and leaders who have sustained our beloved JCC.



### *What's Your JCC Memory? Tell Us!*

Email Rachel Zoller at [rachelz@nojcc.org](mailto:rachelz@nojcc.org) to share your JCC memory.

Be sure to include the year of your memory and your name!



# FITNESS & SPORTS

For more information about our Fitness programs, please visit [nojcc.org](http://nojcc.org).

## METAIRIE YOUTH SPORTS

Keep your kids active and engaged with our high-energy youth sports programs right here in Metairie! From mastering the fundamentals of basketball to the fast-paced fun of kickball, our after-school sessions are designed for all skill levels to build coordination, teamwork, and confidence. Join us for a season of positive competition in a supportive environment where every child has the chance to learn, play, and make lasting friends.

### YOUTH BASKETBALL U7

Basic skills of dribbling, passing, shooting and teamwork are taught. Encouraging participation and positive competition make the sport suitable for all skill levels.

**\$100 Members, \$125 Non-Members | Metairie Mondays, January 26 - March 23 4-4:45PM**

### YOUTH BASKETBALL U10

**\$100 Members, \$125 Non-Members | Metairie Tuesdays, January 20 - March 17, 4-4:45PM**

### YOUTH KICKBALL

Our kids kickball afterschool program is a high-energy, fun-filled way for kids to develop their coordination and teamwork skills. Players will enjoy running, kicking, and fielding in a supportive environment where everyone gets a chance to shine and make new friends!

**\$100 Members, \$125 Non-Members | Metairie Thursdays, January 22 - March 12, 4-4:45PM**

## TEEN FIT ACADEMY: MARDI GRAS BREAK

Teen Fit Academy - Sports Strength and Conditioning is ideal for teens who want to train like athletes.

We'll focus on dynamic stretching, plyometrics, speed and agility drills, sports-specific conditioning, and kettlebell and barbell strength training. Whether your teen plays sports or loves a good challenge, this program will build strength, power, and confidence.

**\$250 Members, \$300 Non-Members | Uptown February 18-20, 10AM-2PM**

## WOMEN WHO LIFT

Women Who Lift is a 6 week, female-focused weight training program designed to build strength, confidence, and overall wellness.

Participants will work on increasing muscle mass, improving bone density, and boosting metabolic rate, all in a supportive and safe environment aided by our gifted staff.

Contact Dre at [dsmith@nojcc.org](mailto:dsmith@nojcc.org) for details.

**\$25 Members Only | Uptown January 5 - February 11, Times Vary**

# BASKETBALL



Visit [nojcc.org/adultsports](http://nojcc.org/adultsports) to learn more and to signup!

### 3-ON-3 CO-ED LEAGUE

Bring your game and join the fun in our JCC 3-on-3 Co-Ed Basketball League! This fast-paced, half-court format emphasizes teamwork, skill, and friendly competition in a supportive community environment. Teams compete weekly in games to 21, with standings & bragging rights for the champions.

**\$50 Members, \$62.50 Non-Members | Uptown January 13 - February 10, 6:30-8:45PM**

### MARCH MADNESS 1V1

A 1v1 basketball tournament is a competitive event where two players face off against each other in a single-elimination format (or round-robin, depending on the structure). The goal is to outscore your opponent within a set time or until a certain point total is reached. It's a fast-paced, high-intensity competition, focusing on individual skills such as shooting, dribbling, defense, and basketball IQ.

**\$15 Members, \$25 Non-Members | Uptown March 7, 8AM-12PM**

### 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, \$145 Non-Members | Uptown January 7 - March 18, 6-9PM  
April 8 - June 10, 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 January 5 - March 16, 6-9PM  
March 30 - June 1, 6-9PM**

### YOUTH PRIVATE LESSONS

Private Youth Basketball Lessons offer individualized coaching designed to help young athletes build confidence and master the fundamentals of the game. Each session is tailored to the participant's age, skill level, and goals, focusing on essential techniques such as dribbling, shooting, passing, and understanding basic game strategies.

Contact [sports@nojcc.org](mailto:sports@nojcc.org) to schedule an appointment.

**\$50 for 1 Session, \$200 for 5 Sessions, \$300 for 10 Sessions | Uptown  
Beginning in January, 4-6PM**

### YOUTH GROUP LESSONS

Group Youth Basketball Lessons offer a fun, team-oriented training environment designed to help young athletes build confidence while mastering the fundamentals of the game. Each session is tailored to the group's age range, skill levels, and shared goals, with a strong focus on essential techniques such as dribbling, shooting, passing, footwork, and basic offensive and defensive concepts. Participants benefit not only from skill development but also from learning teamwork, communication, and game awareness through dynamic group drills and small-sided games.

**\$50 for 1 Session, \$200 for 5 Sessions, \$300 for 10 Sessions | Uptown  
Tuesdays & Thursdays, January 6 - February 9, 5-5:45PM (for U8) and 4-4:45PM (for U11)**



# FITNESS & SPORTS

For more information about our Fitness programs, please visit [nojcc.org](http://nojcc.org).



## PICKLEBALL

It's kind of a big dill!

### 2026 KOSHER DILL CLASSIC PICKLEBALL TOURNAMENT

The Kosher Dill Classic Pickleball Tournament offers all-inclusive doubles (men, women, or mixed teams) in over 50 and under 50, with beginner/intermediate and intermediate/advanced tournaments.

Players register as individuals and then will be teamed up prior to the tournament. Hosted at the Metairie JCC, the event is open to members and non-members. Visit our website to register!

\$40 Before February 1, \$50 After February 1 | Metairie  
Sunday, February 22, 9AM



**SPONSORED BY** **Humana**



### 2026 PERSONAL TRAINING PRICING

	PACKAGE COST	COST PER SESSION
<b>PERSONAL TRAINING PACKAGE</b> (Uptown & Metairie)	1 SESSION	\$80
	3 SESSIONS	\$210
	6 SESSIONS	\$400
	10 SESSIONS	\$600
	20 SESSIONS	\$1,100
<b>GROUP RATES</b> (Uptown & Metairie)	<b>2 CLIENTS</b>	
	10 SESSIONS	\$400 PER CLIENT
	20 SESSIONS	\$675 PER CLIENT
<b>PILATES REFORMER RATES</b> (Uptown)	5 SESSIONS	\$75
	10 SESSIONS	\$70
	20 SESSIONS	\$65
	10 SESSIONS (DUET)	\$50
<b>YOGA RATES</b> (Uptown)	5 SESSIONS	\$70
	10 SESSIONS	\$65
	20 SESSIONS	\$60
	10 SESSIONS (DUET)	\$50
<b>HALF-HOUR SESSIONS</b> (Metairie)	10 SESSIONS	\$33
	20 SESSIONS	\$30.75

# FITNESS & SPORTS

For more information about our Fitness programs, please visit [nojcc.org](http://nojcc.org).

## YOGA

Enjoy these special wellness experiences designed to restore balance and deepen connection.

Visit [nojcc.org/events](http://nojcc.org/events) to register!

### NEW MOON MEDITATION & FLOW

Embrace the energy of new beginnings with a gentle yoga flow and guided meditation designed to restore balance and set clear intentions for the lunar cycle ahead.

This class blends mindful movement with stillness to release tension, ground the body, and invite renewal. Open to all levels.

Free and open to the community | Uptown Thursday, **January 29, 6-7:30PM**

### FAMILY YOGA

Family Yoga is a special event to celebrate and engage JCC families through wellness, mindfulness, and community connection.

The event focuses on family bonding while promoting health and well-being in a fun, welcoming environment.

Free for Members, \$10 Non-Members | Uptown Saturday, **April 13, 10:30AM**



## TRY THESE GROUP EXERCISE CLASSES HANDPICKED BY OUR FITNESS TEAM

Visit [nojcc.org/groupexercise](http://nojcc.org/groupexercise) to view the full list of our Metairie and Uptown Group Exercise Classes.

### METAIRIE

#### CARDIO KICKBOX

Punch and kick your way to a great workout! Shadow boxing and kickboxing moves will train your body and mind. This full-body workout also uses dynamic exercises such as lunges, squats and plyometric work to increase your endurance level, core strength and overall muscular strength.

#### INTERMEDIATE YOGA

This class is a wonderful holistic way to build strength, balance and flexibility. Each class is unique and the format will be comprised of therapeutic, stretch, core strength, joint rotation, balance and realignment positions. The practice of Yoga promotes vibrant health, well being and aids in stress reduction.

#### SILVERSNEAKERS YOGA

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

#### SPIN SANITY

A beginner-friendly cycling class that introduces bike setup, resistance control, and pacing. Perfect for new riders or those looking to refresh technique.

#### ZUMBA

A fitness party that fuses international rhythms and dance moves. You choose your intensity, but FUN is guaranteed as you dance away the calories!

### UPTOWN

#### BEGINNER REFORMER PILATES

Focusing on core development and total body control. Pilates uses a variety of slow, controlled exercises and stretches to strengthen, lengthen and tone your entire body. This small group class for beginners offers individual attention balanced with the benefits of a group setting. Students will be introduced to the reformer apparatus and learn to safely and correctly perform basic moves.

#### BUTTS AND GUTS

This 50 minute barre, bands and stability ball based class will focus on the powerhouse of the body. Get ready to tone your glutes, hamstrings, quads and abs. This class is all about the burn!

#### REFRESH AND RESTORE

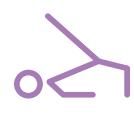
(Class included with Gold Membership levels) End your week on a positive note. This energizing class will leave you feeling balanced, refreshed, and restored. Please bring your own mat.

#### TRANSFORM TO TOUGH

(Class included with GOLD Membership level) Transform yourself with this total body workout mixing a variety of strength and conditioning exercises with cardio bursts for a total body burn!

#### TRX

(Class included with GOLD Membership level) TRX Circuit provides a fun and challenging total body workout focused on building overall strength, improving balance, expanding flexibility and increasing solid core stability.



# BRING YOUR EVENT TO THE JCC

Looking for a flexible, affordable venue in Uptown New Orleans?

The JCC offers indoor and outdoor rental spaces perfect for events of all sizes—from meetings and mitzvahs to dinners and performances.

[nojcc.org/rentals](http://nojcc.org/rentals)

# VOLUNTEER AT THE JCC

Whether you're newly retired or simply have a few hours to spare, the JCC invites you to give back in ways that matter.

READ TO CHILDREN | TUTOR STUDENTS | LEAD PEER GROUPS | HELP AT COMMUNITY EVENTS



[nojcc.org/volunteer](http://nojcc.org/volunteer)

# HOST THE PERFECT BIRTHDAY PARTY AT THE JCC

Make your child's special day stress-free and unforgettable with our fun-filled party packages!

Choose from dance, sports, arts & crafts, playground, or indoor/outdoor pool parties—our team handles setup, cleanup, and decorations, so you can enjoy the celebration.

[nojcc.org/birthdays](http://nojcc.org/birthdays)

# AQUATICS

For more information about our Aquatic programs, please visit [nojcc.org](http://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. Ages 2-3

#### JANUARY SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown  
**January 5-26 (Monday, Wednesday), 3:30-3:55PM**  
\$120 Members, \$150 Non-Members | Uptown  
**January 6-22 (Tuesday, Thursday), 3:30-3:55PM**  
\$80 Members, \$100 Non-Members | Uptown  
**January 10-31 (Saturday), 9:30-9:55AM**

#### FEBRUARY SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown  
**February 2-25 (Monday, Wednesday), 3:30-3:55PM**  
\$120 Members, \$150 Non-Members | Uptown  
**February 3-26 (Tuesday, Thursday), 3:30-3:55PM**

#### MARCH SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**March 2-25 (Monday, Wednesday), 3:30-3:55PM**  
\$160 Members, \$200 Non-Members | Uptown  
**March 3-26 (Tuesday, Thursday), 3:30-3:55PM**  
\$80 Members, \$100 Non-Members | Uptown  
**March 7-28 (Saturday), 9:30-9:55AM**

#### APRIL SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**April 6-29 (Monday, Wednesday), 3:30-3:55PM**  
\$160 Members, \$200 Non-Members | Uptown  
**April 7-30 (Tuesday, Thursday), 3:30-3:55PM**  
\$80 Members, \$100 Non-Members | Uptown  
**April 4-25 (Saturday), 9:30-9:55AM**



### 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

#### JANUARY SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown  
**January 5-26 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM**

\$120 Members, \$150 Non-Members | Uptown  
**January 6-22 (Tuesday, Thursday), 4-4:30PM**  
\$80 Members, \$100 Non-Members | Uptown  
**January 10-31 (Saturday), 10-10:30AM**

#### FEBRUARY SWIM CLASS

\$120 Members, \$150 Non-Members | Uptown  
**February 2-25 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM**

\$120 Members, \$150 Non-Members | Uptown  
**February 3-26 (Tuesday, Thursday), 4-4:30PM**

#### MARCH SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**March 2-25 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM**

\$160 Members, \$200 Non-Members | Uptown  
**March 3-26 (Tuesday, Thursday), 4-4:30PM**

\$80 Members, \$100 Non-Members | Uptown  
**March 7-28 (Saturday), 10-10:30AM**

#### APRIL SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**April 6-29 (Monday, Wednesday), 4-4:30PM and 4:45-5:15PM**

\$160 Members, \$200 Non-Members | Uptown  
**April 7-30 (Tuesday, Thursday), 4-4:30PM**  
\$80 Members, \$100 Non-Members | Uptown  
**April 4-25 (Saturday), 10-10:30AM**



### 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

#### JANUARY SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown  
**January 6-22 (Tuesday, Thursday), 4:45-5:15PM**  
\$80 Members, \$100 Non-Members | Uptown  
**January 10-31 (Saturday), 10:45-11:15 AM**

#### FEBRUARY SWIM CLASSES

\$120 Members, \$150 Non-Members | Uptown  
**February 3-26 (Tuesday, Thursday), 4:45-5:15PM**

#### MARCH SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**March 3-26 (Tuesday, Thursday), 4:45-5:15PM**  
\$80 Members, \$100 Non-Members | Uptown  
**March 7-28 (Saturday), 10:45-11:15 AM**

#### APRIL SWIM CLASSES

\$160 Members, \$200 Non-Members | Uptown  
**April 7-30 (Tuesday, Thursday), 4:45-5:15PM**  
\$80 Members, \$100 Non-Members | Uptown  
**April 4-25 (Saturday), 10:45-11:15 AM**



# AQUATICS

For more information about our Aquatic programs, please visit [nojcc.org](http://nojcc.org).

## AMERICAN RED CROSS LIFEGUARDING COURSE

Seeking summer employment as a lifeguard?

The primary purpose of this course in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in shallow water up to five feet (5ft) deep and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

Taught part in the water and part online, this blended learning course requires 21.5 hours in person and approximately 6 hours online. Ages 15+

### WATER UP TO 5FT.

\$300 Members, \$375 Non-Members | Uptown  
March 27-29, 12-5PM  
April 10-12, 12-5PM

### WATER UP TO 6FT.

\$325 Members, \$375 Non-Members | Metairie  
April 17-19, 2-5PM

## STROKE ACADEMY

Dive into excellence with our Stroke Academy Swim Program, designed for swimmers ages 8-13 looking to improve their stroke techniques and overall performance.

Our comprehensive program focuses on the four main competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Prerequisites: Must be able to swim 25 yards independently. Ages 8-13

### FEBRUARY 5-28 SESSION

\$72 Members, \$90 Non-Members | Uptown  
Thursdays, 4:30-5:30PM and Saturdays, 12-1PM

### MARCH 5-28 SESSION

\$96 Members, \$120 Non-Members | Uptown  
Thursdays, 4:30-5:30PM and Saturdays, 12-1PM

### APRIL 4-30 SESSION

\$96 Members, \$120 Non-Members | Uptown  
Thursdays, 4:30-5:30PM and Saturdays, 12-1PM

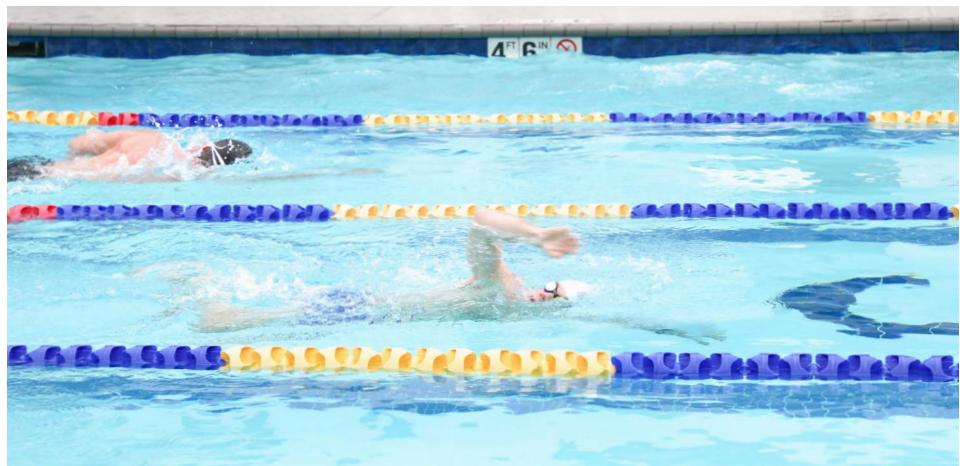


# OPENING MOTHER'S DAY!

Our Metairie and Uptown pools open for recreational swimming on **Sunday, May 10!** Please check the schedule on our website for up-to-date information.

Our Uptown facility offers year-round options like lap swim, aqua fit, and swim lessons.

Learn more at [nojcc.org/aquatics](http://nojcc.org/aquatics)



# JEWISH CULTURE

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

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

SPRING 2026

### FROM BAGHDAD TO BROOKLYN

A moving one-woman show by acclaimed actress and singer Michelle Azar. In From Baghdad to Brooklyn, Michelle explores her Jewish, American, and Israeli identities through story, humor, and song. Written and performed by Michelle Azar and directed by Brian Kite, this 60-minute show invites audiences into a journey of heritage and transformation.

**Free for Members, \$18 Non-Members | Uptown Sunday, January 11, 5-7PM**

**IN ADDITION:** Paired with the performance, Natalie Cohen — JCC Director of Jewish Life & Cultural Arts and of Iraqi Jewish heritage — will lead a daytime cooking class featuring the classic Iraqi dish Koobeh, which will be served at the event.

**\$10 Members, Non-Members | Uptown Sunday, January 11, 11AM-1PM**

### JEWISH HISTORY WALKING TOUR OF THE FRENCH QUARTER

Led by historian and New Orleans Tour Guide, Roni Bossin, this 2½-3 hour tour explores nearly 300 years of Jewish life woven into the story of New Orleans. From Bienville Place and the Code Noir to the Holocaust Memorial and the heart of the French Quarter, participants encounter early Jewish merchants, landmark legal disputes, hidden Stars of David in Creole architecture, and surprising cultural intersections—including stories tied to Café du Monde and St. Louis Cathedral.

Figures such as Judah P. Benjamin, Judah Touro, and the “Jewish Banana Man” animate this vivid walk through Jewish New Orleans. Each tour includes beignet and coffee vouchers and is limited to 20 participants.

**\$18 Members & Non-Members | Bienville Place Friday, February 20, 12-2:30PM  
Sunday, February 22, 2026, 10AM-12:30PM & 3-5:30PM**

### ZIBBY OWENS – ON BEING JEWISH NOW

A thoughtful and engaging conversation with author and media personality Zibby Owens, who has dedicated much of her recent work to expressing what it feels like to be Jewish in today's climate. Through her writing, podcasts, and public voice, she explores the complexities, challenges, and

deep personal meaning of Jewish identity in this moment.

The discussion will be moderated by Meryl Poster, acclaimed film and television producer and former Co-President of Miramax Films. Together, they will delve into contemporary Jewish identity, creativity, and the power of storytelling to shape understanding and connection.

Book signing presented with Octavia Books.

**Free and open to the public | Uptown Thursday, May 14, 7-9PM**

### ISRAELI COMPOSER, ZIV KARTAGINER'S MIDDLE EASTERN BIG BAND LIVE PERFORMANCE

Ziv Kartaginer is a trumpet player, composer, and arranger whose music blends jazz, classical, Middle Eastern, klezmer, and world traditions. Born in Jerusalem to a family with roots in Tunisia, Bulgaria, and Poland, he draws deeply from Balkan, klezmer, and Middle Eastern musical cultures. His work brings these traditions together with contemporary jazz, creating inventive and compelling musical experiences.

For this performance, Ziv will collaborate with local New Orleans musicians, merging the city's distinctive sound with his original compositions and fresh arrangements of Israeli and Middle Eastern pieces for a vibrant, cross-cultural evening of music.

**Free for Members, \$18 Non-Members | Uptown Wednesday, May 6, 7-9PM**

### TRIPP FRIEDLER – THE TUNNEL: A CONVERSATION ON MENTAL HEALTH

In honor of Mental Health Awareness Month, author Tripp Friedler shares the story behind his memoir The Tunnel, reflecting on his son's mental health crisis and the journey of grief, resilience, and healing that followed.

The conversation will be moderated by Rabbi Mendel Rivkin and Staci Lanza, LCSW-BACS of Jewish Family Service, fostering an open and compassionate dialogue about mental health in Jewish life.

**Free and open to the public | Uptown Thursday, May 14, 7-9PM**



**The Cathy and Morris Bart Jewish Cultural Arts Series** celebrates Jewish creators, bringing vibrant cultural events to our community.

### REGISTER FOR SPRING 2026 EVENTS

Advance registration is required. To see the full schedule and to register, please visit: [nojcc.org/culturalarts](http://nojcc.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. We will meet at Bienville Place in the French Quarter for the Jewish History Walking Tour.

### WITH GRATITUDE

This series is made possible through the generous support of Cathy and Morris Bart and our valued community partners. We are deeply grateful for their commitment.

### QUESTIONS?

Please contact our Director of Jewish Life, Natalie Cohen, at [natalie@nojcc.org](mailto:natalie@nojcc.org).



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

# JEWISH CULTURE

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

## 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!

Open to the Community | Uptown  
Sunday, March 1, 11:30-2:30 PM



## 2026 JEWISH HOLIDAYS & OBSERVANCES

\*Visit [nojcc.org/holidayhours](http://nojcc.org/holidayhours) as some holidays may impact operation hours.

<b>SHABBAT</b>	Every Friday eve through Saturday eve
<b>PURIM</b>	<b>MARCH 3</b> Monday   <i>Begins at sunset March 2</i>
<b>* PASSOVER</b>	<b>APRIL 2-9</b> Thursday-Thursday   <i>Begins at sunset April 1</i>
<b>* SHAVUOT</b>	<b>MAY 22-23</b> Friday-Saturday   <i>Begins at sunset May 21</i>
<b>* ROSH HASHANAH</b>	<b>SEPTEMBER 12-13</b> Tuesday-Wednesday   <i>Begins at sunset September 11</i>
<b>* YOM KIPPUR</b>	<b>September 21</b> Thursday   <i>Begins at sunset September 20</i>
<b>* SUKKOT</b>	<b>September 26-27</b> Tuesday-Wednesday   <i>Begins at sunset September 25</i>
<b>* SHEMENI ATZERET &amp; SIMCHAT TORAH</b>	<b>OCTOBER 3-4</b> Tuesday-Wednesday   <i>Begins at sunset October 2</i>
<b>CHANUKAH</b>	<b>DECEMBER 5-12</b> Monday-Monday   <i>Begins at sunset December 4</i>

## IN METAIRIE

Join our vibrant learning community in Metairie for two free, engaging opportunities to connect with Jewish texts and traditions.

Visit [nojcc.org/events](http://nojcc.org/events) to learn more and to signup!

### WEEKLY WISDOM

Start your Tuesday with a dose of inspiration and community. Join Rabbi David Cohen-Henriquez of Shir Chadash Conservative Congregation in our beautiful new Member Lounge for "Weekly Wisdom," a lively and accessible discussion of the weekly Torah portion (the Parsha).

Each week, we'll delve into the ancient stories and timeless lessons of the Torah, exploring how their wisdom can apply to our modern lives. This is a wonderful opportunity to connect with Jewish tradition, engage in meaningful conversation, and get to know fellow community members.

Free and open to the community | Metairie  
Tuesdays, 8:15-9:15AM

### JEWISH STUDIES 101: INTRODUCTION TO JUDAISM

Join us for a fascinating journey into the heart of the Hebrew Bible in this special interfaith study series. Led by Rabbi Gerber of Gates of Prayer and other community leaders, this class offers a unique opportunity to explore familiar biblical texts and core Jewish values. Deepen your understanding of Jewish traditions, beliefs, and practices through Torah/Bible study.

Each week, we will delve into the stories, laws, and wisdom of the Old Testament, uncovering layers of meaning through the perspectives of Jewish tradition, commentary, and history. This series is designed to build bridges, foster understanding, and deepen our appreciation for our shared scriptural foundations.

Free and open to the community | Metairie  
Tuesdays, 11:45AM-12:45PM

# SUPPORT THE NEW ORLEANS JCC

For more information please contact our Director of Advancement, Elizabeth Smith, at [esmith@nojcc.org](mailto: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](http://nojcc.org/donate) to learn more.



# 2025

NEW ORLEANS JCC

# Make it POP!

CENTER CELEBRATION





nojcc.org



NEW ORLEANS



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**New Orleans Jewish Community Center – UPTOWN**  
5342 St. Charles Avenue, New Orleans, LA 70115 • (504) 897-0143

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

