

CENTERPIECE

INSIDE

New Boxing Area installed in the Lower Gym, Open for JCC Member use.

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Summer of Family Fun Planned at the JCC



Summer officially kicks off at the JCC on Saturday, May 24 with the opening of the outdoor pools. Families will have fun all summer long at the JCC says Alicia Springer, membership director.

"It's basically a summer of family fun in the sun," she said.

On opening day, families are welcomed into the pool at 10:30 a.m. and are encouraged to bring a picnic to enjoy the first day of the pool.

Starting June 4, the Family Fun Fit class, which comes free with membership, will be offered outdoors, with work outs in the pool. The class offers children and care-givers alike interval training, cardio vascular and resistance training as well as core strength and flexibility training. The program is for children ages five and up and is offered Mondays from 5:45 p.m.-6:15 p.m. in the upper gym and Wednesdays 5:45 p.m.-6:15 p.m. in the pool.

On June 8, the animated comedy Rio will be shown in the JCC Family Park with free popcorn and drinks and pizza for purchase.

There will be an old-fashioned Fourth of July event outside, with a diving contest, games, activities, food and drinks, so families will have a great way to celebrate the holiday.

And in August, there's the popular movie event in the pool area, so families can watch a favorite film while floating.

Summer Memberships at the JCC will run from May 24-September 1. Family memberships cost \$495 and include a discount of JCC Summer Camps. Individual memberships are \$350 and also include use of the entire fitness facility and nearly 100 free group fitness classes per week.

"You get so much more than just the pool," Springer said.

Call 502-459-0660 to become a member today.

New Aqua Group Fitness Classes Begin June 1

By Ben Goldenberg
Marketing Director

Four new group fitness classes will debut this June as summer starts to heat up at the JCC. A completely re-envisioned Aqua Boot Camp class starts on June 1 on Mondays at 10:30 a.m. and Saturdays at 11:30 a.m. Awareness through Water will meet on Wednesdays at 9:30 a.m. Family Fun Fit SPLASH moves to the pool on Wednesdays at 5:45 p.m. starting June 4 and Aqua Zumba will start June 11 and will meet on Wednesdays at 6:30 p.m.

"Summer is always our busiest time of the year and we want to provide a wider variety of classes so more people can get involved in our aqua fitness programs," said Aquatics Director Johnny Kimberlin.

Aqua Boot Camp is not your grandmother's workout. This high intensity workout starts on the pool deck, but then changes quickly into the water to keep pulses high. Proper footwear and clothing for land exercises and swim attire for pool exercises are recommended.

ed.

Awareness through Water is a shallow water exercise class is targeted for seniors and those with arthritis, chronic pain or neurological conditions. Using Tai Chi and the Feldenkrais Method, the class aims to increase body awareness to make balance and movement easy.

Family Fit Fun moves its popular parent and child class to the water on Wednesdays. Children do not have to know how to swim, but must be assisted by their chaperones. Get ready for water games and pool fun for all ages!

Also new this summer is Aqua Zumba. This six-week trial program will start June 11 and meet on Wednesdays at 6:30 p.m. Splash your way into shape with an invigorating low-impact aquatic exercise. By combining the Zumba philosophy with aqua fitness workouts, the result is an exhilarating workout that is cardio-conditioning and body toning.

Also returning this summer to the outdoor pools are Water in Motion and Advance Swim Training. Water in Motion is a low impact, high intensity, total body workout that incorporates cardio, upper and lower body exercises as well

as core and flexibility work set to fun music. Advanced Swim Training challenges swimmers into their best condition by using circuit training designed to amp up a workout.

In order to provide the best and most popular classes to members, the JCC is canceling the following classes as of May 31; Kids Fitness on Mondays, Youth Yoga on Tuesdays, CXWORX on Wednesday, Youth Fitness on Wednesdays, Advanced Conditioning on Wednesdays, Kids Yoga on Thursday, Intro to Sports on Friday and Cycle on Friday at 5:30 p.m. For more information on group fitness classes, please contact the Health and Wellness Desk at 502-238-2727.

MEMORIAL DAY HOURS

Monday, May 26 7 a.m.-7p.m.

All group fitness classes will happen as scheduled except the following:
6 a.m. Cycle with Jennifer E.
6:30 p.m. BODYPUMP with Beth
7:30 p.m. Beginning Yoga with Karley

SHAVUOT HOURS

Tuesday, June 3*: JCC Closes at 6 p.m.
Wednesday, June 4: JCC Closed
Thursday, June 5: JCC Open Regular Hours, Business Office Closed

*All classes scheduled to end after 6 p.m. are canceled for the day. The Indoor Pool will be drained after close on June 3 and may not be up to normal temperature on June 5.

FAMILY AND WADING POOL HOURS

Starting May 24

Mon.-Thurs. 9:30 a.m.-8:45 p.m.
Friday 9:30 a.m.-6:45 p.m.
Saturday 10:30 a.m.-6:45 p.m.
Sunday 9:30 a.m.-6:45 p.m.

OUTDOOR LAP POOL HOURS

Starting May 24

Lanes 5-7 will always be available for Lap Swimming. Other lanes will be available as programming allows.
Mon.-Thurs..... 6 a.m.-8:45 p.m.
Friday..... 6 a.m.-6:45 p.m.
Saturday 10:30 a.m.-6:45 p.m.
Sunday 7 a.m.-6:45 p.m.

New Record for JCC Summer Camp Registration is Set

The word is out about Summer Camp! JCC Summer Camp registration has already topped last year's enrollment. Twelve out of 41 specialty camps have a wait list. Six specialty camps were added or altered to accommodate the huge interest in programming.

Betsy Schwartz, camp director, said she thinks it's because last year was such a strong year, people remember and have come back for more. And, they told their friends and family.

"I really think camp had such successful programming last year, word spread

and people want to come back. They tell their friends and they want to come too," she said. That's exactly what we want. We want kids to have a great time every day and parents to be very satisfied."

The camp's shlichah, Dafna Chen, arrives June 5. Chen, 21, will teach campers about Israeli culture through songs, art, cooking and other activities.

"Her role is to bring a little Israel to camp," Schwarz said.

As with last year's shlichah, Chen will stay with host families while she's in Louisville. Schwartz said Chen loves

children and cooking and has worked with special needs children. Additional host families are needed.

"Ideally, she'd be integrated into the family unit, like she's one of the family, rather than just a visitor," Schwartz said.

The Israel Scouts spend a day with campers July 29. They will hold a performance of song and dance in the JCC auditorium for campers and the com-

munity at 2 p.m. About six to eight host families are needed to house two scouts each, as well, on July 29.

For more information about host families for Chen or the Israel Scouts, please contact Rachel Lipkin, 502-238-2701.

JCC Summer Camp runs June 9-August 8. For more information or to register for camp, visit www.jccloouisville-camp.org or call 502-459-0660.

Train with JCC GLOW GO 5K



**River Road
Saturday, July 26
9:20 p.m.**

**Glow Getters are back!
Open for the whole family.**
Group runs begin **Sunday, June 1 at 9 a.m.**

**Register with the JCC by
May 31 to receive the group
registration rate.**

502-238-2727

New Group Aims to Identify Old Photos, Begin Archive

by Shiela Steinman Wallace
Editor

How do we preserve the history of our Louisville Jewish community? After all, there has been Jewish life in Louisville for more than 185 years.

The first congregation, Temple Adas Israel, today part of The Temple (Adath Israel Brith Sholom) was founded in 1842. The Jewish Community Center, originally the Young Men's Hebrew Association (YMHA), was officially incorporated in 1890 but, according to Herman Landau's book, *Adath Louisville*, it actually goes back to 1862.

A newspaper is always a good primary source, but *Community* is a newcomer on the scene. The newspaper was launched in 1971. *Community's* archive also contains old bound copies of the *Post and Opinion*, but those only go back to the 1950's.

While these resources contain a great deal of information about what happened in the Jewish community, they are not a community archive. There are many things that didn't make the paper – stories of friendships made at Camp Ricaree, Resnick AZA or Modern Femmes; of collecting door to door for early Jewish Campaigns; and of the Jewish businesses that once populated Preston Street.

Community's archives also contain hundreds of photos, many of which pre-date my tenure as editor, including a significant number that are unlabeled.

It is time to do something to preserve

Register Today for Republic Bank Players Challenge June 23

The annual Jewish Community Center/Jewish Family and Career Services Golf Challenge is back, but this year with a new name representing its expanded offerings. The Republic Bank Players Challenge will be held on Monday June 23 at the Standard Club.



This picture was taken at Sunday in the Park in 1997, the Jewish Louisville History Committee will help identify pictures such as this one.

those memories – to retell the old stories and to identify those photos. To do so, I need your help.

Please come to the Jewish Community Center on Sunday, June 8, at 2 p.m. for a relaxed hour of looking at old photos to identify who's in them and when and where they were taken and sharing stories among friends about the memories the photos trigger.

This will be the first monthly meeting of the Jewish Louisville History Committee, and Frank Weisberg will chair it. We'll identify the pictures that we can and record the conversation to create a permanent record as we take the first steps toward creating a Louisville Jewish archive.

For more information, please contact me, Shiela Steinman Wallace, at 238-2703 or swallace@jewishlouisville.org. I hope to see you there.

Players are invited to join the Challenge in several different games, the always popular Golf and Tennis Challenges remain and are joined by card and tile games Bridge, Canasta and Maj Jongg. This is the first year for the Maj Jongg Challenge and organizers expect a good turnout.

Money from the Challenge is used to fund scholarships for families in need for membership and summer camp at the JCC. More than \$75,000 was granted last year for scholarships to more than 175 people. It also helps fund 700 hours of subsidized counseling at JFCS for families who are seeking services to ensure that they can strengthen their lives, remain self-sufficient, independent and provide structure and security for their children. More than 2,400 individuals and families benefited last year.

Registration for the 18-hole scramble Golf Challenge is \$275 per player and includes lunch and dinner. Registration opens at 10:30 a.m. with the shotgun start kicking things off at 12:30 p.m. New this year, the Golf Challenge includes a golf clinic with Nick Barth, a Professional Golf Association Tour Coach at 11 a.m.

The Tennis Challenge, 9:30 a.m. to 12:30 p.m., includes a mixed-doubles, round-robin tournament. Players can register as individuals or doubles teams. Registration is \$60 per person and includes lunch.

Register for golf and tennis online by June 10 at www.jfcslouisville.org/republic-bank-players-challenge or contact Kathryn Bentley at JFCS at 452-6341.

To register your Maj Jongg table or bridge and canasta team contact Beverly Bromley at JFCS at 452-6341. It's \$25 per person to play and an additional \$20 to stay for dinner. Games are from 1-5 p.m.

The evening festivities will feature awards, prizes, contests and silent auction with Heaven Hill bourbon tasting.

BOOKFAIR AT THE JCC

**Monday, June 16-
Friday, June 20**


BOOKFAIR HOURS
Mon.-Wed.: 9-11 a.m. & 3-6 p.m.
Thurs.: 9 a.m.-6 p.m.
Fri.: 9 a.m.-Noon



502-238-2716

Nutrition

WORKSHOP



LEARN THE BENEFITS OF SHOPPING SMART

Shopping smart for nutrition can seem like a daunting task. **MaximizedLiving** will teach you how to perfect the shopping process. Learn how to read labels, avoid toxic foods, and get the truth about all the popular nutrition facts.

Sundays

**June 1 & June 29
2 p.m. at the JCC**

502-238-2727

Family Movie

IN THE PARK



Rio

**Sunday June 8,
at 8:30p.m.**

Cost: Free

JCC Members Only

Boxing Area Installed in Lower Gym

By Niki King
PR Specialist

JCC members are now able to get a boxer's workout in the gym, thanks to two generous donors.

Boxing enthusiasts Bud Shardein and Mark Eichengreen helped the JCC procure three key pieces of boxing equipment -- a heavy bag, a speed bag and a double end bag -- for the lower gym.

"I'd like to see it used. I hope people take advantage of it," Shardein said.

Shardein, who has had a family membership at the JCC since 1972, has been involved in boxing in various capacities nearly all his life.

He was bullied as a young teen growing up in the Portland neighborhood, and his father took him to a local gym to train and learn to defend himself.

"I realized there was a science to it, it's not just guys out there throwing punches," he said. "To me, it's the greatest sport in the world. It requires a great deal of respect for your opponent."

He practiced hard and went on to fight in amateur bouts and 21 professional boxing matches in a number of states until he was 43 years old. He's now



CenterStage at the JCC participated in the annual Pegasus Parade as part of the Kentucky Derby Festival. Dozens of volunteers helped build the float and march in the parade. CenterStage won the Board Chair's Award for its entry this year. Special thanks to CenterStage's Float Chair Jason Tumulty.

55. In those days, he was in the upper 5 percent of his weight division, he said.

"I think I was a good journeyman," he said, meaning he was considered a boxer with adequate skill, but didn't have the caliber of a contender or gatekeeper.

He's always stayed active in the gym and has served as a member of the Kentucky Boxing and Wrestling Authority.

After he retired as director of the Metropolitan Sewer District, he started a boxing program for Portland youth at the nonprofit Neighborhood House.

His friend and fellow JCC member Mark Eichengreen asked him to show him some boxing moves.

They worked with Ron Peacock, JCC fitness director, to get the bags so they could continue practicing, and other members can too.

Shardein said the equipment can benefit any workout routine, regardless of whether a person intends to get into the ring. Fitness experts agree working with bags can improve balance, strength and offer a good cardio workout.

Members must be 18 years or older to use the boxing area. Boxing gloves are required. If you do not have your own, a pair can be checked out at the Health and Wellness desk.

Shardein said he doesn't mind showing people the ropes about technique and the JCC may offer programming with the equipment in the future.

If you are interested in incorporating boxing into your workout routine, please see Ron Peacock, Fitness Director, at 502-238-2791 or one of the JCC personal trainers.

CenterStage 100th Season Tickets Selling Quickly

CenterStage at the JCC is celebrating its 100th birthday season with a great line-up including Chicago, Spring Awakening, Sweeney Todd, Beauty and the Beast, Once on This Island and Fiddler on the Roof.

Last year, CenterStage completely sold out 5 of 7 productions. The only way to guarantee your seats is a season ticket and some nights are already nearly full. Season tickets cost \$98 per person. A Pick 5 Season Ticket is also available for any five shows of the season for \$85 per person. Patron Season tickets are also available for \$150, \$52 is tax deductible. New this year, a Children's Theatre Season Ticket is also available for \$15 for children and \$30 for adults.

CenterStage at the JCC, the oldest continuously operating theatre in Kentucky, is kicking off their 100th year with a birthday party on June 25 with some of the biggest names in Louisville to wish them happy birthday.

Israeli Independence Celebrated with Camels, Food and Games

The Yom Ha'atzmaut, Israel Independence Day celebration on May 7 at the Jewish Community Center marked Israel's 66th birthday with Israeli music, activities that provided a taste of Israeli culture, outdoor games and crafts. There was

even a camel to pet.

The Burning Bush offered Israeli-style dinners for sale and a popsicle truck provided the desserts.

Orit Goldstein and Brett Friedman are chairs of the 2014 Yom Ha'atzmaut celebration.



Photos by Ted Wirth

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Thursdays

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Cost: \$48

JCC Members Only

502-238-2727

SPLISH SPLASH POOL PARTY

Celebrate your birthday with a splash! Make your next party a **POOL PARTY**

Book it at **JCC Louisville**

502-238-2717

JCC Senior Adult Club Enjoys Trip to Nashville and Atlanta

by Margaret Mazanec

On Sunday, April 27, 15 members of the Jewish Community Center's Senior Adult Club along with Senior Adult Director Diane Saddle and Senior Program Director Slave Nelson, embarked on an exciting road trip to Nashville, TN, and Atlanta, GA. Toby Tours provided the roomy, comfortable bus for transportation. The driver, Butch McCheney, had a magnificent sense of humor.

First stop was at McDonald's along the way as some of us needed coffee to wake us up fully. From there we drove on to the famous Gaylord Opryland Hotel. We all scattered like seeds in the wind to explore the hotel and find our own unique lunches. Nobody got lost.

Next stop was downtown Nashville, TN, where we picked up a woman who gave us a running commentary during the bus tour of the city of Nashville. We saw where Minnie Pearl lived, Tootsie's Bar (many country and western singers had their careers started here), the home of Tammy Wynette and George Jones, Martina McBride's home, Ronnie Milsap's home as well as others.

Then we were off to our next hotel near Stone Mountain in Atlanta, GA.

On Monday, April 28, we were taken



Members of the JCC Senior Adult Club at Stone Mountain in Atlanta, Georgia.

to the Jewish Community Center in Atlanta where we were greeted like royalty. The facility is huge and well planned out. Jamie Perry, Mature Adult Program Coordinator, met us at the front and welcomed us.

Their budget is \$22 million and includes two outdoor swimming pools, six tennis courts and 20 acres for a children's camp in the summer. The indoor facility includes exercise rooms and another swimming pool.

After the tour we were entertained with a special magic show put on by Debbie Leifer. Lunch – fried chicken, which was delicious by any standard – was served, at which we met seniors from Atlanta and made some new friends. We were allowed to take the small Coca Cola bottles, which decorated the tables. By the way, it is forbidden to mention the name of the other popular cola in the city of Atlanta! We left feeling full and happy to meet new people. And again, nobody got lost.

Then it was off to The Breman Museum, where we were met by the curator, Doris Goldstein. This museum contains photos and artifacts of the Holocaust from WWII. We were honored to hear a survivor of the Holocaust, Henry Bernbrey, give a presentation of his experiences. It was very emotionally moving for all of us.

Immediately thereafter, we went to downtown Atlanta where another tour guide narrated stories about homes and businesses. We saw the Ferris wheel downtown, the CNN building, the Turner building, Coca Cola headquarters, the cash museum, the grave of Martin Luther King and his wife, the home where

SENIOR CALENDAR

The JCC Nutrition Site will be closed on Wednesday, June 4 and Thursday, June 5 for Shavuot

MAY 29
Bingo, 12:45 p.m.

JUNE 3
Bingo, 12:455 p.m.

JUNE 8
Reminiscence Get-Together, 2 p.m.,
Senior Adult Lounge.

Come and talk about your happy experiences at the JCC and help Shiela Wallace identify pictures of events that took place at the Jewish Community Center.

JUNE 10
John Gage, 12:45 p.m. Join John as he sings some of your favorite tunes. We will celebrate June birthdays and anniversaries.

JUNE 17
Sing-along with Mary Adams, 12:45 p.m.

JUNE 20
Mini Health Fair-Galen School of Nursing, 10 a.m.

Nursing students will provide important health information and will also be doing blood pressure screenings.

JUNE 23
Gourmet Dining Club, 5:30 p.m.

Join us at Mimi's Café for dinner.

Cost of transportation: \$6/M, \$8/NM.

JUNE 24
Bingo, 12:45 p.m.



Jeff Davis, General Robert E. Lee and General Stonewall Jackson. The statue carvings were started in the 1920's and finally finished in 1970. The depression of the 30's and World War II impeded the progress.

We returned to Louisville the evening of Wednesday, April 30, very tired and happy for the opportunity to make the trip. And amazingly enough none of our seniors were left behind. We are all looking forward to the next road trip wherever it goes.

The members of the Senior Adult Club who made the road trip were Martha Bennett, Corbin Crutcher, Mag Davis, Channa Goldman, Bob Hillebrand, Patricia Johnson, Rosita Kaplin, Dolores Levy, Frank and Bonnie Lichtenfeld, Margaret Mazanec, Margo McCabe, Bib Monsky, Ilean Rowe and Linda Williams.



JCC PATIO GALLERY
PRESENTS

Wendi Smith
Sacred Familiar

June 8-July 15, 2014

Opening reception
Sunday, June 8, 2-4 p.m.

Personal Training at the **JCC Louisville**

Don't spend this SUMMER wishing you started **TODAY!**

Call 502-238-2727 to schedule your personal training session.