

CENTERPIECE

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Families Choose The J for Growth, Bonding

by Alexandra Ramsey
Public Relations Specialist

Whether you have one 18-month-old baby or five older children, with activities to pique every interest, The J membership is your family's one stop shop.

From theatre, to parent's night out, to sports and pools, families have every opportunity to get involved and experience the rich variety of activities The J has to offer.

"I wouldn't be able to workout if I didn't have a place to bring my kids to," Angela Crush said.

Crush has a five month old and a five year old and has been a member of The J for a year and a half. She said she often uses J-Play for her children. J-Play is the free child drop-off service The J offers while parents get their workout in.

"My kids love J-Play! And that hour saves my life. It keeps me sane," Crush said.

This summer, Crush said she's exploring more activities that The J offers. Her five-year-old daughter is participating in summer camp.

"It's nice that there are all these activities. It's my family's one stop shop for everything. Plus, we don't have to pay extra for the pool, which isn't some-



thing you find everywhere," Crush said.

Raquel and Daniel Rosenberg are at The J at least five times a week with their four children. Raquel said that, despite the age differences between

her one, three, five and seven year olds, they have no trouble finding activities tailored to their interests.

"My oldest kids perform at CenterStage and go to Summer Camp, and my

little ones love the painting classes and PJ Library!" Rosenberg said.

PJ Library, a special program that provides families Jewish bedtime stories and music, has a team of experts who carefully select books and music for children ages 6 months old to 8 years old.

"There are so many ways to get involved and it's a place where we can meet people from all over the world. The J is a place my family really appreciates," Rosenberg said.

In fact, during the summer, when they're not volunteering to work in the garden, the Rosenberg's pretty much live at the pool. The wading pool is perfect for the younger family members.

Your family's membership to The J includes nearly 100 fitness classes, access to the entire facility including the wading pool, family pool, diving well and nine-lane lap pool, J-Play, CenterStage access, member discounts on activities and so much more.

Discover all that your family can be a part of now. Become members today.

The J welcomes everyone, regardless of age, race, religion, national origin or special need. To become a member or tour the facility, visit JewishLouisville.org/membership or call 502-459-0621. You can also email membership@jewishlouisville.org.

First Female Arabic Woman Anchors Israeli TV

by Alexandra Ramsey
Public Relations Specialist

She went from being a child in the center of the Middle East conflict, witnessing terror right before her eyes to being the first Arabic woman to sit behind an anchor desk in Israel and talk about it.

Lucy Aharish is the first Arab news anchor on Hebrew-language Israeli television and she'll be discussing just what it



Lucy Aharish

means to her and Israel's Arab and Israeli populations as J Arts & Ideas presents: A Conversation with Lucy Aharish on Tuesday, June 28, at 7 p.m. at The J.

Aharish currently anchors the Evening Edition of i24news and serves as a morning anchor on a current-affairs show on Channel 2. The Ministerial Committee for Symbols and Ceremonies describes Aharish as a "trailblazing Muslim journalist, who brings a discourse of tolerance and interdenominational openness to Israel's public agenda." Her ability to bring this openness has landed her roles in Israeli films and propelled her into being an Israeli celebrity.

Noted for her fights against racism and promoting pluralism in Israeli society, Aharish was selected to light the torch

that kicked off Israeli Independence Day in 2015. She'll be talking about living in the shadow of a terror attack and what it's like to be an Israeli-living-Arab in Israel.

"On Highway 1, I saw Arabs being taken off a van and made to face the wall, with rifles aimed at them. I felt that no human being deserves that. But it's also impossible to ignore what the Palestinians are doing," Aharish said.

Born in 1981 in the southern Israeli town of Dimona, Aharish grew up as the only Arab student at her school. Just months before she turned six-years-old, Aharish was injured by a Molotov cocktail thrown at her family's car in the Gaza Strip by Palestinian militants.

In this program, Aharish will talk about the importance of promoting peace

and discuss challenges and opportunities that Israeli society is facing today.

Cultural Arts Director Slava Nelson said it is very important to make Aharish's program accessible to everyone. "We want our entire community to hear first-hand what it means to be in the middle of the Arab and Israeli conflict. We want to make sure as many people as possible can come," Nelson said.

Louisville is only one of three cities Aharish is visiting on her U.S. tour.

This event is free and open to the public. Please reserve your seat by calling The J at 502-459-0660. This program is made possible thanks to a generous grant from the Jewish Heritage Fund for Excellence. For more information contact The J at 502-459-0660.

Relive Your Camp Childhood With The J's Adults Only Summer Camp

by Alexandra Ramsey
Public Relations Specialist

Who says only children can go to summer camp? Just because you're adults and parents doesn't mean you can't sit around a bonfire and make s'mores like the good ole days, right?

Join The J on Saturday, June 25, from 7-11 p.m. to relive your younger years at summer camp for the Adults Only Summer Camp Fundraiser and support the camp scholarship fund so that other children can make the same memories that you once did.

Play sharks and minnows in the open pool, sip on adult "spiked" bug juice, munch on hot dogs and sink your teeth into gooey s'mores around a bonfire! Se-

riously, there will be a ton of camp activities just for you adults. And who doesn't love to slip n' slide?

Senior Director of Camp and Youth Services Betsy Schwartz said the Adults Only Summer Camp Fundraiser is an incredible way for parents to have a night of fun and support a very important cause.

"It's an opportunity for parents, friends, and camp-lovers, to spend a night at the JCC participating in camp-friendly activities, while raising funds to send needy children to our day camp!" she said.

Several children wouldn't get the opportunity to go to The J's Summer Camps if it wasn't for the Camp Scholarship Fund. Think about it-no pool days, no new camp friends that last a lifetime, and no camp skits. You parents, can help give children these memories.

So what are you waiting for? The camp songs are ready to be sung and the marshmallows are ready to be toasted!

Tickets are \$36 and include two drinks, camp food and koozie.

RSVP to Betsy Schwartz, 502-238-2701. For more information visit <https://jewishlouisville.org/adults-summer-camp-event>.





Fencing

June 16-July 21
Thursdays • 4-5 p.m.

Dance studio • Ages 8+

Learn the basics of fencing with Maestro Les Stawicki, head coach of the Louisville Fencing Center. All gear is included in fee, please wear sweatpants and sneakers to class.

FEE: \$165, \$150 JCC Members

www.jewishlouisville.org/fencing
or call the Health and Wellness Desk at 502-238-2727.



CIRCUIT CITY Class

June 9-30, 2016

Thursdays • 5:30-6:30 p.m.

A fast-paced class to introduce you to circuit training, where you will work on one exercise for 1 to 3 minutes then move to another exercise and repeat.

INSTRUCTOR
Denise Joseph

FEE
\$90, \$72 JCC Members

REGISTER ONLINE AT
www.jewishlouisville.org/circuitcity
or call the Health and Wellness Desk at 502-238-2727.

Children, Senior Adults Celebrate Passover at Senior Seder



by Alex Ramsey
Public Relations Specialist

Dozens of seniors and children gathered around tables embellished in white linens, matzah and more in The J's Patio Gallery to celebrate Passover on Wednesday, April 20, during the 2016 Senior Model Seder.

Together, the children and senior adults dipped parsley in salt water and broke matzah as Cantor Sharon Hordes, of Keneseth Israel, explained the symbolism of each food item for Passover. Senior Adult Director Diane Sadle said

that including children in the senior Seder each year reminds the seniors of the times when they celebrated with their children.

"The children add vitality to the program and they can participate because they're learning about it in school. Seniors love it because many of their family members don't live in town and it may be the only Seder they get to participate in all year," Sadle said.

Despite the mix of the children's higher-pitched voices with those of the more alto senior's, Hordes unified each voice in prayer, creating a beautiful celebration and feast.

"Ok everyone, you're going to all recline in your seats and lean to the left when you eat the matzah," Hordes said.

The wide-eyed children giggled and reclined and one said, "Why are we doing this?"

"Why, because we are free people!" Hordes exclaimed. "Only free people had the luxury of reclining and eating back in ancient times."

While the seniors and children were all relaxing and eating, Sadle said, "It's rewarding to watch this isn't? To watch the seniors interact like this with the children?"

"It reminds them of their grandchildren or great-grandchildren who maybe don't live here," Sadle said. For some, it reminds them of their childhood.

The J has hosted the Senior Model Seder for more than 20 years, and in 2010, it was one senior's dying wish to ensure the program always happened. Judith Bensinger loved gathering at the inter-generational Seder each year. After her death, Bensinger's family decided to sponsor the program every year in her memory.

Sadle said The J wouldn't be able to host the program without the Bensingers' support.

"It's so very important we continue this tradition. To bring our seniors the tradition they may not have at home anymore and to help them remember the good times," Sadle said.

Workout Big, Win Big at The J's Summer Fitness Fest

by Alex Ramsey
Public Relations Specialist

Try all the classes you've been itching to take and be entered for prizes at The J's Second Annual Summer Fitness Festival on Sunday, June 5, from 9:30-11:45 a.m.

The festival takes the group fitness classes out of the studios and into the sunshine on The J's outdoor facilities. Each instructor will host 30 minute segments of the different classes The J has to offer. So if you've been wanting to give Basic Boot Camp a try or Aqua Zumba, now is the time!

At check in, participants will be given a Summer Fitness Fest card to take with them to each class. Anyone who completes four of the six classes offered will be entered to win a personal training or Pilates package gift card. Bring a guest for half price all day and they'll be entered to win two free months at The J.

The class offerings are P.Y.S.B., a Pilates, yoga, stretch and barre-infused class, Basic Boot Camp, Yoga, Deep Water, Aqua Zumba and Cycle (to be held indoors),

Fitness Director Ron Peacock said that Summer Fitness Fest is a great way to test out classes people might not usually try.

"There's people who want to be active and want to explore new classes, its outside and sunny, there's music, it's just a really fun morning," Peacock said.

In 2015, The J had several participants stick with their favorite class for two hours. The best part is, they can still be entered for the drawing.



Peacock said he wanted to offer something special for The J members, so he decided to introduce Summer Fitness Fest.

"We wanted to offer them something special so that they could come in early, get a great workout, and still have plenty of time to get home to their families," Peacock said.

Whether it's a hardcore Basic Boot Camp class or a relaxing yoga class, The J has so much to offer, and this is the day no one should miss that features it all.

So bring your friends and the sunscreen and get fitness festive at The J's 2016 Summer Fitness Fest.

J members can bring friends for half-price guest tickets. (\$4 for adults 12 and older, \$2 for children ages 3-11)

On May 27 the prices will go up to \$10 for adults, \$5 for children ages 3-11.



CenterStage Announces New Season Lineup

by Alex Ramsey
Public Relations Specialist

The oldest theatre in Kentucky, CenterStage, is gearing up for a new season lineup that includes a beloved Disney musical, a thrilling political satire and all the great productions you can expect at CenterStage, the only community-level theatre that still performs big shows.

Inspired by Cultural Arts and Ideas Director John R. Leffert, each season CenterStage embarks on ambitious productions of popular Broadway shows with visually stunning sets and costumes, and amazing talent and music that will move you.

"Our goal is to choose a diverse season so that everyone can come and enjoy the shows," Leffert said. "We want to feature shows that the audience wants to see and ones that the actors want to be in."

The 2016/17 season kicks off by bringing Shakespeare to CenterStage with the modern day Romeo and Juliet classic, *West Side Story*, July 7-24.

Leffert, said he's excited about opening the season with this show and that he was in the musical in high school.

"*West Side Story* is truly a timeless piece on young love and the good and bad that comes along with it," Leffert said.

Cat on a Hot Tin Roof will bring back a drama to CenterStage on September 5-25. This Pulitzer Prize winning-play is widely regarded as Tennessee Williams' best work and has all the elements of good drama: sex, greed, abuse, addiction and deception.

John Wilkes Booth, Lee Harvey Oswald and other historical assassins come to life in Stephen Sondheim's Tony Award-winning *Assassins* October 27-November 13. This musical carefully delivers whit and comedy into what motivated notorious men and women and have the audience think about what it means to be an American.

"We love to feature pieces that will leave people thinking about them, and this show most definitely will," Leffert said. "If you're still thinking about a show a week later, we've done our job."

Delve into Fanny Brice's world as

she clowns her way up from burlesque clubs to become Ziegfield's "Greatest Star" in *Funny Girl* playing January 26-February 12. Brice's dreams finally come true until she has to choose between her success and the husband who resents it.

Disney's beloved *Mary Poppins* flies on to CenterStage March 16-April 2. With financials not going well for the Banks family, Mary Poppins mysteriously shows up and takes the children on magical adventures. "Anything can happen if you let it," surely is true as the crowd will get to watch *Mary Poppins* fly in this show.

The season finale paints an intimate portrait of musical theater's greatest living composer, Stephen Sondheim, in *Sondheim on Sondheim* playing May 11-21. Sondheim will interact with the audience through exclusive interview footage, treating each person to an inside look at his personal life and artistic process. Hear *Sweeney Todd*, *Into the Woods* and more of his most memorable songs.

"With our professional crew members, you're always going to get the highest quality shows at CenterStage,"

Leffert said. "We really are opening minds one act at a time."

Season ticket options are available. Season Subscribers receive priority seating, save 20 percent on the price of tickets and receive discounts to other J Arts & Ideas events. Subscribe today by contacting The J at 502-459-0660.

CENTERSTAGE 2014/15 SEASON:

West Side Story – July 7-24

Cat on a Hot Tin Roof - Sept. 15-25

Assassins - Oct. 27-Nov. 13

Funny Girl – Jan. 26-Feb. 12, 2017

Disney's *Mary Poppins* – March 16-April 2, 2017

Sondheim on Sondheim – May 11-21, 2017

The J's Holocaust Museum Trip Connects Students of Many Faiths

by Alex Ramsey
Public Relations Specialist

The United States, Pakistan, Afghanistan, Iraq, Eritrea/Ethiopia, Rwanda and Cuba were countries represented when 20 students traveled with The J to the United States Holocaust Memorial Museum in Washington, D.C., on Sunday, May 1.

For the past 20 years, The J has sent high schoolers to the Holocaust Museum to help them understand and connect with the lessons of the Holocaust. This year was unlike any other year before.

"This year, we brought some students from the Newcomer's Academy, meaning we are among the first people to help students from many different faiths and countries have an understanding of what the Holocaust is and how it impacted the Jewish community," St. Francis of Assisi Science, Religion and Peace Education Teacher Fred Whitaker, said.

"I convinced my parents, I said 'please, please let me go! It might help us in history!'" Iroquois High School student and Pakistan native Mehwish Fnu said.

But apart from the excitement of getting to see a city outside of Louisville, Fnu, a Muslim, said the similarities between the Holocaust and the land she once called home are uncanny.

"Innocent people are dying every day in the wars in Syria and Jordan. People can't even go to school. And ISIS, it's like a dictatorship, you know, like Hitler," Fnu said.

They're all different people with different color skin, different types of clothing, different religions. But they all have one thing in common with the victims of the Holocaust: they're all human.

Whitaker has traveled to the Holocaust museum over 25 times and he's been The J's tour guide at the museum for more years than he can count. Most importantly, Whitaker said, he gets to

help the students understand that while the events that defined the Holocaust may have ended in 1945, stereotyping did not.

"There are a lot of politics involved in understanding people's places in the world. Before you can understand people's places in the world, you must first get to know the people," Whitaker said. "I love that I get to help the kids see that."

The J selected 20 high school students to take the journey to the Holocaust museum. To be selected, each student had to submit an essay about why it would be important to visit the museum. The trip is funded by the Ida and Bernard Behr Fund, which is one of The J's Second Century Funds. For nearly 20 years the fund has made it possible to send over 400 students to the museum. That's over 400 students who have gotten to see a slice of history and connect it to the narrative of their lives.

Claus Behr said his grandparents died in concentration camps and he wanted to help create a fund that would honor their legacy and allow the youth to see it with their own eyes.

"We hope that by allowing these kids to see what the Holocaust was with their own eyes, that it will leave an impression on them. An impression they can bring back to tell their families and friends, and to one day, tell their own children," Behr said. "Because of this, that fund will always be there."

"You can't put bookends on the Holocaust. Understanding it is a way to comprehend the modern history of the Jewish people," Whitaker said.

Perhaps it's the similarities to some of the students' native countries that made the 2016 trip so different than years past. But for each student, the trip seemed to connect the dots, to intertwine lines and connect them with each other and to all humanity.



There was a big turnout for the opening of Bette Levy's show, "Before ... A Retrospective in Stitching," on Sunday, May 22. Many friends and fellow artists were among the guests.



GATORS SUMMER SWIM TEAM

MAY 23-JULY 20

Practice Times:
Tuesday-Friday, 3:30-6:30 p.m.

Meets:
Monday evenings

**Fee: \$185, Annual Members
or \$205, Summer Members**

If you are new to the JCC Gators, please contact Johnny Kimberlin at 502-238-2742 before signing up.

Players Look to Give Back in Republic Bank Players Challenge

by Alex Ramsey

Public Relations Specialist

The annual Republic Bank Players Challenge is right around the corner and it's time to sign up for a day that's jam-packed with golf, games and fun contests. This year's event will also include a Bourbon tasting.

The 12th annual Republic Bank Players Challenge benefitting The J and Jewish Family & Career Services is Monday, June 20, with a 10 a.m. tee time at the Standard Club. For the players, winning is fun, but participating is what's most important.

Co-chair Mark Eichengreen has played in the Players Challenge 18-hole golf tournament for three years, and says the purpose of playing is far greater than getting a hole-in-one.

"I'm 60 years old and I've been going to the JCC for 60 years. I'm there until they carry me out," Eichengreen said. "The Players Challenge also benefits JFCS and I'm involved there too, therefore, I want to help as much as I can."

Eichengreen, who grew up going to kindergarten and summer camps at The J said it's an organization that's helped form who he is and he wants other people to have the same opportunity. The Players Challenge raises money to support both The J and Jewish Family & Career Services.

JFCS is a non-profit human services organization devoted to strengthening family, individual and work and community life to enhance self-sufficiency that reflects Jewish tradition. Money raised will help subsidize counseling services at JFCS to help individuals

strengthen their lives.

Similarly, The J is a human service agency committed to enhancing the quality of family life and promoting the physical, intellectual and spiritual wellness of the individual. It provides health-related activities and cultural and educational programs that serve the community at large, including at-risk populations. Membership and services are offered to the Jewish and general community. Other funds raised will go to helping families in need attend The J's programs such as summer camps and the senior nutrition program, and to support programs like the PJ Library and BBYO.

The fun-filled day is full of sports, contests and games. Many people, like Eichengreen, enjoy the 18-hole golf scramble. For non-golfers, the Republic Bank Players Challenge offers a Duplicate Bridge Tournament and Canasta Tournament as well as an opportunity to wet your whistle with a Heaven Hill Bourbon tasting.

"It's a lot of fun! Old friends come and we play golf all day all while benefitting the place that's helped form who I am today," Eichengreen said.

"Anyone who plays knows they're helping to provide for families and kids who don't have the fiscal means to go to camps or seek counseling services," Eichengreen said. "What better way to help ensure other kids get to make the same memories I once did?"

Don't hesitate to join the fun with your friends and family. Now is the time to sign up. For information on how you can participate in the Republic Bank Players Challenge, contact Kathryn Fetter at kfetter@jfcslouisville.org or call 502-452-6341.

SENIOR CALENDAR

MAY 31

Senior Retirees Meeting, 12:45 p.m.

Rabbi Nadia Siritsky, Vice President of Mission, Kentucky One Health will speak on "What is Jewish about a hospital"? Refreshments will be served.

JUNE 14

Musical Memories, 12:45 p.m.

JUNE 20

Gourmet Dining Club, 5:30 p.m.

Join us for dinner at Aspen Creek Restaurant near Oxmoor Mall.

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

JUNE 21

Bingo & Birthday Celebration, 12:45 p.m.

Join us as Seneca Place-Transitional Care Center will sponsor the bingo.

We will celebrate birthdays and anniversaries. Refreshments will be served.

JUNE 28

Musical Memories, 12:45 p.m.

JULY 14

Day Trip to Belterra Casino, 10 a.m.

Join us for a fun day at Belterra Casino. We will leave the JCC at 10AM. Upon arriving, you will receive a voucher for \$10 to be used in the Casino plus \$5.00 voucher for either the Buffet or several other eateries. When making your reservation, please provide us with your name, mailing address and date of birth.

Cost of trips: \$25/M, \$35/NM.

Reservation & payment deadline is Thursday, June 30.

502-238-2717

Birthday Parties

at the JCC 3600 Dutchmans Lane

Parties for children of all ages are 90 minutes and can be customized! **Mention this ad for a \$15 discount!**
Expires June 30, 2016



New to Weight Training
Wednesdays • June 8-29 • 5-6 p.m.

Don't be a deer caught in the headlights when you walk into the gym, let this class teach you the basics of weight lifting.

Fee: \$90, \$72 JCC Members

For more information please contact Ron Peacock at 502-238-2792.

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LEARN LIFE GUARDING, FIRST AID, CPR AND AED TRAINING.

CLASS MEETS:
JUNE 6-9
4-9 P.M.

Register by calling 502-238-2727 or online at www.jewishlouisville.org.



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J PATIO GALLERY

Before... A RETROSPECTIVE IN STITCHING
by **BETTE LEVY**

MAY 22-JULY 5, 2016

PATIO GALLERY HOURS
Monday-Thursday: 10 a.m.-8 p.m.
Friday-Sunday: 10 a.m.-5 p.m.
*unless utilized by JCC Programs