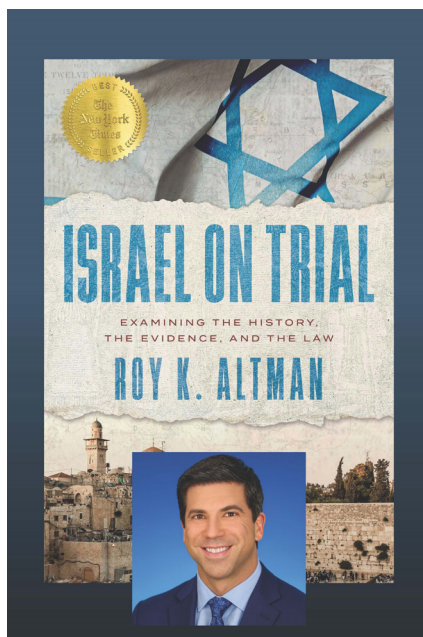


It's a great day at the J

Programs and events for PrimeTime Adults, Cultural Arts, Culinary Arts, JCC Cares and more



Israel on Trial

The History. The Evidence. The Law
Tuesday, October 13, 6:30 p.m.

Israel is being judged in the media, on college campuses, and in everyday conversations. When Israel is accused, facts matter. In his New York Times bestselling book, *Israel on Trial*, Federal Judge Roy K. Altman addresses the most influential accusations against Israel the way a court would: by weighing evidence, scrutinizing claims, and applying the law.

Join us for a powerful and compelling presentation for anyone seeking clarity in a time of misinformation and rising hostility toward Israel and the Jewish people.

Federal Judge Roy K. Altman is a nationally recognized legal voice, former federal prosecutor, and award-winning writer.

JCC Members: \$36, Public: \$44, Student: \$20
(Ticket includes copy of book)

Followed by book signing of his New York Times Best Seller



Karen & Steve Jaffe



Mah Jongg Day & Annual Holiday Boutique

Featuring Michele Frizzell in-person!
Thursday, November 19

9 - 11 a.m. Holiday Boutique - open to public

11 a.m. - 12 p.m. The Pivot Playbook: The Art Of Switching Hands

12 - 1 p.m. Catered lunch followed by door and raffle prizes

1 - 3 p.m. Mah Jongg play time

Join us for Michele Frizzell's SIXTH live presentation at the Merage JCC with her new topic *The Pivot Playbook: The Art of Switching Hands*. The session helps players recognize when a hand is no longer viable and how to shift direction with intention.

Raffle Tickets: Buy your tickets for a chance to win a beautiful set that includes tiles, racks, soft carrying bag and tile bag, and matching table cover.

One ticket: \$5, Seven tickets: \$25

Come with friends or we will complete your table of four.

Early Bird by November 1: JCC Members: \$55, Public \$60

After November 1: JCC Members: \$60, Public \$65



OC Jewish Arts **2026 Festival** **At a Glance**

NOV. 1, 4 p.m.

The Everything Pot - Film

NOV. 4, 7 p.m.

CSP Presents: We Are Here: Songs From the Holocaust at Segerstrom Concert Hall

NOV. 8

Chef Duff Goldman

1 p.m. - **Kids Cooking Demo**

4 p.m. - **Storytelling and Strudel**

NOV. 12, 7 p.m.

Sivan of Sivan's Kitchen, Dinner and Cooking Demo

NOV. 14, 7 p.m.

We Will Dance Again - Film

NOV. 15, 4 p.m.

Bianna Golodryga: Don't Feed the Lion

NOV. 16, 11 a.m.

News & Views: Steven J. Ross, The Secret War Against Hate: American Resistance to Antisemitism and White Supremacy

NOV. 16, 7 p.m.

An Auschwitz Album Story - Film

NOV. 17, 10 a.m.

Books & Bagels: Jill Santopolo The Love We Found

NOV. 22, 1:30 p.m.

Color in Motion: Paint Alongside Albert Levi, Israeli Artist and Former IDF Elite Combat Soldier

September

BALANCE, FLEXIBILITY & BODY ALIGNMENT

Tuesdays, September 1 - October 20, 12 – 1 p.m.

Learn exercises that help the body regain a healthy posture and improved balance. Increase your range of motion, functionality and learn how to become pain free.

Instructor: Shane Johnston, Egoscue Postural Assessment Specialist
JCC Members Only: \$115 - (8 class series)

BONE DENSITY BOOTCAMP

Thursdays, September 3 - October 22, 1 – 1:50 p.m.

Learn exercises to improve posture, balance, range of motion, and functionality for pain-free living.

Instructor: Shane Johnston, Certified Personal Trainer
JCC Members Only: \$115 - (8 class series)

MAKE AND TAKE CHALLAH ON MAIN STREET

Friday, September 4, 10 a.m. - 12 p.m.

Stop by and visit with our Israeli shinshinim, Dror & Ofri, and braid your own challah to take home and bake for Shabbat.

MADE BY CHEF LIRON: APPLES & HONEY ROUND CHALLAH

Order by Wednesday, September 9, 2 p.m.

Pick up on Friday, September 11, 12 - 3 p.m.

Traditional: \$10, Apples & Honey: \$12

ROSH HASHANAH BAGS

Thursday, September 10, 11:15 a.m.

Join JCC Cares to make and deliver Rosh Hashanah holiday bags to our JCC seniors. JCC Cares will provide challahs, apples, honey, and sweet notes from Jkids to fill holiday bags. Pick up bags and supplies on Thursday, September 10, to deliver to six assigned local seniors before Rosh Hashanah.

JCC CARES BLOOD DRIVE

Wednesday, September 16, 10 a.m. - 4 p.m.

Register and schedule your appointment to join JCC Cares and the San Diego Bloodbank in donating blood to help save a life.

COOK WITH US:

A SWEET NEW YEAR WITH CHEF NICOLE

Thursday, September 17, 5:30 - 8 p.m.

In the spirit of the High Holidays, Chef Nicole presents a fusion of French technique and hometown spice, honoring symbols of blessing, success, and sweetness for the New Year. Staying true to tradition, we'll be working with fish, beets, pomegranate, carrots, and leeks; each given a modern twist to delight the palates of your family and friends. Come meet Chef Nicole as she shares her culinary skills and her passion for food during this special season. Register by 9/15.
JCC Members: \$65, Public: \$80

MAH JONGG: LEARN TO PLAY

Thursdays, September 17 - October 22,

11:30 a.m. – 1:30 p.m.

Learn to play with a small, friendly class at the JCC.

Instructor: Lezlie Schreiber

Sign up in advance to reserve your spot. Limit of 10 students

JCC Members: \$225, Public: \$240 (six weekly classes/ 2 hours/week)

WOMEN'S CONNECTION

Thursday, September 24, 11 a.m. – 12:30 p.m.

Join our vibrant women's circle for thought-provoking conversations, personal journeys, and supportive community.

Led by Bernardina Wilcox. JCC Members Only: Free

BOOKS & BAGELS

FLEISHMAN IS IN TROUBLE

BY TAFFY BRODESSER-AKNER

Tuesday, September 29, 10 – 11 a.m.

"A masterpiece" (NPR) about marriage, divorce, and the bewildering dynamics of ambition. Now an Emmy Award-nominated FX limited series on Hulu, starring Claire Danes, Jesse Eisenberg, Lizzy Caplan, and Adam Brody. Virtual appearance by author.

Discussion led by Dana Susson, Esq.

JCC members & Community: Free



LIFELONG LEARNING LUNCH UNDER THE SUKKAH WITH RABBI DEPAOLO AT THE JCC

**Wednesday, September 30,
11:30 a.m. – 1 p.m.**

Join Rabbi DePaolo to explore the rich traditions of Sukkot and the deep spiritual value of *hachnasat orchim* (welcoming guests). Discover how this joyous harvest holiday invites us to open our physical spaces and our hearts to build stronger, more connected communities.

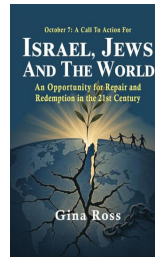
Rabbi DePaolo is celebrating her 10th year on the clergy team at Congregation Shir Ha-Ma'alot (SHM).

A collaboration of Merage JCC and Congregation Shir Ha-Ma'alot.



Partially funded by a grant from the Jewish Community Foundation Orange County.
JCC & SHM Members \$25, Public: \$30
Register by 9/22

October



NEWS & VIEWS

OCTOBER 7: A CALL TO ACTION FOR ISRAEL, JEWS AND THE WORLD

Monday, October 5, 10 a.m. – 12 p.m.

Gina Ross is the founder and president of the International Trauma-Healing Institutes in the United States and Israel. Her work focuses on using psychological and geopolitical insights to address collective trauma and political polarization,

specifically in the wake of the October 7, 2023 Hamas attacks. In-person appearance by author.

JCC Members: Free, Public: \$10



MADE BY CHEF LIRON:

SPINACH & CHEESE CHALLAH

Order by Wednesday, October 7, 2 p.m.

Pick up on Friday, October 9, 12 - 3 p.m.

Traditional: \$10, Spinach & Cheese: \$12

DINNER AT RONALD MCDONALD HOUSE

Thursday, October 8, 4 - 7 p.m.

Join JCC Cares for a fun night of giving back on October 8. We will be meeting at the house at 4 p.m. to prepare a home-cooked meal for the guests of Ronald McDonald House.

For More Information, Contact:

Geri Dorman, PrimeTime Adults Director, Gerid@jccoc.org • Aliza Sable, Cultural Arts Director, Alizas@jccoc.org
Liron Regev, Culinary Arts Director, Lironr@jccoc.org • Heather Zucker, Director of Jewish Engagement & JCC Cares, Heatherz@jccoc.org



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jccoc.org

WELLNESS WISDOM

EAT YOUR ICE CREAM: SIX SIMPLE RULES FOR A LONG AND HEALTHY LIFE BY EZEKIEL J. EMANUEL M.D.

Wednesday, October 14, 10:30 – 11:30 a.m.

This New York Times bestseller challenges the "Wellness Industrial Complex" and its fixation on expensive supplements, faddish diets, and intense biohacking. Instead, Dr. Emanuel offers an entertaining, science-backed approach centered on six straightforward rules that seamlessly fit into daily life. Virtual appearance by author.
JCC Members: Free, Public: \$10



MAKE AND TAKE CHALLAH ON MAIN STREET

Friday, October 16, 10 a.m. - 12 p.m.

Stop by and visit with our Israeli shinshinim, Dror & Ofri, and braid your own challah to take home and bake for Shabbat.

WOMEN'S CONNECTION

Thursday, October 22, 11 a.m. – 12:30 p.m.

Join our vibrant women's circle for thought-provoking conversations, personal journeys, and supportive community. Led by Bernardina Wilcox.
JCC Members only: Free

COOK WITH US:

SPANISH COMFORT FOOD WITH CHEF NICOLE

Thursday, October 22, 5:30 - 8 p.m.

Join Chef Nicole for a hands-on journey through Spain's most beloved comfort foods. You'll learn essential techniques, traditional ingredients, and the regional flavors of Madrid and Valencia, while discovering why food sits at the heart of Spanish culture, bringing people together around the table.

JCC Members: \$65, Public: \$80

BOOKS & BAGELS

MURDER YOUR DARLINGS

BY JENNA BLUM

Tuesday, October 27, 10 – 11 a.m.

Murder Your Darlings is a sharp, darkly funny psychological thriller that satirizes the modern publishing industry through a story of obsession, narcissism, and revenge. Virtual appearance by author.
Discussion led by Dana Susson, Esq.
JCC members & Community: Free



November

BALANCE, FLEXIBILITY & BODY ALIGNMENT

Tuesdays, November 3 - December 22, 12 – 1 p.m.

Learn exercises that help the body regain a healthy posture and improved balance. Increase your range of motion, functionality and learn how to become pain free.

Instructor: Shane Johnston, Egoscue Postural Assessment Specialist
JCC Members only: \$115 - (8 class series)

BONE DENSITY BOOTCAMP

Thursdays, November 5 - December 17, 1 – 1:50 p.m.

Learn exercises to improve posture, balance, range of motion, and functionality for pain-free living.

Instructor: Shane Johnston, Certified Personal Trainer (no class 11/26)
JCC Members only: \$90 - (6 class series)

WELLNESS WISDOM

SECURE BY AMIR LEVINE M.D.

Wednesday, November 4, 10:30 – 11:30 a.m.

Finding love and happiness requires feeling secure, according to Attached coauthor Dr. Amir Levine. Actively building a "secure mode" stops overthinking, develops emotional strength, and creates safe connections. Virtual appearance by author.
JCC Members: Free, Public \$10



WOMEN'S CONNECTION

Thursday, November 12, 11 a.m. – 12:30 p.m.

Join our vibrant women's circle for thought-provoking conversations, personal journeys, and supportive community. Led by Bernardina Wilcox
JCC Members only: Free



NEWS & VIEWS

THE SECRET WAR AGAINST HATE

BY STEVEN J. ROSS

Monday, November 16, 11 a.m. – 12 p.m.

From the author of Pulitzer Prize finalist *Hitler in Los Angeles*, the definitive story of the activists and spies who fought against a resurgent movement of hate in America. Steven J. Ross is a Distinguished Professor of History at the USC and Director of the Casden Institute for the Study of

the Jewish Role in American Life. In-person appearance by author.
JCC members: Free, Public \$18



BOOKS & BAGELS

THE LOVE WE FOUND

BY JILL SANTOPOLO

Tuesday, November 17, 10 a.m.

Ten years after losing her soulmate Gabe, Lucy discovers his forgotten photographs and travels to Italy, where she meets Dr. Dax Armstrong and must confront an earth-shattering secret.

Jill Santopolo is the New York Times and internationally bestselling author. Virtual appearance by author.

Discussion led by Dana Susson, Esq.
JCC Members: \$12, Public: \$18



MADE BY CHEF LIRON: PUMPKIN CHALLAH

Order by Wednesday, November 18, 2 p.m.

Pick up on Friday, November 20, 12 - 3 p.m.

Traditional \$10, Pumpkin \$12

MAKE AND TAKE CHALLAH ON MAIN STREET

Friday, November 20, 10 a.m. - 12 p.m.

Stop by and visit with our Israeli shinshinim, Dror & Ofri, and braid your own challah to take home and bake for Shabbat.

COOK WITH US:

THE PIE WORKSHOP WITH CHEF NICOLE

Wednesday, November 25, 10 a.m. - 12:30 p.m.

Ditch the store-bought crusts and become the ultimate holiday hero this year! In this festive, hands-on workshop, you'll master two spectacular, scratch-made Thanksgiving pies from crust to filling; then take them home ready to bake for your holiday table. Conquer holiday baking anxiety once and for all.

JCC Members: \$65, Public: \$80

J TIX AT SCFTA

Great tickets to the best upcoming shows at Segerstrom Center for the Arts!
JCC Priority Center Orchestra Seating.
Tickets assigned in the order of purchase and groups



The Outsiders

Sunday, October 25, 6:30 p.m.

JCC members: \$170, Public: \$185
Purchase by 9/14



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Weekly Programs

JCC Members Only: No Charge

NEWS & VIEWS

Mondays, 10 a.m.

News and Views is a weekly open forum for members to learn and discuss local and world issues such as current events, politics, Israel and economy. Presentations by distinguished guest speakers. In-Person and Hybrid. Facilitator: Bruce D. Spivack, Ph.D., MBA

MEN'S CLUB DISCUSSION GROUP

Fridays, 10 a.m.

Come for the friendships, stimulating discussions and the bagels. Our members come from many business and professional backgrounds, and have varied and freely-expressed opinions on topics of interest, both of a Jewish and secular nature. Weekly presentations. Facilitators: Dr. Barry Behrstock, MD, Bob Marger

GENTLE YOGA

Mondays, Wednesdays, Thursdays & Fridays, 9:15 or 10:30 a.m.

This gentle approach to yoga helps you increase flexibility, improve circulation and experience more energy during a relaxing Yoga experience.

MAH JONGG: CALLING JCC PLAYERS

Wednesdays, 1 p.m.

If you know how to play, drop in at the JCC to play this popular game and meet other friendly Mah Jongg players.

CANASTA: CALLING JCC PLAYERS

Mondays, 12 - 2 p.m.

If you know how to play, join in at the JCC to play this popular game and meet other friendly Canasta players. Contact Mary Ann if you are interested: magholson@gmail.com

BEREAVEMENT SUPPORT GROUP

Thursdays, 1 p.m.

This ongoing in person group helps individuals navigate through the challenges of loss. Facilitated by Chaplain Fran Chalin BCC/MSW. Co sponsored by the Jewish Collaboration of Orange County. Open to the community: Free

December

LIFELONG LEARNING LUNCH

PASTRAMI, PICKLES, AND POTATO LATKES: A DELICIOUS CHANUKAH HISTORY

Tuesday, December 1, 12 - 2 p.m.

Join Dr. Joellyn Zollman for a mouth-watering journey through the history of the Jewish deli and its cultural significance during the Chanukah season. Discover how these iconic neighborhood eateries and beloved holiday comfort foods helped shape and sustain the American Jewish experience across generations.

Dr. Joellyn Zollman (Brandeis PhD) is an American Jewish history scholar, curator, and educator who has taught at SDSU and UCSD, leads national heritage tours, and authored the Melton School curriculum *We The People*. Location: Congregation Shir Ha-Ma'alot



A collaboration of Merage JCC and Congregation Shir Ha-Ma'alot. Partially funded by a grant from the Jewish Community Foundation Orange County.

JCC & SHM Members: \$25, Public: \$30 Register by 11/23

BOOKS & BAGELS

OFF THE RECORD

BY SARA GOODMAN CONFINO

Tuesday, December 8, 10 - 11 a.m.

An aspiring newspaper reporter comes across a mystery that threatens to turn the Cold War hot in a funny, thrilling, and strictly undercover romantic comedy by the bestselling author of *Don't Forget to Write*. Virtual appearance by author. Discussion led by Dana Susson, Esq. JCC Members & Community: Free



NEWS & VIEWS

THE NEXT JOURNALISM:

HOW THE PRESS MUST CHANGE TO SERVE DEMOCRACY

BY TOM ROSENSTEIL

Monday, December 14, 10 a.m. - 12 p.m.

An urgent case that the survival of democracy depends on reinventing the press, with ten pioneering reforms to help journalism better serve the public. Virtual appearance by author. JCC Members: Free, Public: \$10



MADE BY CHEF LIRON: CHURRO CHALLAH

Order by Wednesday, December 2, 2 p.m.

Pick up on Friday, December 4, 12 - 3 p.m.

Traditional \$10, Churro \$12

WELLNESS WISDOM

HARD FEELINGS: FINDING THE WISDOM IN OUR DARKEST EMOTIONS BY DANIEL SMITH

Wednesday, December 2, 10:30 - 11:30 a.m.

From a psychotherapist and the New York Times bestselling author of *Monkey Mind*, a exploration of our most difficult emotions, arguing that they are not obstacles to overcome but essential messengers that can lead us toward wisdom and wholeness. Virtual appearance by author JCC Members: Free, Public: \$10



WOMEN'S CONNECTION

CHANUKAH PARTY

Thursday, December 10, 11 a.m. - 12:30 p.m.

Join our friendly, vibrant women's discussion circle! Share delicious food, friendships and thought provoking conversations, personal journeys with a supportive group. Led by Bernardina Wilcox JCC Members Only: Free

MAKE AND TAKE CHALLAH ON MAIN STREET

Friday, December 18, 10 a.m. - 12 p.m.

Stop by and visit with our Israeli shinshinim, Dror & Ofri, and braid your own challah to take home and bake for Shabbat.

COOK WITH US: SIP, SIZZLE & SHARE - A LADIES' NIGHT OUT WITH CHEF NICOLE

Sunday, December 20, 3 - 5:30 p.m.

Elevate your next girls' night with an evening of sophisticated culinary creation. Step into a vibrant kitchen atmosphere to master the art of



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