

# CENTERPIECE

16 IYYAR, 5773 ■ APRIL 26, 2013

**INSIDE**  
A new shlichah will bring Israeli culture to JCC Summer Camp through expanded programming  
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## Outdoor pools open for summer May 25

Lap swimmers are already enjoying the Outdoor Lap Pool, but soon the rest of the JCC outdoor pools will be open for families to enjoy. On Saturday, May 25, the Family and Seng Jewelers Wading Pool will open for the summer with expanded hours!

New this year, the pools will not close until 6:45 p.m. on weekends. Last year, families enjoyed earlier hours in the morning, opening the family and wading pools at 9:30 a.m.

“Our members asked for more time during the weekends last summer and it was a great idea to add for this summer,” said Liz Stumper, Aquatics Director.

Other changes include the renamed Dive In Diner. The former Outdoor Café was ready for a refreshed look and feel and will feature all new signage and

new food options when the pools open. An updated menu will be released in next month’s CenterPiece.

“The Outdoor Café needed a new direction,” said Tara Stone, Assitant Director of Membership and Wellness. “We are listening to members and seeing what other food options we can offer, especially healthier food.”

In fact, even the name “Dive In Diner” came from members. Benedicte Partin suggested it on Facebook and members voted on the new name from a list of choices. The new Dive In Diner will open on Sunday, May 26.

The JCC is accepting applications for summer memberships. The summer season will run from May 25-September 15. Family memberships cost \$495 and include discounts on summer camp. Individual memberships cost \$350 and also include the use of the



The JCC outdoor pools open May 25. Pool hours were expanded for the summer during weekends. The pools will now close at 6:45 p.m.

fitness facility. For more information, contact Suzy Hillebrand, Membership Director at 238-2791 or shillebrand@jewishlouisville.org.

**FAMILY AND WADING POOL HOURS**

**Starting May 25**

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 25**

Lanes 5-9 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.

The JCC is proud to host the Gators Swim and Dive team & will close the Lap Pool and Dive Wells for Home meets.

### JCC SUMMER MEMBERSHIP

May 25 - Sept. 15

**\$495\*** Family  
**\$350\*** Single

**459-0660**  
shillebrand@jewishlouisville.org  
jewishlouisville.org/membership

\*Restrictions apply. Payment in full required.

## The truth about stretching and injury

To stretch, or not to stretch? Experts used to claim that stretching before a workout can help decrease the risk of orthopedic injuries; however, more re-

cent research shows that stretching is ineffective for warming up your body. Some research is even proving that pre-workout stretching can be harmful to athletic performance.

As an active person, you may not always be looking for peak performance, but you always strive to be healthy and avoid injury. So what is the best way to warm up?

A warmup should be designed to move your body in motions similar to the actions you’ll perform during your workout. If you’re going to do an upper body workout, your warmup must simulate that action in your upper body muscles. A warmup should also increase blood flow, which in turn increases muscle elasticity. This process requires elevating the heart rate.

Dynamic Stretching (DS) is stretching performed by moving a joint through its full range in a challenging but comfortable motion. The goal is to lengthen and shorten a muscle by activating your nervous system. Static stretching does not have this effect. DS can increase joint range of motion, increase blood flow and increase body



JCC Personal Trainer Sylvester Davis shows the proper form to stretch the quadriceps muscle.



Shabbat in the Lobby is celebrated every Friday at 11:30 a.m. The entire community is invited to welcome in the Sabbath and learn about Jewish culture and Shabbat at the JCC with our Early Childhood Education classes.

awareness, just to name a few benefits. It also requires a fair amount of coordination, which stimulates neuromuscular activity and alertness.

Do not confuse Dynamic Stretching with Ballistic Stretching, where you “bounce” into the stretch. Ballistic Stretches should only be done with the watchful eye of a Personal Trainer or health professional to avoid potential injury.

JCC Personal Trainers and Floor Staff are always available to help you with the proper way to warm up before your workout. If you have any questions about the equipment at the JCC,

Fitness Orientations are available every Wednesday at 7 p.m. and Sundays at 4 p.m. Call the Health and Wellness Desk at 238-2727 to let them know you are coming and wear your workout clothes!

If you are ready for the next step in your fitness journey, the Exceeds Foundations Program includes 2 sessions with a JCC Personal Trainer. After a complete Health Assessment and Fitness Evaluation, our trainers will lead you through an individualized workout session. Call 238-2792 to set up your session.



# Shlichah and garden build community for JCC Summer Camps

The staff of the Jewish Community Center's Summer Camp is not content to keep doing the things that have made the program so successful in the past. They're committed to continuing to build on that success and have raised the bar even higher for summer 2013.

The traditional camp programs, Camp Keff and J-Tots, will include swim lessons, arts and crafts, sports and music. But the programs also will include activities centered around the community garden.

"We're focusing on continuing to build high quality programs with different themes and activities that go with the themes each week," said Camp Director Julie Hollander. "There will also be new Shabbat programming on Fridays."

The biggest news this year is the JCC will have a shlichah this summer. Dikla Alegra Levi will serve the Louisville community as an emissary from Israel, and she will participate actively in all summer camp programs. She will connect with the campers and create engaging programming that introduces them to Israeli culture.

The JCC is also expanding its specialty camp offerings. "We're part-



nering with the Speed Museum to do art camps here," Hollander said, "and we're partnering with the University of Louisville to do two camps at the U of L astronomy lab and a writing camp."

The Trek 46 camp will travel to Camp Livingston in Cincinnati, OH, this year to give youngsters a taste of Jewish overnight camping.

Hollander is also enthusiastic about the camp staff. "Mike Stekloff is running Camp Keff," she said, "and he will be putting his own twist on the different activities. Rachel Lipkin is running Trek 46, the counselor-in-training program and some middle school camps. She's also bringing in more Jewish programming. Angie Hiland is running J-Tots Camp."

Download your copy of the Summer Camp brochure and application forms at [jccloouisvillecamp.org](http://jccloouisvillecamp.org) or stop by the JCC to pick up your copy.

# JCC Spring Camp was fun as a picnic

April 2-5 was a great week at the JCC as we celebrated JCC Spring Camp: Going on a Picnic.

Campers in K-5 had a blast throughout the week! On Tuesday campers learned all about ants. On Wednesday, campers got to experience nature first hand at the Louisville Nature Center as we learned about dirt and different types of birds and animals. On Thursday, campers learned the importance

of reduce, reuse, and recycle. On Friday, campers got to go on a picnic.

Preschool campers also had a great time creating many crafts with their recycled items, playing sports and swimming.

The campers learned a great deal throughout the week and many are excited to return to the JCC for Summer Camp in a few short months!



LOUISVILLE  
**J-SERVE**  
JEWISH TEENS SERVING THE WORLD

2013  
2013  
2013  
2013

Including a free kids carnival from 2-3:30 p.m.

**APRIL 28**  
**1:30 - 4 p.m.**

**TEEN CONNECTION**  
JEWISH YOUTH GRADES 6-8

Eighth Grade Only  
Progressive Dinner as we transition from Teen Connection to BBYO, NFTY and USY. Boys bring salads or desserts and girls bring a vegetarian pasta dish.

**Progressive Dinner**  
May 17, 6:30-8:30 p.m.

To RSVP, contact Mike Stekloff, Teen Director, at 238-2774 or [mstekloff@jewishlouisville.org](mailto:mstekloff@jewishlouisville.org)  
Required by May 10 at 5 p.m.



# CENTERSTAGE 2013/14 SEASON

J Michael's Salon and Spa and Physician's Center for Beauty present:  
**The CenterStage 2013/14 Season Launch Party: Come "Bend and Snap" with the cast of Legally Blonde!**  
 Wednesday, July 10th 6 p.m.  
 Tickets: \$30  
 Cocktail Hour featuring Open Bar, Hors D'oeuvres, Best Dressed Contest, Preview Legally Blonde: The Musical, and end the night with a Bend and Snap Contest with the Cast!

## 2013/14 SEASON

### Legally Blonde The Musical

July 11-21, 2013  
 Harvard's beloved blonde takes the stage by pink storm in this fun, upbeat musical about self-discovery. Based on the adored movie, LEGALLY BLONDE: THE MUSICAL stays true to form with a peppy score and playful book. This musical is ridiculously enjoyable from start to finish.



### A New Brain

August 15-25, 2013  
 Based the real life struggle of the author, this show is about making the most out of life in the face of tragedy. When a neurotic, frustrated composer is confronted with a terminal illness, he finds salvation in the healing power of art.



Hilliard Lyons and Greg & Melinda Vincenti present  
**Les Miserables**  
 October 24-November 10, 2013

This epic, grand and uplifting tale of passion and destruction in 19th century France packs an emotional wallop that has thrilled audiences all over the world.



### The Best Little Whorehouse in Texas

January 9-19, 2014  
 This happy go lucky view of small town vice and statewide political side-stepping recounts the good times and the demise of the Chicken Ranch.



*A CenterStage season ticket is arguably the best bargain in town, offering Broadway quality productions and an eclectic repertoire.*  
 --Anne Fox Miller

Friends of Cancer Survivors present  
**Wit**

February 13-23, 2014  
 This Pulitzer Prize winning drama 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.



**The Color Purple**  
 March 20-April 6, 2014  
 Set to a joyous score featuring jazz, ragtime, gospel, and blues, The Color Purple is a story of hope, a testament to the healing power of love, and a celebration of life.



Hilliard Lyons and Greg & Melinda Vincenti present  
**The Sound of Music**  
 May 8-18, 2014  
 A classic Rodgers and Hammerstein musical based on the memoir of Maria von Trapp, a nun who becomes the governess to Captain Von Trapp's seven troublesome children.



Join us for lunch and a show!



May 19 • 12:30 p.m.  
 Kids: \$10 • Adults: \$15

Includes lunch, performance, post show activity and a chance to meet the professionals.

Call 459-0660  
 for tickets.



# CenterStage

## YOUR TICKET TO BROADWAY

Purchase your tickets for the **2013/14 Season!**

Buy your tickets online at **CenterStageJCC.org**

Order by phone: **502-238-2763**

JCC Patio Gallery Presents

## Sabbatical Sunday Series

Laurie Doctor



Steven Skaggs



**April 28- June 11**  
 Opening Reception  
**April 28, 2-4 p.m.**

## early childhood education center

AT THE LOUISVILLE JEWISH COMMUNITY CENTER

Spaces available for the 2013-2014 school year.

Contact Angie Hiland for more information, 238-2716 or [ahiland@jewishlouisville.org](mailto:ahiland@jewishlouisville.org).



# TEEN CONNECTION

JEWISH YOUTH GRADES 6-8

## MIDDLE SCHOOL DIVE-IN MOVIE OVERNIGHT

May 18-19 | Grades 5-7 | Fee: \$15

Register by May 13, call 238-2701!



## Children's Story Hour



JOIN US FOR A STORY, A SNACK, AND FUN CRAFTS. FREE AND OPEN TO THE WHOLE COMMUNITY!

**THURSDAY, May 16 at 1:15 p.m.**  
 FOR AGES 2-4 YEARS OLD



# Latest Team Trek program ending May 2

The latest JCC workout motivation is ending and nine Team Trek teams are on the final leg of their Around the World in 80 Days challenge.

Leading the way this challenge was the KI Krusers: Elliot Sadle, Leigh Bird, Russ Bird, Maureen Friedman and Shmully Litvin. Team KI Krusers has completed the journey with almost 60,000 miles as of April 23. Team South (Gina South, William South, Rob South, Kathy Fields and Marsha Bornstein) have also finished the trek with more than 38,000 miles. Three more teams are within striking distance of the goal of 35,845 miles, which must be completed before May 2.

For every 30 minutes of exercise, teams received 100 miles for their journey. In 80 days, 5 person teams visited Boliva, South Africa, Singapore and more while traveling 35,845 miles.

Overall, teams have combined for



more than 1,250 hours of workouts at the JCC. That can be approximated into burning more than 140 pounds of fat!



## Your 1st Swim Lesson is Free!

Now enrolling students  
2 months-Adults

**REGISTER TODAY!**  
Call the Lenny Krayzelburg  
Swim Academy  
Hotline 238-2758





# LIFEGUARD TRAINING

CPR CLASSES ALSO OFFERED

## CLASSES HELD:

To register for one session call 238-2727

SESSION 3	SESSION 4
Tues.-Thurs., April 30-May 2	May 13, 14, 16 & 17
4-8 p.m.	4-8:30 p.m.
Fri.-Sun., May 3-5	May 18-19
11 a.m.-5 p.m.	11 a.m.-5 p.m.

TO REGISTER, CALL:

# 238-2727



## SENIOR CALENDAR

**COME AND JOIN US AS WE CELEBRATE "OLDER AMERICANS MONTH."**

### APRIL 26

Redt Yiddish with Al Goldin, JCC Senior Lounge, Noon

### APRIL 30

Bingo, JCC Senior Lounge, 12:45 p.m.

### MAY 7

Sing-Along with Linda Sparrow, 12:45 p.m.

### MAY 14

Bingo, 12:45 p.m.

### MAY 25

"Staying Healthy as You Age", 12:45 p.m.

Becky Beanblossom from Home Instead will be the speaker. Refreshments will be served.

### MAY 21

Movie & Popcorn-"My Favorite Year", 11 a.m.

Join us for this hilarious comedy starring Peter O'Toole. "My Favorite Year" is a hysterically funny fictional treatment of Sid Caesar's Your Show of Shows backstage shenanigans. Peter O'Toole received an Academy of Award nomination for this movie.

### MAY 22

Senior Retirees Meeting, 12:45 p.m.

Jennifer Doom from Kentucky Department of Financial Institutions will speak on Investment Fraud, how to protect yourself from unscrupulous practices. We will also play Fraud Bingo (bingo with tips about avoiding fraud). Refreshments will be served.

**TRX**  
Suspension Training®

**TRAIN LIKE A CHAMPION**

Reduced Cost and Session Length!



**May 20-June 27**

**Cost: \$90**

**JCC Members Only**

**Monday Group Classes  
10:30-11:30 a.m.**


**Tuesday Group Class  
5:30-6:30 p.m.**

**Wednesday Group Class  
10:30-11:30 a.m.**

**Thursday Group Classes  
5:30-6:30 p.m.**

**To Register, call the Health and Wellness Desk**


**238-2727**




## JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

# Tzedakah Fair

JCC Children's Place  
May 19, 10-11:30 a.m.



Practicing  
**Tikkun Olam**  
(Repairing the World)  
by  
Giving Back!



Learn about tzedakah with *Jumping Jenny*, and perform mitzvot through donations.

RSVP by May 15.

# call, 459-0660