

Senior Adult Committee

Margot Kling, Chair

Mag Davis	Emily Podgursky
Rosita Kaplin	Joe Rothstein
Joyce Myers	Si Wolf
Margaret Mazanec	Gale Karem
	Martha Bennett
	Roy Frye

Dues for the Senior Adult Social Club are:
\$30.00 JCCM
\$35.00 JCC Couple
\$80.00 NM
\$95.00 NM Couple

JCC Staff

Diane Sadle, Senior Adult Director
Natalie Kusyo, Nutrition Manager
Gerry Burns, Cook

Intergenerational, Interfaith Model Seder Wednesday, April 17-4:45PM.

Sponsored by the Bensinger Family in memory of Judith Bensinger. Join us for this annual event with the Hebrew School students. Cantor Sharon Hordes from Keneseth Israel Synagogue will lead us in the service followed by a catered dinner prepared by Gerry Burns. Cost of event: \$5/M, RSVP by Friday, April 5th.. Transportation available for an additional \$3.

SAVE THE DATE

Young Hearts Theater Spring Production:
"Praise the Lord...It's Broadway"
Thursday, April 4-2PM
Ursuline Arts Center-Lexington Road

TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Federation of Louisville and the Jewish Community Center. The Jewish Community Center Nutrition Site is the only kosher one in the State of Kentucky. Title III also provides for counseling, outreach and health related activities to our program participants. All participants who receive health related counseling or outreach services will be given an opportunity to make a voluntary donation. The Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin.

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SENIOR TIMES

March 2019

A Message from Diane & Natalie:

Dear Fellow JCC
& Adult Social Club Members:

Spring is almost here, time to awake from our winter hibernation and come to the J. Many exciting trips & programs are being planned so please make your reservations early as many of these events are filling up quickly. We would not want you to miss out on any of these great events!

Reservations are still being accepted for our fabulous trip in June to Mackinac Island! Diamond Tours has arranged a great tour of Northern Michigan and Mackinac Island. You cannot beat the price, at least \$200 less than the same trip Toby Tours is offering. For more information about this wonderful trip call Diane at 238-2749.

Beginning March 5, join us as Rabbi Diane Tracht, Jewish Family Life Educator leads us in a **Group Reminiscence/Spiritual Aging Program**. The program will take place in the Senior Adult Lounge at 12:30PM after lunch. Refreshments will be served after program.

Remember to renew your Club Membership! Dues Rates listed on back of bulletin!

The JCC Senior Adult Program is open to all seniors regardless if you are a member of the JCC or Adult Social Club.

Funded in part by:

May Kletter Senior Adult Special Projects Fund
Ethel Kozlove Levy Senior Adult Hospitality Fund
Rebecca Levy Senior Adult Dance Fund
Irvin & Jeanne Wasserman Senior Adult Musical Arts Fund
Denise & Jacques Wolff Senior Adult Fund
Irvin & Betty Zegart Senior Adult Fund
Judith Bensinger Senior Adult Fund
Gus Goldsmith Transportation Fund
Harry and Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
Meals on Wheels America
KIPDA

For **LUNCH Reservations**, call **238-2743**.

For **ALL other Reservations**, call 238-2743 or 238-2749

New Programs-Group Reminiscence/Spiritual Aging

Beginning Monday, March 4, 12:30PM-1st, 3rd & 4th Monday of each month

The Group Reminiscence will share & hear memories of years gone by. During March, we will share memories of Purim, St. Patrick's Day & Spring. Reminiscence Groups have been shown to improve mood, memory & self-acceptance. Plus, they're fun!

Spiritual Aging-What is it and what does it have to do with aging? Come and explore the different ways that members of our group create meaning & find direction in their lives. We'll then consider how that sense of purpose can support us through the challenges of aging & enrich its gifts. Together, we'll create a space for self-reflection, exploration and connection.

Senior Retirees Meeting

Tuesday, March 5-12:45PM. Dr. Clifford Kuhn, "The Laugh Doctor" will be the guest speaker. He will speak on "Laughter: A Language that Heals Us." Plan on singing, maybe dancing and finding out why and how laughter is "the best medicine."

Refreshments will be served after the program.

Mammogram Screenings -Brown Cancer Center

Monday, March 18- 8:30AM-3:15PM

Call 238-2749 to schedule an appointment.

Gourmet Dining Club at Outback Steakhouse on Shelbyville Road

Monday, March 18-5:30PM. Cost of transportation: \$4

Purim Celebration a The J Tuesday, March 19-12:30PM.

Join us for a special lunch at 12PM. The Pomegranates Preschool Class will perform some Purim songs followed by our Purim Celebration with Cantor David Lipp.

JBook Club-Monday, March 25, 11am at the JCC Library.

Musical Presentation

Tuesday, March 26-12:45PM.

"The Two of Diamonds" will be our guest performers. Refreshments will be served after program.

Lunch & Show-"Annie

Sunday, March 31-12:15PM Lunch-2PM Show

"Leapin' Lizards! The irrepressible comic strip heroine takes center stage in one of the world's best-loved musicals. With equal measures of pluck and positivity, Little Orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. Based on the popular comic strip by Harold Gray, Annie has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical."

Cost of lunch & admission: \$25/M, \$35/NM

Reservation & Payment Due: Friday, March 22



**Lunch is served
at 12 noon.
Reservation & Cancellation
call 238-2743.**

March 2019

MON	TUE	WED	THU	FRI	SAT/SUN
<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 WEDNESDAY: Deep Water Wellness-10:30AM MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM, MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM MONDAY-Tai Chi-11AM TUESDAY, THURSDAY: Light Weights-10AM FRIDAY: Friday Flex-9:45AM</p>				<p>1</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am</p> <p>Salisbury Steak, mashed potatoes, steamed carrots, tossed salad, tropical fruit, Challah. *</p>	
<p>4</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Tai Chi-11am Group Reminiscence 12:30PM</p> <p>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, chocolate chip cookie,</p>	<p>5</p> <p>Light Weights-10am Crochet Club-11AM Senior Retirees Meeting-12:45PM</p> <p>Spaghetti/meat sauce, steamed zucchini & yellow squash, tossed salad/tomato, breadstick, pineapple tidbits. *</p>	<p>6</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Crispy baked Tilapia/dill sauce, macaroni & cheese, garden peas, cole slaw, butterscotch pudding, wheat bread *</p>	<p>7</p> <p>Light Weights-10am</p> <p>Vegetarian Lasagna, Romaine salad, sliced pears, sugar cookie, breadstick.*</p>	<p>8</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am</p> <p>Turkey breast/stuffing, sweet potato casserole, green beans, Spinach salad, apple sauce, Challah. *</p>	9/10
<p>11</p> <p>Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am Senior Adult Committee Mtg.-12:45PM</p> <p>Hamburger on bun/lettuce, tomato, potato wedges, baked beans, broccoli raisin salad, pineapple tidbits. *</p>	<p>12</p> <p>Light Weights-10am Crochet Club-11AM Bingo-12:45PM</p> <p>Ginger Barbecue Chicken breast, baked potato, vegetable medley, Romaine Salad, chilled peaches, dinner roll.*</p>	<p>13</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Tuna salad on rye/lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange slices, chocolate chip coolie.*</p>	<p>14</p> <p>Light Weights-10am</p> <p>Beef Stew with carrots, potatoes, green beans, tossed salad, tropical fruit, dinner roll. *</p>	<p>15</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Pre-School Shabbat Celebration-11:45am</p> <p>Oven fried chicken breast, roasted red potatoes, steamed broccoli, Romaine salad, chilled pears, Challah. *</p>	<p>16/17 * Tea & Orange Juice</p> 
<p>18</p> <p>Active Adult Fitness-9:45am Chair Exercise, 10:30am Spiritual Aging-12:30PM Gourmet Dining- 5:30 pm</p> <p>Herbed crusted salmon/dill sauce, rice pilaf, garden peas, Israeli salad, sliced peaches, dinner roll.*</p>	<p>19</p>  <p>Light Weights-10AM Crochet Club-11AM Purim Celebration-12:30PM</p> <p>Meat Loaf, mashed potatoes, vegetable medley, spinach salad, chilled pears, dinner roll.*</p>	<p>20</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Spanish Omelet, zucchini/yellow squash casserole, tossed salad/ tomato, apple crisp, wheat bread.*</p>	<p>21</p> <p>Light Weights-10am</p> <p>Chicken Salad Sandwich on rye bread/lettuce & tomato, minestrone soup/crackers, pineapple tidbits,</p>	<p>22</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Nutrition Education-11:30AM</p> <p>Pot Roast, kasha/bow tie pasta, steamed carrots, tossed salad, baked apples, Challah. *</p>	<p>23/24</p> <p><i>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support</i></p>
<p>25</p> <p>Active Adult Fitness-9:45am Chair Exercise, 10:30am JBook Club-11am Group Reminiscence-12:30PM</p> <p>Egg Salad sandwich on rye bread/lettuce and tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie.*</p>	<p>26</p> <p>Light Weights 10am Crochet Club-11am "Two of Diamonds"-12:45pm</p> <p>Chicken Cacciatore/penne paste, green beans, Romaine Salad, dinner rolls, tropical fruit. *</p>	<p>27</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Turkey pastrami sandwich on rye bread, vegetable soup/crackers, fresh fruit salad, potato salad. *</p>	<p>28</p> <p>Light Weights-10am</p> <p>Herbed baked fish/dill sauce, wild rice, scalloped tomatoes, cole slaw, chocolate pudding, wheat bread.*</p>	<p>29</p> <p>Active Adult Fitness-9:45am Chair Exercise 10:30am</p> <p>Cabbage Roll, mashed potatoes, peas & carrots, Spinach Fruited Salad, chilled peaches, Challah *</p>	<p>30/31</p> <p><i>Lunch & Show- "Annie"-12:15PM</i></p>