

# children

## uptown & metairie

### SNL JR. - SEPTEMBER

Enjoy a groovy Saturday night at the JCC - we will decorate peace signs, play marshmallow dodgeball and tie-dye a t-shirt. Pizza will be served. Please remember to bring a white t-shirt for tie-dye.

**SATURDAY, SEPTEMBER 25, 5:30 - 10:00 PM**  
**GRADES: K TO 6**  
**\$20 MEMBER ONLY /**  
**\$15 EACH ADDITIONAL SIBLING**  
**MEET AT JEWISH COMMUNITY CENTER - UPTOWN**

## uptown

### ENRICHMENT - SPORTS AND GAMES

An introduction to Sports and Games. During each session participants will eat lunch, play in the classroom and participate in a different physical activity. All participants must be potty trained.

**SEPTEMBER 13 - DECEMBER 6**  
**MONDAYS, 12:00 - 2:00 PM**  
**AGES: 3 AND 4**  
**INSTRUCTOR: JOSH TOLBERT**  
**\$200 MEMBER ONLY**

### ENRICHMENT - COOKING

Young chefs will measure, stir, bake and create a variety of yummy and healthy recipes.

**SEPTEMBER 14 - DECEMBER 7**  
**TUESDAYS, 12:00 - 2:00 PM**  
**AGES: 2.5 TO 5**  
**INSTRUCTOR: VALERIA EMMETT**  
**\$200 MEMBER ONLY**

### ENRICHMENT - MESSY ART

Encourage your young artist to inquire, explore and create with a variety of art mediums.

**SEPTEMBER 15 - DECEMBER 8**  
**WEDNESDAYS, 12:00 - 2:00 PM**  
**AGES: 2.5 TO 5**  
**INSTRUCTOR: VALERIA EMMETT**  
**\$200 MEMBER ONLY**

### ENRICHMENT - GYMNASTICS

Join the JCC gymnastics class and get your child moving. Introduce your child to the fun and joy of tumbling or improve his or her gymnastics abilities. Must be potty trained.

**SEPTEMBER 16 - DECEMBER 9**  
**THURSDAYS, 12:00 - 2:00 PM**  
**AGES: 3 TO 5**  
**INSTRUCTOR: KATIE HEATON**  
**\$200 MEMBER ONLY**

### ENRICHMENT - DRAMA

Children will listen to classic stories, make costumes and props and then bring the stories and characters to life.

**SEPTEMBER 17 - DECEMBER 10**  
**FRIDAYS, 12:00 - 2:00 PM**  
**AGES: 2.5 TO 5**  
**INSTRUCTOR: VALERIA EMMETT**  
**\$200 MEMBER ONLY**

### PRESCHOOL COOKING

Must be potty trained.

**SEPTEMBER 13 - DECEMBER 6**  
**MONDAYS, 2:45 - 3:30 PM**  
**AGES: 3 TO 5**  
**INSTRUCTOR: RACHEL ZOLLER**  
**\$150 MEMBER ONLY**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### PRESCHOOL GYMNASTICS

Join the JCC gymnastics class and get your child moving. Introduce your child to the fun and joy of tumbling or improve his or her gymnastics abilities.

**SEPTEMBER 16 - DECEMBER 9**  
**THURSDAYS, 3:30 - 4:30 PM**  
**AGES: 4 TO 6**  
**INSTRUCTOR: KATIE HEATON**  
**\$150 MEMBER ONLY**

### COOKING WITH MS. RACHEL

**SEPTEMBER 13 - DECEMBER 6**  
**MONDAY, 3:30 - 4:15 PM**  
**GRADES: K - 1**  
**INSTRUCTOR: RACHEL ZOLLER**  
**\$150 MEMBER ONLY**

### HIP HOP CLINIC

Empower your child with the fundamentals of urban movement.

**SEPTEMBER 12 - SEPTEMBER 26**  
**SUNDAYS, 1:00 - 2:15 PM**  
**GRADES: 3 - 6**  
**INSTRUCTOR: RAINA ZELINSKI**  
**\$50 MEMBER**

### BALLET ON THE AVENUE

With Adrienne Lehmann. Lehmann has over 30 years of experience of teaching ballet and she is a certified licensed instructor of Ballet through the Cecchetti Council of America. Learn technique, alignment, and terminology and develop strength, confidence, balance, musicality, and flexibility. Courses are based on the Cecchetti Method of ballet. Two classes per week are recommended.

### PRESCHOOL BALLET

Open to new and returning students. Must be potty trained. Ballet shoes are required.  
**SEPTEMBER 14 - DECEMBER 7**  
**TUESDAYS, 3:30 - 4:15 PM**  
**AGES: 3 TO 5**  
**INSTRUCTOR: ADRIANNE LEHMANN**  
**\$150 MEMBER ONLY**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### TAP AND BALLET

Open to new and returning students. Ballet shoes are required.

**SEPTEMBER 14 - DECEMBER 07**  
**TUESDAY, 4:15 - 5:00 PM**  
**GRADES: K - 1**  
**INSTRUCTOR: ADRIANNE LEHMANN**  
**\$150 MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### INSTRUCTIONAL BALLET

**INSTRUCTOR: ADRIANNE LEHMANN**  
**\$200 ONE CLASS PER WEEK /**  
**\$325 TWO CLASSES PER WEEK**  
**MEMBERS ONLY**

### BEGINNER (U10)

Develop poise and musicality in a fun and creative environment with the Primary 2 and 3 syllabus.

**SEPTEMBER 14 - DECEMBER 16**  
**TUESDAY AND/OR THURSDAY, 4:00 - 5:00 PM**  
**AGES: 7 TO 9**

### BEGINNER (U12)

Develop poise and musicality in a fun and creative environment with the Primary 3 and Grade 1 syllabus.

**SEPTEMBER 16 - DECEMBER 16**  
**THURSDAYS, 5:15 - 6:15 PM**  
**AGES: 9 TO 11**

### INTERMEDIATE (U18)

Develop proper placement of torso, hips and legs, coordination of arms and head and smooth transitions throughout the exercises following the Grade II - IV syllabus.

**SEPTEMBER 13 - DECEMBER 15**  
**MONDAY AND/OR WEDNESDAY, 4:45 - 6:15 PM**  
**AGES: 12 TO 17**



### SCHOOL'S OUT

School's out, but the JCC is in! When school has a vacation or conference day, come spend time at the J. Activities vary from sports to art and provide a fun safe environment for the day. Bring a bag lunch. Minimum enrollment is required.

**OCTOBER 8, 11, 12, 13, 14, 15, 18, 19, 20, 21 AND 22**  
**NOVEMBER 1, 12, 15 AND 19**  
**DECEMBER 10 AND 17**  
**GRADES: K - 5**  
**\$40 MEMBER / \$50 NON MEMBER PER DAY**

### EARLY MORNING CARE

**ALL CHILDREN ARRIVING BEFORE 8:45 AM**  
**MUST ENROLL IN EARLY MORNING CARE**  
**7:30 - 9:00 AM**  
**\$7 MEMBER AND NON MEMBER**

### SECOND HOME

**ALL CHILDREN STAYING PAST 3:00 PM MUST**  
**ENROLL IN SECOND HOME**  
**3:00 - 5:00 PM**  
**\$12 MEMBER AND NON MEMBER**

## metairie

### GIRLS ONLY CLUB

Fashion, beauty, and accessories...everything a girl loves. Make trendy crafts and do girly activities with your friends.

**AUGUST 24 - SEPTEMBER 28**  
**TUESDAYS, 4:00 - 5:00 PM**  
**GRADES: PRE-K TO 5**  
**INSTRUCTOR: JESSICA KLEIN**  
**\$60 MEMBER**

### SWEET DESIGNS

Measure, mix, stir, and pour. Make, design and decorate sweet treats.

**OCTOBER 7 - NOVEMBER 11**  
**MONDAYS, 4:00 - 5:00 PM**  
**GRADES: PRE-K TO 5**  
**INSTRUCTOR: JESSICA KLEIN**  
**\$75 MEMBER**

### SWIM CLINIC - YOUTH

Improve existing stroke technique through various drills and sets. Child must be able to swim independently.

**SEPTEMBER 13 - 29**  
**MONDAYS AND WEDNESDAYS, 4:00 - 5:00 PM**  
**AGES: 5 TO 11**  
**INSTRUCTOR: JEREMY NUSLOCH**  
**\$50 MEMBER**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

### TRY A TRIATHALON



**SUNDAY, SEPTEMBER 19**  
**SWIM 17 LAPS IN THE POOL**  
**BIKE ON SPIN BIKES FOR 30 MINUTES IN FRONT OF THE JCC**  
**RUN 1.5 MILES DOWN ST. CHARLES AVENUE**  
**NO EXPERIENCE NECESSARY AND YOU MUST SIGN UP BEFORE SEPTEMBER 13**

## HOLIDAY HOURS

**LABOR DAY**  
**MONDAY, SEPTEMBER 6**  
FITNESS CENTER  
8:00 AM - 6:45 PM

**ROSH HASHANAH**  
**WEDNESDAY,**  
**SEPTEMBER 8**  
BOTH FACILITIES  
CLOSE AT 5:00 PM

**THURSDAY AND FRIDAY**  
**SEPTEMBER 9 - 10**  
BOTH FACILITIES  
CLOSED

**YOM KIPPUR**  
**FRIDAY, SEPTEMBER 17**  
BOTH FACILITIES  
CLOSE AT 5:00 PM

**SATURDAY,**  
**SEPTEMBER 18**  
BOTH FACILITIES  
CLOSED

**SUKKOT**  
**WEDNESDAY,**  
**SEPTEMBER 22**  
BOTH FACILITIES CLOSE  
AT 6:45 PM

**THURSDAY,**  
**SEPTEMBER 23**  
BOTH FACILITIES  
CLOSED

\* Metairie Gold members may use the Uptown Fitness Center

**FRIDAY, SEPTEMBER 24**  
METAIRIE JCC CLOSED  
UPTOWN JCC OPEN\*

**SHEMINI ATZERET**  
**WEDNESDAY,**  
**SEPTEMBER 29**  
BOTH FACILITIES  
CLOSE AT 6:45 PM

**THURSDAY,**  
**SEPTEMBER 30**  
BOTH FACILITIES  
CLOSED

**FRIDAY, OCTOBER 1**  
METAIRIE JCC CLOSED  
UPTOWN JCC OPEN\*

## NEW ORLEANS PARENTS CLUB

An innovative, weekly opportunity facilitated by Dr. Dahlia Topolosky. Parents will socialize with other parents and learn important skills that will help guide them through the everyday joys and challenges of parenthood.

**MONDAYS, 9:15 - 10:45**  
**BEGINS SEPTEMBER 13**  
**UPTOWN JCC**  
**FIRST SESSION IS FREE.**



## DINNER AND A SHOW

An evening of songs by Jewish-American Composers:  
A songwriter's Journey from Gershwin to Billy Joel.



**STARRING GARY NEGBAUR**  
**SUNDAY, SEPTEMBER 26, 2010**  
**6:00 PM**  
**UPTOWN JCC**  
**\$20 PER PERSON /**  
**\$35 PER COUPLE**  
**\$150 FOR A TABLE OF 8**  
**CATERING BY BRACK MAY,**  
**BABYSITTING AVAILABLE**

**RSVP BY SEPTEMBER 21 -**  
**504.897.0143**

**RESERVE A TABLE OF 8 AND**  
**SIT WITH YOUR FRIENDS!**

# sports/wellness

Please note: Group Exercise classes will be closed on Labor Day, September 6.

## TRY A TRIATHLON - TRY A SUPER SPRINT TRIATHLON

Swim 17 laps in the pool. Bike on Spin Bikes for 30 minutes in front of the JCC. Run 1.5 miles down St. Charles Avenue. No experience necessary and you must sign up before September 13. JCC Training program is available.



**SUNDAY, SEPTEMBER 19**  
**8:30 - 10:00 AM**  
**AGES: 18 AND UP**  
**\$40 MEMBER / \$60 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## TRIATHLON TRAINING

Get fit and have fun while training for a Triathlon. Learn the transitions and improve your aerobic base.

**AUGUST 23 - SWIM AND CYCLE** (goggles needed)  
**AUGUST 25 - CYCLE AND RUN**  
**AUGUST 30 - SWIM AND CYCLE** (goggles needed)  
**SEPTEMBER 1 - CYCLE AND RUN**  
**SEPTEMBER 13 - SWIM AND CYCLE** (goggles needed)  
**SEPTEMBER 15 - CYCLE AND RUN**



**MONDAYS AND WEDNESDAYS, 4:30 - 5:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: IVAN BLAZQUEZ**  
**\$15 MEMBER /**  
**\$20 NON MEMBER DROP IN RATE**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## RUN CLUB-WE NEED SOME SPEED

Increase your 5k speed. Build up your mileage in this 12 week class with 1 week off for Thanksgiving. Must be able to run 2 miles.

**SEPTEMBER 15 - DECEMBER 15**  
**WEDNESDAYS, 9:00 - 10:00 AM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: REBECCA O'REILLY**  
**\$150 MEMBER / \$175 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## TRX GROUP TRAINING

TRX Suspension training uses your own body weight for resistance. TRX certified trainers teach you to engage your core and work all muscle groups during each class. All levels welcome.

**AGES: 18 AND UP**  
**\$150 PER MONTH FOR 6 LESSONS**  
**MEMBER ONLY**  
**JEWISH COMMUNITY CENTER - UPTOWN**

**MONDAYS AND WEDNESDAYS, 8:30 - 9:30 AM**  
**INSTRUCTOR: BRANDON NELSON**  
*(Beginning September 13)*

**TUESDAYS AND THURSDAYS, 10:30 - 11:30 AM**  
**INSTRUCTOR: SAMMYE PISANI**

**TUESDAYS AND THURSDAYS, 6:30 - 7:30 PM**  
**INSTRUCTOR: TAMARA LINDSEY**

## HIGH INTENSITY INTERVAL TRAINING WORKSHOPS

Interval Style training using jump rope, jumping jacks, indoor cycling, weight training and more. Must sign up before August 5. Minimum 5 people, limited spots.

**MONDAY, SEPTEMBER 27, 4:30 - 5:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: IVAN BLAZQUEZ**  
**\$15 MEMBER / \$20 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## TRX/KETTLEBELL WORKSHOP

See what the fuss is all about. Challenge your core using a Navy SEAL designed suspension trainer endorsed by Drew Brees while simultaneously developing strength and flexibility with Russian kettlebells. Sign up before September 8. TRIATHLON APPROVED!

**SUNDAY, SEPTEMBER 12, 10:00 - 11:00 AM**  
**AGES: 18 AND UP**  
**INSTRUCTORS: TAMARA LINDSAY AND RACHEL JAFFE**  
**\$15 MEMBER / \$20 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## EATING FOR YOUR HEALTH WORKSHOP

This workshop will cover foods that will help you obtain a healthy body weight, the effect of food on overall health, the effect of food on your energy level, and pre- and post-workout food.

**WEDNESDAY, SEPTEMBER 1, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: CASEY MILER**  
**NO CHARGE, MEMBER AND NON MEMBER WELCOME**  
**NEW ORLEANS JCC - UPTOWN**

## YABL

Teams are selected through a draft at the start of each season. With a 10 game regular season and a single elimination playoff culminating in a championship match, games are professionally officiated and statistics are provided.

**AGES: 18 AND UP**  
**INSTRUCTOR: JOSH TOLBERT**  
**\$35 GOLD / \$75 SILVER MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

**MONDAY NIGHTS**  
**SEPTEMBER 13 - DECEMBER 13**  
**MONDAY, 6:30 - 9:30 PM**

**TUESDAY NIGHTS**  
**SEPTEMBER 14-DECEMBER 14**  
**TUESDAY, 6:30 - 9:30 PM**

## MELLOWBALL

This 4 on 4 half-court basketball league includes ten regular season games followed by a single elimination playoff.

**SEPTEMBER 15 - DECEMBER 15**  
**WEDNESDAY, 6:30 PM - 9:30 PM**  
**AGES: 35 AND UP**  
**INSTRUCTOR: JOSH TOLBERT**  
**\$35 GOLD / \$75 SILVER MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

# teen

## SOCK HOP

Photo ID with birthday required for entry.

**AGES 11 - 13**  
**SATURDAY, SEPTEMBER 25, 7:30 - 10:30 PM**  
**\$8 MEMBER / \$11 NON MEMBER,**  
**\$13 AT FOR DOOR FOR NON MEMBER**

## BBYO UPCOMING EVENTS

Big Easy BBYO is kicking off its programming year with a number of exciting events open to all Jewish teens in grades 9-12. No matter how you would like to be involved, BBYO has an opportunity for you.

As a youth-led organization, BBYO offers you the chance to socialize with other Jewish teens while developing your leadership skills in a number of areas.

# senior adults

## HOW THE BP OIL SPILL IS EFFECTING OUR SHORES

The recent BP oil spill was the largest such event in US History. It struck a coastline that was already facing numerous threats, from subsidence, sea level rise, saltwater intrusion, direct alterations to the landscape among others. This talk will discuss the events of the recent BP spill, and their effects on Louisiana's fragile shoreline. Refreshments will be served.

Instructor: Tulane Professor Alex Kolker, PhD

Alex Kolker is from the Department of Earth and Environmental Sciences. His area of interest is in the natural, climatic, and anthropogenic processes that govern coastal systems during times of stasis and change. He has been deeply involved with the oil spill in the Gulf.

**THURSDAY, SEPTEMBER 2, 1:00 - 2:00 PM**  
**NO CHARGE**  
**NEW ORLEANS JCC - UPTOWN**

## SIMCHA LUNCH

Join us for our High Holiday Simcha Luncheon. Enjoy all the traditional holiday food such as brisket, tzimmes and honey cake.

**THURSDAY SEPTEMBER 16, 12:00 - 2:00 PM**  
**\$10 MEMBER/\$12 NON MEMBER**  
**NEW ORLEANS JCC - UPTOWN**

## \$100 OFF MELTON MINI-SCHOOL TUITION

REGISTER FOR THE 2010 MELTON MINI-SCHOOL BEFORE SEPTEMBER 15 TO RECEIVE \$100 OFF TUITION.

Available to first and second year students.

# jewish enrichment

## MELTON MINI-SCHOOL

Take your Jewish education to the next level with a pluralistic, interactive approach to Judaism taught by a great faculty. This class is open to all Jewish adults. Registrations received by September 15 get \$100 off tuition. **TUITION: \$450**

**MORNING**  
**BEGINNING OCTOBER 5**  
**TUESDAYS, 9:45 AM - 12:00 PM**  
**AGES: 18 AND UP, 1ST YEAR MELTON STUDENTS**  
**INSTRUCTOR: LIBA KORNFIELD AND PHILLIP GAETHE**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

**EVENING**  
**BEGINNING OCTOBER 5**  
**TUESDAYS, 7:00 - 9:15 PM**  
**AGES: 18 AND UP**  
**1ST AND 2ND YEAR MELTON STUDENTS**  
**INSTRUCTOR: RABBIS URI TOPOLOSKY AND ETHAN LINDEN**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

**SUNDAY**  
**BEGINNING OCTOBER 10**  
**SUNDAYS, 9:00 - 11:15 AM**  
**AGES: 18 AND UP, 1ST YEAR MELTON STUDENTS**  
**INSTRUCTOR: TBD**  
**JEWISH COMMUNITY CENTER - UPTOWN**



# adults

## dance

### TAP DANCING

Join this fun and energetic class and tap your way into fitness. In 10 weeks.

**SEPTEMBER 14 - NOVEMBER 16**  
**TUESDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JODY PROVENZANO**  
**\$120 MEMBER / \$130 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### BELLY DANCING - BEGINNER

New and continuing students will learn the basics. This class will cover shimmies, undulations, hip work, traveling steps, arms, finger cymbals and more. Seven weeks.

**OCTOBER 6 - NOVEMBER 17**  
**WEDNESDAYS, 6:00 - 7:00 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: BETTY KARAM**  
**\$70 MEMBER / \$80 NON MEMBER**  
**BOTH BEGINNER AND OPEN LEVEL CLASSES:**  
**\$125 MEMBER / \$145 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### OPEN LEVEL BELLY DANCING

This class is open to all levels. Steps, technique and movement will be modified to accommodate different levels of expertise. Seven weeks.

**OCTOBER 6 - NOVEMBER 17**  
**WEDNESDAYS, 7:10 - 8:10 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: BETTY KARAM**  
**\$70 MEMBER / \$80 NON MEMBER**  
**BOTH BEGINNER AND OPEN LEVEL CLASSES:**  
**\$125 MEMBER / \$145 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### JITTERBUG AND EAST COAST SWING

Learn Jitterbug basics to get out on the dance floor. Six weeks.

**SEPTEMBER 13 - OCTOBER 18**  
**MONDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JANIS HORNSBY**  
**\$70 MEMBER / \$90 NON MEMBER**  
**\$130 MEMBER COUPLE / \$150 NON MEMBER COUPLE**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

### SWING DANCING - BEGINNER

**OCTOBER 18 - NOVEMBER 15**  
**MONDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: DANCE QUARTER LLC**  
**\$65 MEMBER / \$75 NON MEMBER**  
**\$120 MEMBER COUPLE / \$140 NON MEMBER COUPLE**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### SALSA AND BACHATE FOR BEGINNERS

Learn these great Latin dances.

**SEPTEMBER 13 - OCTOBER 18**  
**MONDAYS, 7:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JANIS HORNSBY**  
**\$70 MEMBER / \$90 NON MEMBER**  
**\$130 MEMBER COUPLE / \$150 NON MEMBER COUPLE**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

### BALLROOM DANCING

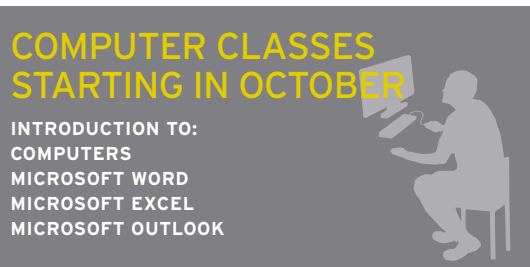
Learn how to dance the Foxtrot and the Waltz in this six week class.

**OCTOBER 25 - NOVEMBER 29**  
**MONDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JANIS HORNSBY**  
**\$70 MEMBER / \$90 NON MEMBER**  
**\$130 MEMBER COUPLE / \$150 NON MEMBER COUPLE**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

### CHA CHA AND MERENGUE

In six weeks you will be out on the dance floor moving with these two Latin dances.

**OCTOBER 25 - NOVEMBER 29**  
**MONDAYS, 7:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JANIS HORNSBY**  
**\$70 MEMBER / \$90 NON MEMBER**  
**\$130 MEMBER COUPLE / \$150 NON MEMBER COUPLE**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**



**COMPUTER CLASSES STARTING IN OCTOBER**

INTRODUCTION TO: COMPUTERS  
MICROSOFT WORD  
MICROSOFT EXCEL  
MICROSOFT OUTLOOK

### ARGENTINE TANGO

Learn the most passionate dance of them all. Tango is improvised, so in this class you will learn to communicate with your partner throughout the dance, and learn to listen to the music. Practice after class for free.

**SEPTEMBER 13 - OCTOBER 11**  
**MONDAYS, 7:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: DANCE QUARTER LLC**  
**\$65 MEMBER / \$75 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### DANCE TO THE BLUES

Blues dance is strongly tied to Blues music. In this beginner class, you will learn to move to the music and in sync with your partner. We will talk about connection and get you dancing in no time to some of the greatest American slow Blues music.

**SEPTEMBER 13 - OCTOBER 11**  
**MONDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: DANCE QUARTER LLC**  
**\$65 MEMBER / \$75 NON MEMBER**  
**\$120 MEMBER COUPLE / \$140 NON MEMBER COUPLE**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### LATIN FUSION DANCE FOR WOMEN

This class fuses many dance influences from Latin to Flamenco and more. It includes warm ups, isolations/techniques, dance/cardio and cool down. This is an open level class for beginners to avid dancers.

**OCTOBER 21 - NOVEMBER 11**  
**THURSDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: KARLA SAN MARTIN**  
**\$60 MEMBER / \$65 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### SAMBA DE GAFIEIRA - BEGINNER

Learn the original form of Samba the way it is done in Brazil. You will love this passionate music. By the end of this session you will be able to move to those tropical jazzy rhythms.

**OCTOBER 18 - NOVEMBER 15**  
**MONDAYS, 7:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: DANCE QUARTER LLC**  
**\$65 MEMBER / \$75 NON MEMBER**  
**\$120 MEMBER COUPLE / \$140 NON MEMBER COUPLE**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## art

### RELIEF PRINTMAKING

After taking this class you will be able to make your own original artwork suitable for framing, holiday and greeting cards, and rubber stamps for printing on fabric.

**OCTOBER 7 - OCTOBER 28**  
**THURSDAYS, 10:00 AM - 12:00 NOON**  
**AGES: 18 AND UP**  
**INSTRUCTOR: PAMELA CONWAY CARUSO**  
**\$80 MEMBER / \$90 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### STAINED GLASS WORKSHOP

Learn cutting, foiling and soldering techniques. Create your own design and put together a pattern. Produce unique works of art. A small supply fee is payable to the instructor.

**AGES: 18 AND UP**  
**INSTRUCTOR: SARAH SEGOVIA**  
**\$250 MEMBER / \$265 NON MEMBER (per season)**  
**JEWISH COMMUNITY CENTER - UPTOWN**

**FALL**  
**SEPTEMBER 14 - OCTOBER 5**  
**TUESDAYS, 6:30 - 9:00 PM**

**WINTER**  
**NOVEMBER 9 - 30**  
**TUESDAY, 6:30 - 9:00 PM**

### PRECIOUS METAL CLAY WORKSHOP

Create fine silver pendants or beads to wear home, using precious metal clay. Make your own design or use one of ours. No experience necessary. This is addictive! \$15 supply fee payable to instructor.

**CHOOSE ONE, TWO OR THREE DAYS:**  
**THURSDAY, OCTOBER 7, 6:30 - 8:00 PM**  
**THURSDAY, NOVEMBER 4, 6:30 - 8:00 PM**  
**THURSDAY, NOVEMBER 18, 6:30 - 8:00 PM**  
**AGES: 18 TO 99**  
**INSTRUCTOR: GEORGETTE FORTINO**  
**\$35 MEMBER / \$40 NON MEMBER**  
*(price is per workshop)*  
**JEWISH COMMUNITY CENTER - UPTOWN**

### CREATIVE PAINTING

Painting and drawing with Karen Stastny.

**SEPTEMBER 8 - NOVEMBER 10**  
**WEDNESDAYS, 9:30 AM - 12:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: KAREN SASTNY**  
**\$225 MEMBER / \$275 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### SCULPTING AND MOLD MAKING

Jewelry design for beginners. Create your own mold, cast it with precious metal silver and wear it home. \$30 supply fee payable to instructor. You'll love this class!

**OCTOBER 14 - 21**  
**THURSDAYS, 6:30 - 8:00 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: GEORGETTE FORTINO**  
**\$70 MEMBER / \$80 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### ABSTRACT PAINTING WORKSHOP WEEK

Explore abstract painting by focusing on color, design and collage techniques.

**NOVEMBER 15 - 18**  
**MONDAY - THURSDAY, 9:00 AM - 12:00 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: KAREN STASTNY**  
**\$120 MEMBER / \$160 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### COLLAGE

This is not your mother's craft hour. You will walk away with pieces you never before would have dreamt was possible. No experience needed.

**SEPTEMBER 13 - NOVEMBER 8**  
**MONDAYS, 6:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: CHRIS CLARK**  
**\$180 MEMBER / \$200 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### DRAWING AND PAINTING - INTRODUCTION

Learn art vocabulary, history, color and composition in this introductory class.

**SEPTEMBER 14 - NOVEMBER 9**  
**TUESDAYS, 9:30 - 11:30 AM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: CHRIS CLARK**  
**\$180 MEMBER / \$200 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### ART 101

An introduction to Collage, Drawing and Painting.

**SEPTEMBER 15 - NOVEMBER 10**  
**WEDNESDAYS, 9:30 - 11:30 AM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: CHRIS CLARK**  
**\$180 MEMBER / \$200 NON MEMBER**  
**GOLDRING-WOLDENBERG JCC - METAIRIE**

## other

### LAUGHTER YOGA

Laughter Yoga is a unique concept that teaches us how to laugh for no reason. We imitate laughter through exercises, combined with playfulness and Pranayamic breathing to increase oxygen levels, leaving us feeling energetic, joyful and healthy.

**OCTOBER 14-NOVEMBER 11**  
**THURSDAYS, 6:30 - 7:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: JOLENE FEHLER**  
**\$60 MEMBER / \$75 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### KNITTING FOR BEGINNERS

Learn all the basics of knitting in six weeks. A \$10 supply fee is payable to the instructor.

**OCTOBER 5 - NOVEMBER 9**  
**TUESDAYS, 6:30 - 8:00 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: ANNE EASSON**  
**\$80 MEMBER / \$90 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### INTRODUCTION TO WINE

Learn the ins and outs of wine including its history, storage, cellaring, buying and ordering at a restaurant. Tasting included.

**OCTOBER 28 - NOVEMBER 18**  
**THURSDAYS, 7:00 - 8:15 PM**  
**AGES: 21 AND UP**  
**INSTRUCTOR: MORTON KATZ**  
**\$85 MEMBER / \$100 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

### IMPROVISATIONAL COMEDY - INTRODUCTION

Learn listening skills, work as a group and overcome shyness while enjoying lots of laughs. No comedy or acting experience needed.

**OCTOBER 12 - NOVEMBER 16**  
**TUESDAYS, 6:30 - 8:30 PM**  
**AGES: 18 AND UP**  
**INSTRUCTOR: YVONNE LANDRY**  
**\$200 MEMBER / \$225 NON MEMBER**  
**JEWISH COMMUNITY CENTER - UPTOWN**

## SPECIAL THANKS

The mitzvah of tzedakah is equal to all other mitzvot combined. - *The Talmu*d

### ACE FUND

*In memory of Mrs. Roselyn Koretzky Schwartz*  
The Haspel Family

### ALAN ROSENBLUM JCC ENDOWMENT FUND

*In honor of Mr. and Mrs. Paul Kullman's anniversary*  
Mrs. Meryl Rosenbloom

### KOVOD FUND

Anonymous

### KRIEGER SENIOR CITIZEN TRANSPORTATION FUND

*In memory of Mrs. Roselyn Koretzky Schwartz*  
Mrs. David Jacobs

Mrs. Joyce Giordano

Mr. and Mrs. Darryl Berger

Mr. Sam Menszer

*In memory of Mr. Harry DeRoy*  
Mr. Keith Miller

*In memory of Mr. and Mrs. Leo Miller*  
Mr. Keith Miller

Mr. and Mrs. Harold W. Bohn

*In memory of Ms. Helen LeBourgeois*  
Mr. and Mrs. Richard Garrett

### JCC LEADERSHIP

#### jcc officers

**NAOMI S. ORLANSKY - PRESIDENT**  
**BRIAN D. KATZ - EXEC VICE-PRESIDENT**  
**JANE STEINER - VICE-PRESIDENT**  
**RICHARD BUCHSBAUM - TREASURER**  
**PETER SPERLING - SECRETARY**  
**TONI WEISS - EX-OFFICIO**

**NEW ORLEANS JCC - UPTOWN**  
**5342 ST. CHARLES AVENUE**  
**NEW ORLEANS, LA 70115**  
**PH: 504.897.0143 FAX: 504.897.1380**

**JCC HURRICANE/ EMERGENCY HOTLINE**  
**504.648.2467**

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#### membership

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**TONY PEMBO**  
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**JAKE LIPSMAN**  
TEEN/FAMILY SERVICE DIRECTOR  
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**ARI MARKS**  
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ASST. CAMP DIRECTOR  
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### adult

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### older adults

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OLDER ADULT DIRECTOR  
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**GOLDRING-WOLDENBERG JCC - METAIRIE**  
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### children/youth

**JESSICA KLEIN**  
CHILDREN/CAMP DIRECTOR  
jessicak@nojcc.org



Jewish Community Center  
5342 St. Charles Ave.  
New Orleans, LA 70115



#### UPTOWN FITNESS CENTER

504.897.0143

#### hours of operation

**MONDAY - THURSDAY, 6:00 AM - 10:00 PM**  
**FRIDAY, 6:00 AM - 6:45 PM**  
**SATURDAY, 1:00 - 6:45 PM**  
**SUNDAY, 8:00 AM - 6:45 PM**

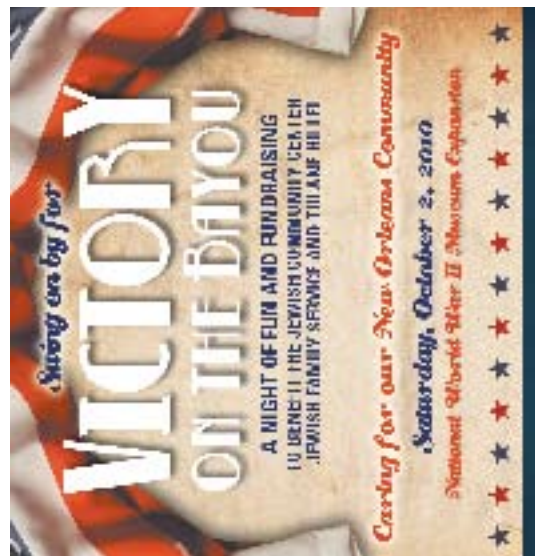
#### METAIRIE FITNESS CENTER

504.887.5158

#### hours of operation

**MONDAY - THURSDAY, 6:00 AM - 10:00 PM**  
**FRIDAY, 6:00 AM - 6:00 PM**  
**SATURDAY, 1:00 - 6:45 PM**  
**SUNDAY, 8:00 AM - 6:45 PM**

www.nojcc.org



**DINNER AND A SHOW**  
An evening of songs by Jewish-American Composers:  
A songwriter's journey from Gershwin to Billy Joel.  
**STARRING GARY NEGBAUR**  
**SUNDAY, SEPTEMBER 26, 2010 - 6:00 PM**  
**UPTOWN JCC**

september 2010

life at the J

SEPTEMBER 2010 • ELUL/TISHRI 5770

CALENDAR OF EVENTS FOR THE NEW ORLEANS JEWISH COMMUNITY CENTERS