





Photo Credit: Margaret Mazanec

#### **Senior Adult Committee**

Margot Kling, Chair

Martha Bennett Sammi Brown Gale Karem Joyce Myers

Emily Podgursky Joe Rothstein Sy Wolf

Ilean Rowe

Margaret Mazanec

#### JCC Staff

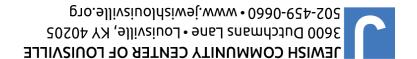
Tara Stone, Active Adult &
Senior Programming Director
Natalie Kusyo, Senior Adult Program Manager
Helen Impellizzeri, Chef

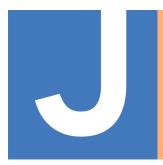
Fees for the Adult Social Club are: \$30.00 JCCM | \$35.00 JCC Couple \$80.00 NM | \$95.00 NM Couple The Senior Adult
Program is open to all
seniors regardless if you
are a member of the JCC
or Adult Social Club, or a
non-member.

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

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# SENIOR TIMES

## February 2020

## New Programs beginning in March!

Wednesday Afternoon Matinee: Each month we will watch a different blockbuster movie. Join us for lunch and stay for popcorn and a movie!

Card Games: Socialize with your friends while learning a new card game or practicing your card skills. We will play Bridge, Canasta, and Cribbage. All levels are welcome.

Mitzvah Club: Join us as we give back to our community. Each month we will choose a different organization or case to support through creating or collecting needed items.

#### 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
Ann & Don Roth Travel Fund
Harry & Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
Meals on Wheels America
KIPDA

## **UPCOMING EVENTS**

For LUNCH Reservations, call 238-2743 For ALL Other Reservations, call 238-2749

#### **AARP PRESENTATION**

**Tuesday, February 4, 12:45 p.m.:** AARP will be here directly after lunch to speak about fraud and how to protect yourself.

#### JEWISH FILM FESTIVAL

**Saturday, February 8, 7:30 p.m.:** Join us for the opening night of the Jewish Film Festival. We will be viewing Fiddler On The Roof: A Miracle of Miracles, a documentary about the making of the beloved musical. \$20 members, \$23 nonmembers.

#### **TU B'SHEVAT SEDER**

**Tuesday, February 11, 12:45 p.m.:** Please join Rabbi Nadia Siritsky & Cantor Sharon Hordes as we celebrate The New Year of the Trees. We will be eating fruits such as grapes, figs, pomegranates, olives, and dates. This holiday reminds us of our connection to the earth and role as caretakers of the environment.

#### **JCC BOOK CLUB**

**Monday, February 17, 11 a.m.:** We will meet to discuss Tara Road by Maeve Binchy. (We will meet in the library on the 1st floor.)

#### **GOURMET DINING: OLIVE GARDEN**

**Monday, February 17, 5:30 p.m.:** Join us for a night of socializing and good food. Transportation is available at request.

#### **MUSIC WITH TYRONE COTTON**

**Tuesday, February 25, 12:45 p.m.:** Tyrone Cotton returns to treat us to a special musical presentation.

#### SAVE THE DATE

### DERBY DINNER PLAYHOUSE PRESENTS SATURDAY NIGHT FEVER

**Thursday, March 12, 11 a.m.:** Join us for lunch and a show. \$40 members, \$48 non-members—includes admission and transportation.

## **FEBRUARY 2020**

# Lunch is served at 12 p.m. To make a reservation, call 238-2743.

MON	TUE	WED	THU	FRI	SAT/SUN
3 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise, 10:30 a.m. Tai Chi 11: 00 a.m.	Light Weights 10 a.m. Crochet Club 11 a.m. AARP Presentation 12:45 p.m.	Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.	Light Weights 10 a.m. Brain Games 11 a.m.	7 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.	8/9
Spaghetti with marinara, zucchini and yellow squash, Caesar salad, & sliced peaches*	Crispy Tilapia, Quinoa pilaf, Israeli salad, fruit salad, & Honey wheat bread*	Chicken Marsala & linguine, broccoli, green salad, tropical fruit, & roll*	Tuna salad on rye, w/lettuce & tomato, broccoli cheddar soup, potato chips, peaches, & cookie*	Pot Roast, red bliss potatoes, green beans, hot spiced apples, spinach sal-	HIDDAMA TO 27 SHIPLEN
Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise, 10:30 a.m. Tai Chi 11 a.m. Senior Committee Mtg 12:45 p.m.	Light Weights 10 a.m. Crochet Club 11 a.m. Tu B'Shevat Seder 12 p.m.	12 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.	Light Weights 10 a.m. Brain Games 11 a.m.	14 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.	15/16
Veggie Wrap (roasted red pepper, cucumber, greens, humus/spread), tomato basil soup, potato chips, cookie & orange wedges*	Green salad w/pears & dates, butter- nut squash apple soup, baked vegeta- ble alfredo pasta, & Tu B'Shevat Cake	Herb baked fish w/dill sauce, baked sweet potato, Caesar salad, green beans, dinner roll, &	Salmon Croquettes, potato wedges, green peas, coleslaw, & pineapple*	Meat loaf, red roasted potatoes, steamed vegetable medley, romaine salad/ tomatoes, pineapple, & challah*	
Shallow Water Exercise Active Adult Fitness 9:45a.m. Chair Exercise 10:30 a.m. Tai Chi 11: 00 a.m. Gourmet Dining 5:30 p.m.	Light Weights 10 a.m. Crochet Club 11 a.m. Bingo 12:45 p.m.	Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.	Light Weights 10 a.m. Brain Games 11 a.m.	21 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m. Nutrition Education 11:30 a.m.	22/23 *Tea & Juice
Vegetarian Lasagna, Romaine Salad/tomatoes, breadsticks, sliced pears, & cookie*	Pastrami on rye bread, cabbage soup, potato salad, pickle slice, & sliced peaches*	Chicken Salad on rye bread, mushroom & bar- ley soup, broccoli & raisin salad, pineapple tidbits, & cookie*	Herbed crusted salmon, wild rice, green beans, Spinach Fruited salad, banana pudding, & dinner roll*	Turkey Breast/gravy, stuffing, mashed potatoes, green beans, Israeli salad, apple sauce, & dinner roll*	
24 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise 10:30 a.m. Tai Chi 11 a.m.	Light Weights 10 a.m. Crochet Club 11 a.m. Music with Tyrone Cotton 12:45 p.m.	Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.	27 Light Weights 10 a.m. Brain Games 11 a.m.	28 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.	29 Leap Day!
Egg Frittata/vegetables, skillet potatoes, apple crisp, tossed salad/tomatoes, wheat bread*	Cabbage Roll, mashed potatoes, peas & carrots, Israeli salad, & baked apples*	Chicken pot pie, Romaine salad. Fresh fruit salad, & dinner roll*	Spaghetti & meatballs, green beans, tossed salad/tomatoes, tropical fruit, & breadstick*	Asian Chicken stir fry/veggies, steamed brown rice, egg drop soup, mandarin oranges, cookie, & dinner roll*	HH
no later than 24 hours in advance. Lun	lay at 12 p.m. Reservations can be made ch is \$5 for those under 60 years old. 60 n. We ask that you try to arrive approxi-				