

CENTERPIECE

INSIDE

CenterStage Acting Out's *And Then They Came for Me* brings Holocaust education to life.

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TRX Training System now available for all JCC Members for free

Helping everyone take their workouts to the next level. The JCC is opening up TRX Suspension Training to all JCC Members for free.

"TRX Suspension Training is a very different way for our members to get into shape," says Assistant Health and Wellness Director Tara Stone. "The system relies on a person's bodyweight for resistance, allowing you to control your workout."

To use the TRX straps, simply sign them out at the Health and Wellness Desk. A JCC Floor Staff member will help you set up and take down the straps. The system is only available when the Upper Gym is not already in use by another program.

Using a person's body weight and gravity, the TRX Suspension Trainer allows for hundreds of different exercises. Started by a former Navy SEAL to keep his teammates in shape while deployed in the field, TRX is designed to be easy and flexible. However, the workout can be intense.

"By allowing all JCC members to use



Jamie Stewart works out on the TRX Suspension Training System in the Upper Gym. All JCC members can now check out the TRX straps from the Health and Wellness Desk.

the TRX System on their own, we are hoping more people use this tool," says Fitness Director Ron Peacock. "It is a great workout, but many of our members are not as familiar with this type of exercise."

To help you get the most out of the TRX System, the JCC is offering personal and small group training sessions working with the TRX System. Working

out with a Personal Trainer individually or in a group can have a huge impact on your workouts or fitness level. Training classes will be held on Mondays starting on November 11 from noon-12:45 p.m. and Thursdays starting November 14 from 5:45-6:30 p.m. Classes cost \$72 per session. To register, call the Health and Wellness desk at 502-238-2727.

Les Misérables soars with optimism

In presenting *Les Misérables*, the contemporary musical adaptation of Victor Hugo's classic novel, John Leffert is catapulting CenterStage to new heights.

Not only is he presenting the regional premier of this epic tale, but he has recruited Simmons Falk from Actors Theatre of Louisville and Technical Director Patrick Jump to design and build the most elaborate and largest set in CenterStage's history.

With three giant turntables, they expand the company's limited stage area and allow the set to transform quickly and easily from one scene to the next as Jean Valjean (Jeremy Moon) traverses France and makes his way in society.

Les Mis is the story of a man whose grinding poverty drove him to steal bread for his sister's family. When he was caught, he drew a long, harsh prison sentence imposed by a penal system that also branded him for life as an incorrigible convict. Released with papers



Jeremy Moon (Jean Valjean) and Margo Wooldridge (Cosette)

identifying him as a convict, Valjean is stripped of hope and steals again, only to be turned around by an act of kindness.

The story unfolds as Valjean seeks to build a new, honest life, always pursued by Inspector Javert (Josh Gilliam) who never lets him totally escape his past.

Has Valjean truly changed? Judge for yourself as you witness his treatment of Fantine (Jill Higgenbotham), Cosette (Lexie Stites and Madison Mclean as young Cosette and Margo Wooldridge as an older Cosette), and Marius (Jordan Price), Cosette's suitor.

The story interplays with the class struggles and upheavals that define 19th Century France. Leffert integrates a large cast to bring this story to life with the able assistance of the CenterStage orchestra.

Les Mis opened Thursday night and performances continue until November 10. Tickets, \$18 each, are selling quickly and several performances are already sold out.

To purchase tickets or for more information about CenterStage and the 2013/14 season, visit www.CenterStage-JCC.org or call 502-459-0660.

Build Muscle.

Increase Power.

Tighten Your Core.

Improve Balance & Flexibility.



Nov. 11 - Dec. 19

Monday Group Classes
12-12:45 p.m.

Thursday Group Class
5:45-6:30 p.m.

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

NOT A MEMBER OF THE JCC?

JOIN IN NOVEMBER, ADD YOUR FAMILY FOR FREE!*

* After 3 months regular rates apply. Only valid for new members who sign up during November.

Show Dates & Times

SOLD OUT	7:30 p.m.
SOLD OUT	2 p.m.
Mon., Oct. 29	7:30 p.m.
Thurs., Oct. 31	7:30 p.m.
SOLD OUT	7:30 p.m.
SOLD OUT	2 p.m.
Mon., Nov. 4	7:30 p.m.
Thurs., Nov. 7	7:30 p.m.
Sat., Nov. 9	7:30 p.m.
Sun., Nov. 10	2 p.m.

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 Thursday, Nov. 7 performance.

HILLIARD LYONS PRESENTS

A new production of
BOUBLIL and SCHÖNBERG'S

Les Misérables

"Les Misérables is licensed by Music Theatre International (MTI) by arrangement with CAMERON MACKINTOSH LTD."

LIMITED TICKETS STILL AVAILABLE

Help make us the BEST JCC!

Take our survey online at
jccoflouisville.org before Oct. 31!

YOUR OPINION COUNTS!

Somber performance of *And Then They Came for Me* brings Holocaust education to life

On Sunday, October 13, Acting Out, CenterStage's professional children's theater company, presented a public performance of *And Then They Came for Me: Remembering the World of Anne Frank* in the Jewish Community Center's auditorium. The audience included many students from the Louisville Hebrew School and the High School of Jewish Studies.

The play, by James Still, presents the story surrounding Anne Frank, her family and two childhood friends, Ed Silverberg and Eva Schloss. Part documentary and part theater, the play provides a window into this dark period of our history in a format designed to engage teens and adults.

Larry Singer as Ed Silverberg ties things together and provides perspective as the play takes the audience from a Hitler Youth gathering through Kristallnacht and into the throes of the Holocaust, often recounting events as things that happen to themselves, avoiding por-

trays of the brutality and horror.

And Then They Came for Me succeeds in conveying the gravity and the scope of the events without overburdening its young audience. The entire cast should be commended.

Following the performance, Holocaust survivors John and Reneé Rothschild, who now call Louisville home, told of their personal ordeal. Theirs is a love story overlaid on the Nazi persecution. Reneé fled from Germany to France, only to be pursued and arrested by the Nazi collaborators in the Vichy government in 1942. She managed to get word to John, a Swiss citizen, and he succeeded in rescuing her.

The Rothschilds' full story was published in *Community* in April and is available on www.jewishlouisville.org.

There will be another public performance at the JCC on Sunday, December 15, at 12:30. The Acting Out company is also presenting *And Then They Came for Me* at schools across the region.



Renee and John Rothschild before the performance.



Dathan Hooper and Maggie Patten



Larry Singer



Copeland Davis



John Leffert, CenterStage Artistic Director



Carol Dines



New to Louisville?

Join the JCC for a welcome brunch and meet other newcomers and Louisvillians!



Sunday, October 27

10-11:30 a.m. | No Cost!

at the Jewish Community Center's Library
3600 Dutchmans Ln.

Deere Farms

Corn Maze, Pumpkin Patch and Hay Ride

Explore a corn maze, take a hay ride, and find your perfect pumpkin in the pumpkin patch.

November 3, 1-4 p.m.
Cost: \$30 | To register, call 459-0660.
Please register by November 1.





TEEN CONNECTION JEWISH YOUTH GRADES 6-8

YOU ARE INVITED

Light Up CENTERSTAGE

DECEMBER 7, 2013
7:00 P.M.

COCKTAIL ATTIRE | \$90 PER PERSON
\$750 PER TABLE (10 PEOPLE PER TABLE)
PLEASE RSVP TO 502-238-2763 BY
DECEMBER 2, 2013

LINKER AUDITORIUM AT THE
JEWISH COMMUNITY CENTER
3600 DUTCHMANS LANE
LOUISVILLE, KENTUCKY 40205

School's Out Days offer fun when JCPS is closed

When JCPS is closed, the JCC opens its doors with creative programs for children in Kindergarten through the 5th grade. Each day at School's Out Day is centered around a different theme and every day includes sports, arts and crafts and swimming.

In October there were three different School's Out Days. October 4th was spent cooking creative dishes including candy sushi, pita pizza and graham cracker houses.

October 7 included a trip to Deere Farms where the kids saw chicken, goats and pigs. There was also a maze, pumpkin bouncy, slides and everyone was able



Work begins on constructing graham cracker houses using peanut butter, frosting and pretzel sticks as building materials. A delicious home for all.

painted pillow cases. There was even a photo scavenger hunt!

The fun continues on November 11 with bowling at Ten Pin Lanes before more swimming and excitement in the gym during the afternoon.

On November 27, kids will get ready for Thanksgiving and Chanukah by creating holiday themed arts and crafts.

All School's Out Day programs run 9 a.m.-3 p.m. and there are Get Up Gang and Stay 'N' Play options for parents who need extended care. Fees are \$55 or \$40 for JCC Members per day. Get Up Gang and Stay 'N' Play have an additional cost. For more information or to register, visit www.jewishlouisville.org/SOD or call 502-238-2718.



No need for a sandbox when you have extra corn!

to pick out a pumpkin to bring home.

October 8 was a PJ Party at the JCC. Everyone wore their PJ's, watched a movie, made dream catchers and

SCHOOLS OUT DAYS

November 11 **BOWL THE DAY AWAY**

Bowl at Ten Pin Lanes and later participate in sports & swimming at the JCC. 9 a.m.-3 p.m.

November 27 **THANKSGIVING CELEBRATION**

Create centerpieces for your Thanksgiving meal and play Thanksgiving relays and more! 9 a.m.-3 p.m.

Fee: \$55*

Member Fee: \$40*

* Discounts available for early registrants!

For more info. or to download registration form visit:

www.jewishlouisville.org/SOD

or call for a registration form at 238-2718.

Children's Story Hour

Thurs., Nov. 14
1:15 p.m.

At the JCC
For ages 2-4

Jewish Heritage
Fund for Excellence

NCJW
National Council of Jewish Women

UPCOMING EVENTS

PJ Library
JEWISH BEDTIME STORIES & SONGS

YOU
ARE INVITED
PJ Library Celebrates
Chanukah with Music

When: Sunday,
November 17, 10 a.m.

Music, snacks,
and crafts
\$5 per child
for supplies

SAVE THE DATE
January 26, 2014

PJ Library Louisville's
5 Year Birthday Party Concert



Come play fun fitness games while learning healthy habits! Limited space - max. 10 participants per age group. It sold out last year!

Sundays,
October 27,
November 3, 10, 17, 24
1 - 2 p.m.

FEE: \$65, JCC Members \$50



Get creative with Bricks 4 Kidz and legos! Build unique creations and play games with your friends.

Sundays,
October 27,
November 3, 10, 17, 24
1-2 p.m.

FEE: \$75, JCC Members \$60

TEEN EXCEEDS!

MONDAYS | November 4-25

4-4:45 p.m.

Help your teen exceed their potential with his introduction to weight training course. Your teen will work with a certified personal trainers to learn the fundamentals of weight training.

Fee: \$80

(EXCEED FOUNDATIONSM is for Members Only)



TEAM TREK TO BROADWAY

A New Workout Program from the JCC of Louisville

Recruit a team and exercise your way through Broadway plays and classic theatres! Awards given to participants upon completing the trek.



The Trek Runs October 14-December 31

REGISTRATION FEE: \$5 JCC MEMBERS Ages: 14+

FOR MORE INFORMATION

contact the Health & Wellness Desk at

238-2727

SENIOR CALENDAR

OCTOBER 25

Redt Yiddish with Al Goldin, Noon

OCTOBER 29

Bingo, 12:45 p.m.

NOVEMBER 12

Adult Social Club Chorus, 12:45 p.m.

NOVEMBER 14

Frazier Arms Museum—"Eye of Napoleon", 9:45 a.m.

Join us for this magnificent exhibition of over 200 works of Napoleon Bonaparte's paintings, sculpture, jewels, books, furniture and vintage clothing.

Cost of admission and transportation: \$20/JCC & ASCM, \$28/NM

Lunch (on your own) will be at The Golden Corral in Jeffersonville, Indiana.

NOVEMBER 18

Gourmet Dining Club, 5:30 p.m.

Join us at Applebee's on Taylorsville Road near Bardstown for dinner.

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

NOVEMBER 19

Bingo, 12:45 p.m.

NOVEMBER 26

Annual Thanksgiving/Chanukah Luncheon, Noon

This year's Thanksgiving Luncheon will be very special as we also celebrate the start of Chanukah.

Bob Holt & his Prime Time Band will entertain after lunch.

Please make your reservations by Friday, November 22.

Team JCC raises \$400 to fight diabetes, support Ms. Pamela

On October 19, more than 15 people from JCC Early Childhood Education participated in Step Out, the American Diabetes Walk to Stop Diabetes. The group raised approximately \$400 in support of Ms. Pamela, a teacher at ECE. Ms. Pamela is in her second year of teaching in the infant room and is like family to many of the families with children she looks after.

"Ms. Pamela has a wonderful attitude and is truly an inspiration," said Early Childhood Director Melissa Youngblood. "We were honored to walk in support of her and all who suffer from this disease."

After not feeling well for a while, Ms. Pamela went to a routine physical and was diagnosed with Diabetes. She is currently insulin-dependent and checks her sugars multiple times per day. While



Ms. Pamela with some of her infants and Team JCC.

they are trying to get her levels under control, Ms. Pamela reports that she is feeling much better.

Personal Training

at the JCC Louisville

Get FIT before the holidays.
Chanukah comes early this year!

Call 502-238-2727

J-BARRE

Three women are shown in a studio setting, performing various exercises on a wooden barre. They are wearing athletic wear, including tank tops and leggings. The background is a simple wall with a mirror.

A high-energy group exercise class that fuses fitness techniques from Pilates, Dance, and Yoga combined with fluid athletic intervals. J-Barre is the **perfect combination** of **strength** and **flexibility** with an added **cardiovascular endurance** element utilizing the barre. The method focuses on proper anatomical biomechanics with techniques for a safe and fun class.

Registration Fee: \$40 | JCC Members Only.

MON.

Nov. 4-25

5:30-6:30 p.m.

TUES.

Nov. 5-26

5:30-6:30 p.m.

WED.

Nov. 6-27

5:30-6:30 p.m.

THURS.

Nov. 7-28

5:30-6:30 p.m.

For more information, contact
the Health and Wellness Desk at
238-2727.



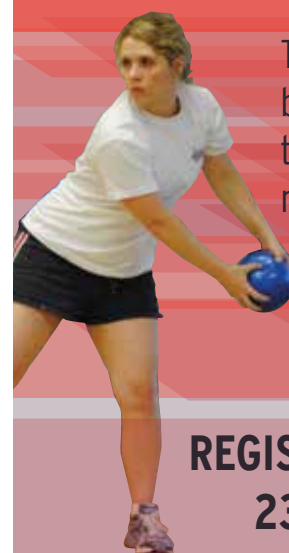
JCC PATIO GALLERY PRESENTS

LOUISVILLE ARTISANS GUILD

October 13-November 19



WOMEN'S FITNESS



This 30 minute class will guide you through basic workout routines, proper weight lifting techniques, and incorporate different types of resistance training and cardio methods.

TUESDAYS | NOV. 12-DEC. 17
5:30-6 P.M.

REGISTER TODAY
238-2727

Fee: \$108
(Members Only)