

## Senior Adult Committee

Margot Kling, Chair

Martha Bennett  
Sammi Brown  
Gale Karem  
Margaret Mazanec

Joyce Myers  
Emily Podgursky  
Joe Rothstein  
Si Wolf


Dues for the Adult Social Club are as follow:

\$30 JCCM  
\$35 JCC Couple  
\$80 NM  
\$95 NM Couple

### JCC Staff

Diane Sadle, Senior Adult Director  
Natalie Kusyo, Nutrition Manager

**Paid-Up Membership & Volunteer Recognition Luncheon**  
**Sunday, August 18-12PM.** Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Transportation will be provided upon request. Remember to pay your 2019 Club Membership Dues! Please RSVP by Friday, August 9th.




**Derby Dinner Playhouse Presents: "Million Dollar Quartet"**  
**Thursday, September 5-Leave JCC at 11:15AM**  
"Broadway's hit rock n' roll musical inspired by the electrifying true story of four unknown musicians: Elvis Presley, Jerry Lee Lewis, Carl Perkins & Johnny Cash, who gathered at Sun Records for what would be one of the greatest jam sessions ever."  
Cost of admission & transportation: \$25/M, \$38NM  
Admission cost subsidized by Mae Kletter Special Projects Fund  
Transportation subsidized by Ethel Kozlove Levy Fund  
Reservation & Payment due by Monday, August 12th.

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 Community Federation 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

## July 2019

### A Message from Diane & Natalie:

Dear Fellow JCC  
& Adult Social Club Members:

We have many exciting programs and trips planned for you and hope that all of you will come and participate in the variety of senior activities at the "J."

Remember many of the trips fill up quickly so make your reservations early.

On August 18, we will have our Annual Paid-Up Membership Luncheon. This event is only for paid up members of the Adult Social Club and will be an exciting program.

Now is a good time, if you have not done so already, to pay your yearly dues for 2019.

Dues Rates for the Adult Social Club

**\$30.00 JCCM**  
**\$35.00 JCC Couple**  
**\$80.00 NM**  
**\$95.00 NM Couple**

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

**Non-Members are welcomed to all programs.**

### 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 Bensing Senior Adult Fund  
Gus Goldsmith Transportation Fund  
Donald & Ann Roth Senior Travel Fund  
Harry & Jeanette Weinberg Foundation  
Jewish Heritage Fund for Excellence.  
KIPDA

## UPCOMING EVENTS

For LUNCH Reservations, call 238-2743.  
For ALL other Reservations, call 238-2749 or 238-2743

**THE JCC NUTRITION SITE WILL BE CLOSED ON THURSDAY JULY 4TH FOR THE INDEPENDENCE HOLIDAY.**



### Patriotic Music Celebration

Tuesday, July 2, 12:45PM.



Sing-along with Sara Robinson featuring some famous patriotic songs. We will also play July 4<sup>th</sup> trivia and prizes will be given to the winners. Refreshments will be served.

### Senior Retirees Meeting

Tuesday, July 9-12:45PM. Cantor David Lipp will be our guest speaker discussing his recent trip to Uganda. Refreshments will be served after the program.

### Gourmet Dining Club

July 15-5:30 pm

Join us for dinner at Cattleman's on Hurstbourne Ln. Call 238-2749 to make reservations.

Cost of transportation: \$4



### Musical Entertainment-Mike O'Bryan

Tuesday, July 16-12:45PM. Join us as Mike O'Bryan returns to perform some of your favorite songs on the accordion. We will celebrate July birthdays & anniversaries. Refreshments will be served.



### Tzofim Friendship Caravan-J Auditorium

Wednesday, July 17-1:45PM. Enjoy Israeli Scouts' engaging entertainment of singing, dancing and celebrating Israel.

**July 18- Day Trip-Belterra Casino Reminder-Leaving JCC at 10AM**






### Musical Entertainment-Denine LeBlanc

Tuesday, July 23-12:45PM. Join us as Denine Leblanc returns to perform some classical selections on the piano. Refreshments served after program.



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

# July 2019

MON	TUE	WED	THU	FRI	SAT/SUN
<b>1</b> Active Adults Fitness- 9:45 am Chair Exercise 10:30am Tai Chi - 11 am Spiritual Aging-12:30PM  Herbed baked tilapia/dill sauce, baked sweet potato, garden peas, Israeli salad, chocolate pudding ,wheat bread *	<b>2</b> Light Weights-10am Crochet Club-11AM July 4th Celebration 12:45pm  Hot dog on bun, baked beans, potato salad, cole slaw, watermelon slice*	<b>3</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 Continuous Line Dancing, 1pm  Spaghetti/marinara sauce, steamed zucchini & yellow squash, tossed salad/ tomato, breadstick, pineapple tidbits.*	<b>4 Independence Day</b>   <b>Nutrition Site Closed</b>	<b>5</b> Friday Flex-9:45am Chair Exercise-10:30am  Meat Loaf, mashed potatoes, vegetable medley Romaine salad, sliced pears, Challah *	
<b>8</b> Active Adult Fitness-9:45am Chair Exercise-10:30AM Tai Chi-11am Sr. Adult Committee Mtg. 12:45pm  Grilled cheese sandwich, tomato soup / crackers, tossed salad, chocolate chip cookie*	<b>9</b> Light Weights-10am Crochet Club-11AM Cantor Lipp-12:45PM  Chicken Marsala/ linguine, green beans, Spinach salad, fresh fruit salad, dinner rolls *	<b>10</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 Continuous Line Dancing, 1pm  Crispy baked fish/dill sauce, macaroni & cheese, scalloped tomatoes, cole slaw, butterscotch pudding, wheat bread*	<b>11</b> Light Weights-10am  Sloppy Joe on Bun, potato wedges, baked beans, Israeli salad, tropical fruit *	<b>12</b> Friday Flex-9:45am Chair Exercise-10:30am  Pot Roast, kasha/bow tie pasta, steamed carrots, tossed salad, pears, Challah*	<b>13/14 Please Note:</b> <i>Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</i>
<b>15</b> Active Adult Fitness-9:45am Chair Exercise, 10:30am J Book Club-11am Reminiscence-12:30PM Gourmet Dining at 5:30 pm  Corn Beef sandwich on rye bread, chicken noodle soup, potato salad, pickle, sliced peaches *	<b>16</b> Light Weights-10am Crochet Club-11AM Mike O'Bryan-12:45PM  Turkey breast/stuffing, mashed potatoes , green beans, spinach salad, apple sauce, dinner roll *	<b>17</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 pm Tzofim Friendship Caravan1:45PM  Vegetarian Lasagna, tossed salad, sliced pears, sugar cookie, breadstick *	<b>18</b> Light Weights-10am Belterra Casino Trip-10AM  Panko & Feta baked tilapia, rice pilaf, steamed broccoli, Israeli Salad, pineapple tidbits *	<b>19</b> Friday Flex-9:45am Chair Exercise-10:30am Nutrition Education-11:30am  Oven fried chicken breast, red roasted potatoes, steamed broccoli & carrots, Romaine salad, tropical fruits, Challah *	<b>20/21 * Tea , Coffee &amp; Juice</b>  
<b>22</b> Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am Spiritual Aging-12:30PM  Fettucine Alfredo with broccoli & mushrooms, Spinach Fruited salad, chilled peaches, dinner roll *	<b>23</b> Light Weights-10am Crochet Club-11AM Denine Le Blanc-12:45PM  Salisbury steak, mashed potatoes, vegetable medley, tossed salad, fresh fruit salad, dinner roll *	<b>24</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 pm  Herbed crusted salmon /dill sauce, rice pilaf, garden peas, cole slaw, pineapple tidbits, dinner roll.*	<b>25</b> Light Weights-10am  Egg Salad sandwich on rye bread/ lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie *	<b>26</b> Friday Flex-9:45am Chair Exercise-10:30am  Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, chilled pears, Challah *	
<b>29</b> Active Adult Fitness-9:45am Chair Exercise10:30am Tai Chi-11am Reminiscence-12:30PM  Spanish Omelet, hash brown potatoes, apple crisp, tossed salad, wheat bread*	<b>30</b> Light Weights-10am Crochet Club-11AM Bingo-12:45PM  Barbecue Chicken Breast, baked potato, vegetable medley, Romaine Salad, fresh fruit, dinner roll *		<b>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym</b> <b>MONDAY -WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 outdoor swimming pool</b> <b>WEDNESDAY: Deep Water Wellness-10:30AM</b> <b>MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM,</b> <b>MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM</b> <b>MONDAY-Tai Chi-11AM</b> <b>TUESDAY, THURSDAY: Light Weights-10AM</b> <b>FRIDAY: Friday Flex-9:45AM</b>		