

CENTERPIECE

INSIDE

19 artists were selected for the 10th annual Mazin Art Exhibit

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Spin your wheels for Chanukah to help Special Olympics and the JCC

by Niki King
PR Specialist

This year, the JCC is giving people the opportunity to work off post-Thanksgiving calories and celebrate the Festival of Lights, all for a great cause. JCC Louisville is participating in a national stationary bike event called Cycle for Good on Dec. 8, the Sunday following Chanukah, from 9 a.m.-1 p.m.

Jewish Community Centers across North America annually participate in Cycle for Good, which raises money for Special Olympics, the athletic competition for the developmentally disabled. The Louisville JCC event is working with Kentucky Special Olympics.

Staggered start times allow participants in Cycle for Good to ride bikes at the same time as other Jewish Commu-



Tara Stone during her 4 hour and 45 minute ride for last year's Cycle for Good.

nity Centers from coast to coast. Individuals can rent bikes for \$25 per hour or solicit sponsors to fund their rides.

"Spinning is a fun, challenging workout for people at all fitness levels and is one of the most popular offerings at the JCC," said Tara Stone, Cycle for Good Coordinator. "This event gives people the perfect chance to do something beneficial for others in the true spirit of the season."

The JCC will open its doors to anyone who wants to bike during Cycle for Good. Advance registrations are encouraged and can be made by calling 502-238-2726.

Other Ways to Support Cycle for Good

- Chair massages from 10 a.m.-2 p.m.
- Hourly drawings to win JCC prizes (\$1 per raffle ticket)
- Contests and games for the whole family for a quarter from 1-4 p.m.
- Tattoos and popcorn for a quarter
- Pilates demos for \$1
- Make a donation at the cycle station

Early Childhood Education to honor former teacher

Parents, staff and children alike remember Yeva Unger, an infant care teacher at the JCC for nearly 25 years, in the same way.

"She was like a bubble to everyone. She was just so soft and kind," said Melissa Youngblood, Early Childhood Education director.

Unger retired suddenly this past year in order to care for her ailing 95-year-old mother. While she may be gone from the infant room, she's not forgotten, and parents who miss her dearly want to ensure her memory and spirit remain part of the program.

The Early Childhood parent committee is planning to dedicate a corner of the infant room in Unger's honor. Called "Yeva's Corner," it will be filled with cuddly, comforting items for the children. The committee has set a \$5,000 goal for the project.

"We wanted to honor her years of service," said Nikki Grizzle, a JCC member and mother of two in ECE. "I am thankful every day that my daughter had with Yeva and I am sure there are hundreds of parents throughout the community who would agree."

Grizzle said Unger made it easy to



PJ Library celebrates Thanksgivukah

by Jennifer Tuvlin
PJ Library Director

PJ Library celebrated "Thanksgivukah" with a sing along, crafts and of course donuts. Preschool aged children came together at the JCC on a very rainy Sunday morning for a song fest led by Carol Heideman and Marsha Roth. The children danced and sang traditional Chanukah songs and participated in an original story-song written by Carol and Marsha all about the special occurrence of Chanukah and Thanksgiving on the same day this year.

The beauty of this event was not just how excited the children were to sing about one of their favorite holidays, but to see how many children from all parts of Louisville's Jewish community came together.

PJ Library is next having a family concert on January 26 at 10:30 a.m. to celebrate providing books for five years to Louisville's Jewish children. Save the date because Rick Recht, a nationally known Jewish singer, is coming to Louisville for this special event. Recht is the national music spokesman for the PJ Library and executive director of Song-leader Boot Camp. His concerts are eas-

ily accessible for young children and he tailors the experience for the predominant age of his audience. The concert is free to children and just \$5 for adults.

More information will appear in the December 20 edition of *Community*.

If you are interested in helping plan this event, please contact Jennifer Tuvlin at jtuvlin@jewishlouisville.org.



Abby and Blake Tasman



Tammy and Maddie Behr

take her kids to J-care each morning.

"It wasn't like turning her over to a day care worker. It felt like turning her over to a member of the family," Grizzle said. "She was everyone's grandmother. She touched everyone's baby who came there in the same way."

Unger said she was touched by the effort, especially in what has been a hard year for her. Her husband was diagnosed with prostate cancer and her mother was hurt in a fall.

She now has two grandchildren to dote on, but misses her job immensely. "I miss being there so much, I have tears in my eyes," she said.

Unger, 65, said she has always loved children and grew up taking care of her neighbor's kids in Moldova, a small Eastern European country once part of the Soviet Union.

She moved to Louisville with her family in 1980 and started at the JCC as a manicurist. She began caring for infants part-time and adored the job so much, she transitioned to full time.

She grew up in a loving family, and that's where she gets her soft touch with children, especially babies. "I feel like I was loved and I wanted to give that to someone else," Unger said. "Babies are supposed to be loved."

Donations for "Yeva's Corner" may be sent to the JCC at 3600 Dutchmans Ln., Louisville, KY 40205, attention Melissa Youngblood, marked for "Yeva's Corner." Contact Youngblood at 238-2148 or myoungblood@jewishlouisville.org for more information.

JCC Thanksgiving Hours

November 28
7 a.m.-3 p.m.
No Group Fitness Classes after Noon

Group Fitness Class Schedule

Times	Class	Instructor
7:30-8:30 a.m.	Bootcamp	Mary Delk
8:30-9:30 a.m.	Yoga	Michelle
9:30-10:30 a.m.	Muscle Blast	Lisa
10:30-11 a.m.	CXWORX	Cindy
11 a.m.-Noon	BODYPUMP	Cindy
7:30-8:30 a.m.	Cycle	Jenn
9-9:30 a.m.	Cycle Lite	Lisa
9:30-10:30 a.m.	Cycle	Jenn

Happy 1st day of Chanukah! Latkes in the Lobby will return Dec. 3-5.

More pictures online at
www.jewishlouisville.org

join us for
Latkes
in the Lobby



Nov. 27 and
Dec. 2-5,
at 5 p.m.

Come enjoy Latkes,
singing, dreidel and fun!
Open to everyone.

10th Annual Mazin Art Exhibition selects 19 artists for showcase

By Melissa Zoeller

The JCC Patio Gallery selected 19 local artists to be represented in the 2013 Mazin Annual Art Exhibition. An opening reception will be held on Sunday, November 24, 2-4 p.m. Prizes for the top three pieces will also be announced at that time. The exhibit runs in the JCC Patio Gallery until January 7, 2014.

Bernice Mazin was a prolific artist throughout her life. She created the Mazin Annual Art Exhibition in honor of her husband, Benjamin, to give new and established Louisville artists a venue for exhibiting their works. During the opening reception, the JCC will remember the life of the Mazins and their impact on the arts at the JCC.

A record number of 55 artists submitted 177 works of art for consideration in this year's Mazin Annual Art Exhibition.



"Blah, Blah, Blah" by Nick Hartman

The renowned Billy Hertz, owner of Galerie Hertz, juried the exhibit. From the entries he selected 20 works of art to be displayed in the exhibition.

"As a juror, one thing I have found which so far has proved to be true time after time - do not go into the judging booth with a preconceived ideas of how



Nathan by Katherine Knudsen

the exhibition is going to look at the end of the selection process!" states Hertz.

Hertz added, "What is most important is that the final result reads as a cohesive body, that the works of art, regardless of medium, play off each other, continue the same narrative, sing together in perfect harmony - to me that



"Music Rhythms" by Keith Auerbach

is what constitutes and makes for a great exhibition. There were over 175 pieces of work to select from and getting it down to a precious few was no easy task due to the overall excellence of the majority of work submitted."

Artists whose work was accepted include C.J. Pressma, Tracy A. Norman, Nikita Krivoshey, Alice McDonald, Jenna Richards, Kevin Schultz, Katherine Knudsen, Vailorie Henderson, Martha Plager, Judy Mudd, Susan Moffett, Trish Korte, Kathleen Loomis, Devon E. Murphy, Nick Hartman, Keith Auerbach, Frank F. Weisberg, Bob Lockhart and Beverly Glasscock.

The exhibit will feature artwork in a variety of media including Archiva/Ink Jet Print, Embroidery Floss, Oil on Canvas, Collage, Encaustic, Intaglio, Fabric, Fiber/Art Quilt, Watercolor, Drawing, Acrylic, Pastel, Neo Color and more.

The JCC Patio Gallery is free and open to the public.

**REFER A FRIEND
TO THE JCC AND
BOTH OF YOU
CAN GET 2
MONTHS OF FREE
MEMBERSHIP!
OFFER ONLY
GOOD ON
NOVEMBER 29!**

JCC Louisville BLACK FRIDAY DEAL



WWW.JEWISHLouisville.ORG/BLACKFRIDAY

CenterStage Acting Out

**Sunday, Dec. 15
12:30 p.m.**

And then they came for me...

Remembering the world of Anne Frank



TICKETS: \$12 ADULTS | \$7 FOR KIDS 459-0660

JCC Gators Swim Team competes in Nashville

By Ben Goldenberg

Three members of the JCC Gators traveled to Nashville to compete in a swim meet with Nashville on November 3.

Eli Partin won the Boys 13 & over 100 meter IM with a time of 1:59.35. He also placed second in the 50 Breast and third in the 50 Fly. Josie Partin placed fourth in four different events including the Girls 9-10 50 Free, Fly and Breast. Ben Zlatin had a strong finish in the Boys 9-10 50 Fly. A great cheering section supported everyone.

The JCC of Louisville and the Gators are hoping to host Nashville and a few other cities next season in the spring when the outdoor lap pool opens.



Photos by Irina Zlatin

JCC Winter Camp lets children explore different professions

By Niki King

What do you want to be when you grow up? It's a question kids can explore in Winter Camp at the JCC! Children can use their day off from school to imagine what it might be like to be an artist, musician, scientist or police officer through fun field trips and activities at the JCC's Winter Camp, Dec. 23-Jan. 4.

"We'll have a blast each day exploring what professionals do in kid-friendly ways," said Angie Hiland, Early Childhood Assistant Director. "The kids will do things like dig for hidden treasure and dinosaur bones on archaeology day or create edible jewelry as an example of what chefs do."



Campers can learn what it is like to be an athlete and work on their sports skills using the JCC's SportsWall.

Parents love winter camp, too, because they know their kids are in a safe place when school is not in session.

"When I grow up I want to be..." camp is open to children in preschool-5th grades from 9 a.m.-3 p.m. with extended day options available for an additional fee. Every day includes physical activity, arts and crafts and a snack, with swimming daily for children in kindergarten-5th grades. Special guests will include Steve-O the Magician, musicians John Gage and David Serchuk and kindergarten-5th grades will visit the Louisville Slugger Museum.

Specialty camps run for two or three days and are open to kindergarten-5th grades. Lego camps include factory building and girl-centric programs. Specialty camps run from 9 a.m.-12 p.m.

with extended day options available until 6 p.m. Snacks are provided.

For pricing information and to fill out the registration form, visit the JCC website at www.jewishlouisville.org/camp.

Send completed forms to Mary Dooley via fax at 238-2759, email mdooley@jewishlouisville.org or mail to Attn: Mary Dooley, 3600 Dutchmans Lane, Louisville, KY 40205.

WHEN I GROW UP I WANT TO BE...

2013 JCC WINTER CAMP

Winter break is right around the corner, and JCC Winter Camp is now enrolling!

Open to Preschool Campers and K-5 Campers.
Pick up registration forms at the JCC or visit
www.jewishlouisville.org/wintercamp.

Chanukah Children's Story Hour

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

Thursday, December 5 at 1:15 p.m.
At the JCC | For ages 2-4



UPCOMING EVENT

PJ Library
JEWISH BEDTIME STORIES & SONGS

YOU ARE INVITED
Rick Recht-
Live in Concert!

When: Sunday,
January 26, 10:30 a.m.

Free for children
\$5 for adults

Community Concert
and sing along with Rick
Recht! All families welcome!

PJ Library Louisville's
5 Year Birthday Party Concert
at the JCC Auditorium

For more information
contact Jennifer Tuvlin at
jtuvlin@jewishlouisville.org.

SENIOR CALENDAR

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.

Call 238-2743 to make your reservations!

DECEMBER 3
"Name that Tune" with Sara Robinson, 12:45 p.m.
Come and join us for this enjoyable program as you try to guess some familiar tunes. Prizes will be given out to the winners. We will also celebrate birthdays and anniversaries. Refreshments will be served.

DECEMBER 10
Bingo, 12:45 p.m.


DECEMBER 17
Chorus & Sing-along, 12:45 p.m.

DECEMBER 22
Holiday/New Year's Party, 1 p.m.
Join us as we celebrate the New Year. There will be terrific entertainment by Don Picozzi and Kevin Rees, fabulous door prizes and delicious food.

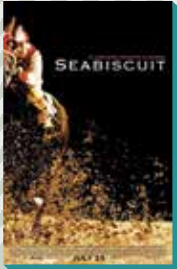
Cost: \$17/JCCM, \$19/ASCM, \$25/NM

Reservation & Payment Deadline: Friday, December 13

DECEMBER 27
Redt Yiddish with Al Goldin, Noon



JCC
BOOK CLUB



This month we're reading *Seabiscuit* by Laura Hillenbrand. Physical and digital copies are available by request.

DECEMBER 23

Meet us at the Na'amani Library at 11 a.m.

For more information contact Svala Nelson at 238-2760

Massage offers complete relaxation at the JCC

By Niki King
PR Specialist

Breathe in, breathe out. Prepare to relax.

This winter, the JCC is ramping up its massage program and more fully integrating it into the center's health and wellness services.

Tara Stone, assistant director of membership and wellness, said members can



Tim Grady, licensed massage therapist at the JCC.

expect to see massage offered as a package with other services, such as personal training, which will provide a premium, customized experience at highly competitive prices.

The massage rooms, located in the lower level of the fitness area, are also getting a facelift with new paint, curtains and other touches.

Stone said it makes perfect sense to increase the profile of massage at the JCC as massage has so many health benefits, such as relaxation, pain management, increasing range of motion, injury prevention and rehabilitation.

Tim Grady, licensed massage therapist at the JCC, agreed. He consults carefully with each client to customize for them the massage experience they're looking for, he said.

For example, he might do a deep-tissue, Swedish massage for someone who is working out hard and wants to relieve muscle tension. Or, he can create a massage that targets particular ailments such as lower back pain or a frozen shoulder. He said people can even enjoy full-body benefits from a hand and foot massage.

"It's a complementary service for the full health and well-being of a person, right along with nutrition and exercise," he said.

In his private business, called The Gift of Touch, Grady works with patients of Hospice and special populations such as the elderly, or those suffering from cancer, Alzheimer or dementia and their care-givers. Licensed since 2000, his early work included several family members who were cancer patients, including his own father, who was a cancer patient with Alzheimer's disease. Grady experienced the first-hand benefits of hands-on comfort touch while recuperating from prostate cancer.

He said he was drawn to working at

Benefits of Massage

The Mayo Clinic says there are many health benefits to massage. Studies have found massage can be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

JCC Massage Therapy

Schedule your session at the Health and Wellness desk or by calling 502-238-2727. We accept Visa, Mastercard, Cash, Check or Charge to Account.

Massage	Prices	JCC Members
30 minute	\$45	\$40
45 minute	\$55	\$50
60 minute	\$70	\$60
90 minute	\$100	\$90

Chair Massage

10 minutes\$15 \$10

Hot Stone Massage

60 minute\$85 \$75

90 minute\$115 \$100

the JCC because he's been a member for 33 years, raising his family of three daughters here.

"I always liked the idea of a full-service JCC," he said. And, he liked the diversity of the client base here, as people at the JCC have a variety of massage needs.

He makes all his massage oils himself, matching them to each massage, like peppermint for someone looking to feel energized or lavender for relaxation.

"I try to create a full mind, body and spirit experience for each client from beginning to end," he said.


Chair massages will be offered soon in the fitness area during peak hours of the morning and evening for people looking for a quick fix or for those who'd like to try out massage to see if it's for them. Chair massages will kickoff from 10 a.m.-2 p.m. December 8 during the Cycle for Good event.

To schedule a massage, contact the JCC Health and Wellness Desk at 238-2727. Holiday gift cards are also available and can be purchased in any demonstration.

FAMILY BREAKFAST

Wednesday, Dec. 25

10 a.m.-1 p.m.



Individual Fee: \$12, JCC Members: \$10

Family of 4: \$32, JCC Members: \$25

Addl. family members above 4: \$5

What's all included?

Egg and Pancake breakfast, fun activities and access to the Fitness Center!

Call 456-0660 to register by December 13 and save \$2!



Get 3-weeks worth of J-Barre for \$30, Dec. only!

Registration Fee: \$30 | JCC Members Only.

MON.	TUES.	WED.	THURS.
Dec. 2-16	Dec. 3-17	Dec. 4-18	Dec. 5-19
5:30-6:30 p.m.	5:30-6:30 p.m.	5:30-6:30 p.m.	5:30-6:30 p.m.

Personal Training

at the **JCC Louisville**



Get FIT before the holidays.

Personal or small group training sessions available by the half or full hour.

Call 502-238-2727