

CENTERPIECE

INSIDE
W;t brings cancer awareness to CenterStage and the JCC.

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NEW RECORD:

JCC Fitness Classes Draw 42,000 in 2013

Six new free group classes added

 by Niki King
PR Specialist

People can't get enough of the JCC's group fitness classes.

The number of participants in group classes has grown 15 percent a year for the last three years, from 33,000 people in 2011 to 42,000 people in 2013.

The JCC has about 80 group fitness classes and 20 aquatic classes, more than a majority of gyms in town.

Ron Peacock, fitness director, attributes the growth to the health and wellness department keeping a close finger on the pulse of members' interests.

"We're constantly changing the classes to not only better benefit and meet the needs of our members, but also offer the most current trends in group fitness classes," he said.

He said the department reviews class performance every couple of months to evaluate what's succeeding. If people don't respond to a class, it's recalibrated.



LesMills BODYPUMP classes have proven to be very popular with JCC Members.

The BODYPUMP classes have also proven popular in recent years and have brought more new members in to the JCC than any other class.

Other top favorites include indoor cycling, boot camp and yoga classes as well as family-oriented classes like Family Fun Fit.

Golf Conditioning, Advanced Conditioning and Splish-Splash classes were added this January. Starting in February, the JCC is adding new Kids Fitness classes every weekday at 4:30 p.m. J-Barre is also joining the group fitness schedule in February after starting as a paid class.

Peacock said the diversity of offerings, for every age and ability level, also keeps classes full.

"We have a class for everyone," he said.

Instructors who are nationally certified and care about forging relationships with class participants are also important drivers of growth, Peacock said.

"We have world-class classes with world-class instructors," Peacock said. "We invite anyone in to check them out."

The complete group fitness schedule can be found online at www.jewishlouisville.org/groupfitness.

Three New Free Kids Fitness Classes Start Feb. 10

Turn off the Xbox. Hide the Playstation. Pry the kids off the couch.

Starting February 3rd, there will be more options at the JCC for kids to get active.

There will be five new classes, one each day of the week after school hours, for kids ages five to 10. All the classes are free for JCC Members and will be held in the Aerobic Studio.

"We wanted to offer more opportunities to keep kids active while parents work out after work," said Ron Peacock, fitness director.

The classes include yoga, general fitness and introduction to sports class.

Abby Tasman has been attending the Family Fun Fit Class with her husband and three kids after work for the last four weeks. She said she likes the idea of

having more class options for her kids.

"We're all active and we love being active together," she said.

Class Descriptions

Kids/Youth Fitness: This class will incorporate fitness and exercise activities and games to keep kids active and healthy while having fun. Taught by JCC Fitness Director, Ron Peacock.

Kids/Youth Yoga: A fun introduction to movement of the body through yoga poses, including increasing strength, learning how to focus the mind and calming through breathing. The class will start by warming up, followed by a sequence of fun poses and finish with a relaxation period. Taught by Yoga Instructor Karley Lott

Introduction to Sports: Each week

kids will learn the fundamentals of a new sport. Kids will work together to learn teamwork and the importance of sportsmanship. Taught by Fitness Coach Dan Whitlock.

Kids Fitness Schedule

Kids Fitness (5-7 Years Old)

Mondays 4:30-5 p.m.

Youth Yoga (8-10 Years Old)

Tuesdays 4:30-5 p.m.

Youth Fitness (8-10 Years Old)

Wednesdays 4:30-5 p.m.

Kids Yoga (5-7 Years Old)

Thursdays 4:30-5 p.m.

Introduction to Sport (5-10 Years Old)

Fridays 4:30-5 p.m.



FEBRUARY 8-23, 2014

For film descriptions, trailers, and to buy tickets, visit

jewishlouisville.org/filmfestival

Or call Marsha Bornstein at

459-0660



J-BARRE

Registration Fee: \$40 | **free!** JCC Members Only

J-BARRE is a high-energy group exercise class that fuses fitness techniques from Pilates, Dance, and Yoga combined with fluid athletic intervals to improve your strength, flexibility, and endurance.

MONDAYS
5:30-6:30 p.m.

WEDNESDAYS
8-9 a.m.

Fitness Crawl Introduces the JCC to More of Louisville

Move over pubs, people of Louisville are now doing the Fitness Crawl, and the first stop is the JCC.

The Louisville Fitness Crawl, offered through LEO Magazine, and sponsored by the JCC, gave people the chance to sample for free a variety of fitness opportunities in the area this month, including 12 group fitness classes at the JCC. JCC's offerings ranged from yoga and Family Fun Fit to aquatics and BODYPUMP.

"We're excited to have it here. It's a great opportunity for people who may not know what all we offer to come and see for themselves," said Thomas Wissinger, senior director of health and wellness.

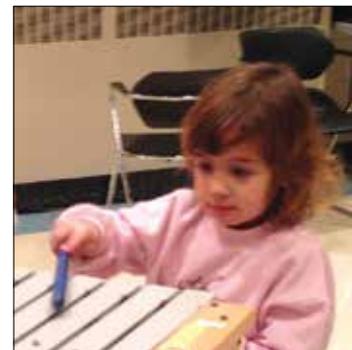
More than 150 people signed up for the Fitness Crawl, and the JCC's BODYPUMP and Cycling classes proved particularly popular. They filled to capacity quickly, days before the actual class.

Wissinger said it was the first year the JCC has participated in the Fitness Crawl.

"Hopefully, we'll see some fresh faces around the JCC as a result," he said.

JCC Winter Camp Teaches Children About Different Professions

Campers had the chance to learn about all sorts of different things they could be when they grow up at JCC Winter Camp, December 23-January 3. They had visits from Elliot Saddle, a Tae Kwon Do instructor, a magician, a scientist and a police officer. They also created their own orchestra, fossils, cave paintings, snowmen and snow globes.



TRX

Suspension Training®



Build Muscle.

Increase Power.

Tighten Your Core.

Improve Balance & Flexibility.

Feb. 5-27

Wednesdays
5:45-6:30 p.m.

Thursdays
5:45-6:30 p.m.

To register, call the Health and Wellness Desk at 238-2727.

SCHOOLS OUT DAYS

Grades K-5



OUT OF THIS WORLD

February 24 & 25 | 9 a.m.-3 p.m.

Space is the place to be this week as we explore our galaxy and beyond. We will become astronauts, build rockets and visit stars and planets. Come with us as we travel out of this world.

Activities include science, sports, art & crafts, swimming and more.

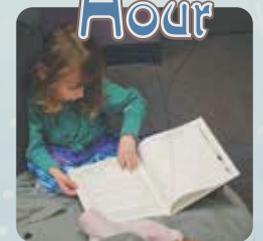
Please bring your bathing suit, towel and a lunch.

Fee per day: \$62*
JCC Member: \$42*

* \$5 off if registration is received by 5 p.m. February 17.

Download registration form at www.jewishlouisville.org/SOD or call 238-2718 for a registration form.

Children's Story Hour



Join us for a story, snack, and fun crafts. Free & open to the whole community!

Thursday, February 20
at 1:15 p.m.
At the JCC | For ages 2-4



CenterStage's *W;t* Provides Platform to Discuss Cancer

by Niki King
PR Specialist

For its next production in the already stellar 2013/14 season, CenterStage at the Jewish Community Center presents the Pulitzer Prize winning drama *W;t*, a compassionate and clever examination of one woman's journey with cancer. It runs February 13-23 in the Linker Auditorium.

True to CenterStage's mission to "Open Minds, One Act at a Time," the theatre is collaborating with local cancer support communities to build awareness and facilitate conversation about cancer and the emotional toll it takes on those living with it and their loved ones.

"I have a very personal piece coming up with *W;t*. Both of my parents have passed away with cancer within the past five years. I've come to a point where I think it's going to be a cathartic piece for me, and I'm looking forward to delving into that subject matter that unfortunately I know too much about. We're collaborating with Gilda's Club Louisville and other cancer support organizations, and doing a lot of things with the production to hopefully help and be a part of the community," said CenterStage Artistic Director John Leffert.

Exquisitely written, affecting and often humorous, *W;t* follows a brilliant and exacting poetry professor as she

undergoes experimental treatment for cancer. A scholar who devoted her life to academia, she must now face the irony and injustice of becoming the subject of research.

W;t, a one-act play written by Margaret Edson, an elementary school teacher, won the 1999 Pulitzer Prize for Drama. Edson used her work experience in a hospital as inspiration for the play. Cynthia Nixon starred in the 2012 Broadway premier to much acclaim and Emma Thompson played the lead role in a 2001 movie of the same name.

Members of Gilda's Club Louisville are invited to an exclusive preview performance Feb. 12 and will have the opportunity to talk with performers after the show. There also will be a benefit performance Feb. 16 for Gilda's Club. Tickets will be \$35 and include a cocktail hour starting at 6 p.m.

Inspiration walls will be installed in the JCC lobby for the public to share hopeful messages and their personal experiences with cancer.

Donations will be accepted at performances for Gilda's Club Louisville, Hosparus, Ovarian Awareness of Kentucky and Sharsheret, a Jewish community facing breast cancer and others. These organizations also will have a presence in the lobby for those who would like to learn more about them.

Show Dates & Times

Thurs., Feb. 13.....	7:30 p.m.
Sat., Feb. 15.....	7:30 p.m.
Sun., Feb. 16.....	2 p.m.
Sun., Feb. 16.....	7 p.m.*
Mon., Feb. 17.....	7:30 p.m.
Thurs., Feb. 20.....	7:30 p.m.
Sat., Feb. 22.....	7:30 p.m.
Sun., Feb. 23.....	2 p.m.
Sun., Feb. 23.....	7 p.m.

*Show to benefit Gildas Club Louisville

Tickets

For tickets, visit www.CenterStageJCC.org or call 502-459-0660. Tickets cost \$18 in advance or \$20 at the door. JCC Members get a \$4 discount for the 7:30 p.m. performance on February 13 and the 7 p.m. show on February 23.

W;t



PARENT'S NIGHT OUT

For more information contact Rachel Lipkin, 238-2701 or rlipkin@jewishlouisville.org

2014 JCC Louisville SUMMER CAMP

FEBRUARY 15 5:30-9:30 P.M.

Parents enjoy a night out while your kids have fun with camp friends and get excited about summer!

\$20/first child and \$10 each child after.

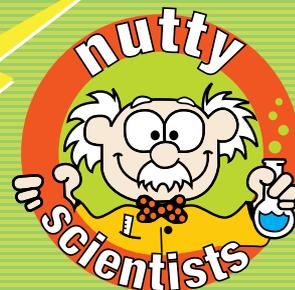
ACTIVITIES
Swimming for K-6
Movie
Crafts
Ga-ga

**SNACKS WILL BE PROVIDED
BRING YOUR OWN DINNER**

Girl Power



OR



Sundays just got more fun at JCC. Have fun with fitness and build your self-esteem or let your curiosity run wild with the Nutty Scientists!

Every Sunday, February 2-March 2, 1-2 p.m.
Fee: \$65, JCC Members: \$50

For more information, contact Rachel Lipkin at 238-2701 or rlipkin@jewishlouisville.org

Pj Library 5th Birthday Party

JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

Live in Concert!

rickrecht

Sunday, January 26, 2014 • 10:30 AM

Join us for our community concert and sing along with Rick Recht!

All families with preschool aged children are invited!



JCC of Louisville
3600 Dutchmans Lane
Louisville, KY 40205

For more information please contact Jennifer Tulvin at 502-459-0660 or email jtulvin@jewishlouisville.org

**FREE for children
\$5 for Adults**

www.jewishlouisville.org
www.rickrecht.com

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Jewish Heritage Fund for Excellence

JCC Louisville
Jewish Community Center of Louisville
3600 Dutchmans Lane • Louisville, KY 40205
502.459.0660 • www.jewishlouisville.org

The JCC of Louisville invites you to a COMMUNITY SHABBAT DINNER

FRIDAY JANUARY 31
at 6 p.m.



JCC Auditorium
3600 Dutchmans Lane

For more information or to register visit www.jewishlouisville.org/shabbat

SENIOR CALENDAR

JANUARY 28
Bingo, 12:45 p.m.

JANUARY 31
Redt Yiddish with Al Goldin, Noon

FEBRUARY 4
Chorus & Sing-along, 12:45 p.m.

FEBRUARY 9
Jewish Film Festival—"When Comedy Went to School and Mark Klein Special Event", 3 p.m.
Adath Jeshurun Synagogue.

We will see a documentary on the origins of stand-up comedy in the Catskill Mountains. Mark Klein, a well know national comedian and member of our community will regale us with stories and jokes following the film. Dessert, coffee and conversation top off a fun afternoon.

Cost of event including transportation from JCC at 2:30 p.m. \$10/Club Member, \$18/NM.



FEBRUARY 11
Senior Retirees Meeting, 12:45 p.m.
Rabbi Hillel Smulowitz will speak on "Introduction to Hypnosis and Its Religious Roots."

Refreshments will be served.

FEBRUARY 17
Gourmet Dining Club, 5:30 p.m.
Join us for dinner at Cheddars on Westport Road.

Transportation Fee: \$6/M, \$8/NM.

FEBRUARY 18
Karaoke with Larry Godhelff, 12:45 p.m.
Join us for a fun afternoon singing your favorite songs. We will also celebrate birthdays & anniversaries. Refreshments will be served.

FEBRUARY 25
Bingo, 12:45 p.m.

SAVE THE DATE
MARCH 17
Mamogram Screenings. 8:30 a.m.-3:30 p.m.
Brown Cancer Center Mobile Unit at the JCC.

JCC Senior Provides Memories for TAPP School Quilt

By Niki King
Public Relations Specialist

An enormous, brightly colored quilt adorns a classroom at JCPS's Teenage Parent Program, or TAPP as it's called.

Each piece of cloth, hand-dyed by teenage moms in the program, comes together to form an image of a "tree of life."

"It represents the strength of women, with roots to our past and the various seasons of life," said Martha Bartlett, humanities and visual arts teacher at TAPP, a program that provides support services to teen parents and encourages them to continue their education.

Also woven in are stories and quotes from senior women in the community, including Rosita Kaplin, a daily participant in the JCC's senior program.

As Bartlett began putting the quilt project together for her students, she realized that many of the girls were unfamiliar with their family histories.

"I found many times girls didn't know the stories of their own elders, so I thought I'd provide them with examples," she said.

She invited women from a variety of



Martha Bartlett, a student, Rosita Kaplin and Slava Nelson with the quilt students created after learning from the stories of women in the community.

backgrounds to come and tell students about their lives. The stories were artfully integrated into the quilt and the students wrote a play incorporating them as well.

So, she contacted the JCC to see if a woman here would like to participate in the project. Slava Nelson, JCC senior adult programming and cultural arts director, recommended Kaplin.

Kaplin visited TAPP and told the students her life story, how her mother immigrated from Russia to Cuba, where Kaplin was born, and how she eventually immigrated from Cuba to the United States, not knowing a word of English.

Bartlett said the girls found Kaplin's story captivating and were particularly inspired by her years of devoted care to her ailing husband.

Kaplin said she enjoyed speaking with the girls and thinks the quilt, which is almost finished, is beautiful.

"I think it's a wonderful program," Kaplin said.

Bartlett recently presented the "Oral History Quilt and Theater Project," to the JCC senior's group, and had the "unexpected pleasure" of meeting the wife of the late Ernie Marx, a survivor of the holocaust and who facilitated educational visits to the U.S. Holocaust Memorial Museum.

Bartlett said that working on the project has been a meaningful experience for all those involved.

"I think it's become a very hopeful and collaborative project and the girls just loved doing it," Bartlett said.

Nelson agreed, saying it allowed for many wonderful connections to be made.

"This is for all of us, a really good example of how collaboration can take off in the community," Nelson said.



Martha Bartlett with Rosita Kaplin.

Visit to the JCC Triggers Fond Reflection of the Past

by Martha Bartlett

When I first came to TAPP over three years ago, I had the fortune of crossing paths with Jaye Bittner, then the coordinator of SMART (Science, Math and the Right Technology), during her last year before retirement. At Jaye's retirement, I met her Aunt Annette who told me she had worked at the Jewish Community Center for 65 years.

Her conversation with me prompted a memory of a positive experience I had with JCC. In the mid-1990's as a recent single mother raising two children on my own, someone at JCC arranged for a summer pass for my children and me to have access to their community pool.

That summer, my two and five year olds became good swimmers and we made it pleasantly through the summer months enjoying the pool with their community, including our mayor and his family.

It turns out that Annette Sagerman was that person. Tears came to my eyes as I was able to thank the woman who had given such a supportive gift to me at

such a vulnerable time in my life.

So, when I began to search for the women elders who would share their stories with our students this past fall I thought of Annette Sagerman. When Jaye advised me that Annette was not able to participate, I called the JCC and spoke with Slava Nelson, a Jewish woman from Kiev, and the wheels were set in motion for our guest speaker, Rosita Kaplin, a woman of Russian parents who was born in Cuba and came here as a teenager to be our speaker for the Oral History Quilt and Theatre Project.

This experience proved mutually exciting for all parties and it was during that participation here at TAPP that Slava began to envision a permanent art studio at JCC. When I arrived on the campus to speak to the elders who gather there for lunch, Slava proudly showed me their new permanent art studio at the JCC.

Another unexpected pleasure from my visit with the elders at JCC was meeting the wife of the late Ernie Marx, who was a survivor of the Holocaust and

educational advocate who took many teachers and students on day visits to Washington, D.C. to the U.S. Holocaust Memorial Museum. I often think back to that life altering experience and to Ernie who, with a patient and kind heart,

Ernie's commitment to telling the story and his presence with those of us going through that experience were profound and absolutely the best professional development I have ever done. I shared his story with me and so many others. It was a tremendous honor to meet his wife Thelma and speak to her over lunch.

Now in telling this, I realize I had an earlier encounter with JCC. When I gave birth to my second child, I planned for a homebirth and we prepared for that special day. My neighbor friend, Ruth Farrell (the mother of the now famous professional soccer player, Andrew Farrell), was teaching English to immigrants who had newly arrived at the Jewish Community Center.

The day I went into labor, Ruth had only one student, so she brought her elderly Russian woman student along with her to my home for the home birth, truly a cultural educational experience.

A few weeks later, I realized this Russian woman was, for all practical purposes, my daughter's spiritual grandmother. After my daughter was born, I entered Ruth's house with my bundle, and that Jewish grandmother embraced me with great excitement, and held my daughter for hours, as if my child was her very own granddaughter.

Relax with a soothing

Massage

Schedule an appointment at the Health and Wellness desk today.
502-238-2727

Personal Training

Get FIT this winter!
Call 502-238-2727.