

CENTERPIECE

INSIDE

The JCC Patio Gallery is bringing the outdoors inside with two themed exhibits, starting Sept. 1

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Exercising for 30-minute intervals means health benefits

New fitness options at the JCC start next month and many of the new classes are shorter, 30-minute classes. Many members may be wondering if a shorter workout is even worth the effort.

In short, yes. New research has shown that workouts as short as seven minutes are still effective at weight loss and lowering blood pressure. A 2012 study in Denmark asked moderately overweight men to work out for either 30 or 60 minutes for three months. The group that exercised for 60 minutes lost six pounds on average. However, the 30-minute exercise group lost an average of eight pounds. While the longer exercise group did burn more calories, researchers believe that the longer workout times lead to a rise in appetite that negated the extra work.

Researchers also found that people working out for an hour were more tired from the workout and did not do much else during the day to burn calories. People who exercised for half an hour felt energized to do more with their day.

The new classes, which start at the JCC on Sept. 2, are perfect for people who want to get a quick workout in, but do not have a lot of time to spend at the gym. The JCC is offering several half-

hour class options, all included in the price of your membership!

C X - WORK: Les Mills CXWORX is a moderate to high intensity 30 minute core training class that strengthens and tones all of the muscles of the core. It is dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body.

BodyPump Express: Everything that you love about Les Mills BodyPump, condensed into a half hour workout. This barbell class will sculpt, tone and strengthen your entire body. Focusing on low weight loads and high repetition movements, you'll burn fat, gain



The new BodyPump Express class will be offered on Thursdays at 6:30 p.m. and will feature a condensed version of the BodyPump workout.

strength and produce lean body muscle conditioning.

Lunch Time Express: Everything you need in 30 minutes. High Intensity interval training, including cardio, resistance training, core and flexibility. All before your lunch hour is over. Get Fit in a Flash!

For more information about any of the new classes offered at the JCC starting in September, call 238-2727.

New Fall Fitness Options:

Beginner Workout-Starts Sept. 11
in the Aerobic Studio
Wednesdays 6:30-7:30 p.m.

CXWORX-Starts Sept. 2
in the Upper Gym
Mondays 9-9:30 a.m.
Tuesdays 10:30-11 a.m.
Wednesdays 9-9:30 a.m.
Thursdays 10:30-11 a.m.
Thursdays 7-7:30 p.m.
Saturdays 11:30-Noon
Sundays 11-11:30 a.m.

BodyPump Express-Starts Sept. 12
Thursdays 6:30-7 p.m.

Family Fun Fit-Starts Sept. 2
in the Upper Gym
Monday 6:30-7:30 p.m.
Wednesday 6:30-7:30 p.m.
(Starts Sept. 11)

Lunch Time Express-Starts Sept. 3
In the Aerobic Studio
Tuesdays Noon-12:30 p.m.
Thursdays Noon-12:30 p.m.

J-Barre-Starts Sept. 2
In the Dance Studio
Mondays 5:30-6:30 p.m.
Tuesdays 5:30-6:30 p.m.
**Classes cost \$40 per session and run until Sept. 23 or 24.

Fall JCC Hours

Mon., Sept. 2Labor DayOpen 7 a.m.-7 p.m.*
Wed., Sept. 4Rosh HashanahJCC closes at 6 p.m.
Thurs., Sept. 5Rosh HashanahJCC closed
Fri., Sept. 6Rosh HashanahJCC closed
Fri., Sept. 13Yom KippurJCC closes at 6 p.m.*
Sat., Sept. 14Yom KippurJCC closed
Wed., Sept. 18SukkotJCC closes at 6 p.m.*
Thurs., Sept. 19SukkotJCC closed
Wed., Sept. 25Shemini AtzeretJCC closes at 6 p.m.*
Thurs., Sept. 26Shemini AtzeretJCC closed

*No Group Fitness classes will be offered after 1 p.m.
Business Offices are closed on Fridays, Sept. 20 and 27.

Improvements planned for JCC during High Holidays

The JCC will close for several holidays during September. But even though the facility is closed, improvements will continue on the building. Brian Tabler, the JCC's Facilities Director, has a list of projects to work on during shut down. Some of the highlights include:

- Waxing the floors throughout the JCC
- Painting the Boys' and Girls' locker rooms
- Repairing the Health and Wellness hallways
- Painting the front steps of the JCC
- Deep cleaning the locker room wet areas

Some of the work may continue while the JCC is open. The JCC desks will have an update on any areas that are being worked on that day.

Celebrate Sukkot at the JCC

SEPTEMBER 15
Teen Connection constructs Sukkah

SEPTEMBER 20
Early Childhood

SEPTEMBER 22
LBSY

SEPTEMBER 22
YAD Event

SEPTEMBER 24
Health and Wellness Yoga Class

SEPTEMBER 25
Senior Luncheon

FOR MORE INFORMATION
CALL 459-0660

New School Year Starts at JCC Early Childhood Education

By Niki King

For parents and preschoolers alike, this week was a happy return to school at the JCC.

"Every morning in the car on the way to school Charley names all of her teachers and friends who she can't wait to see when we get there. She literally talks about her teachers and friends every day. That makes me happy," said Angie Ditsler, parent of two in JCC's preschool.

Angie Hiland, assistant director of preschool, said the year kicked off well with more than 60 children enrolled in the preschool program.

For the first few weeks, teachers focus on everyone getting to know each other and the classroom, she said. Teachers make sure the kids understand the daily schedule to alleviate any anxieties they might have about what to expect.

"The first couple of weeks is all about giving them the tools to feel comfortable and in control of their day," Hiland said.

To help families prepare for the school year, the early childhood education department hosted an open house Aug. 18, so everyone could meet their teachers, see the classrooms, bring in supplies and explore their new environment.

This year, the department welcomed a new director, Melissa Youngblood. She has more than 10 years of experience in early childhood education, most recently as the director of the Gordon Jewish Community Center's Early Childhood Learning Center in Nashville.

Youngblood said this year she is par-



Emory Sellars and Claire Newkirk enjoy the playground.

ticularly excited about the new weekly science curriculum that will be introduced to the five J-Tots classes. She and other classroom teachers recently returned from training where they learned simple, age-appropriate ways to expose kids to bigger science concepts, she said.

"In this day and age, rote memorization doesn't cut it," she said. "It's the innovative thinkers who can think creatively outside of the box who are going to be the successful leaders in the future. Science and technology builds that type of thinking."

After Rosh Hashanah, all of JCC's early childhood classes will roll out a new program called Discover CATCH, which will introduce children to healthy lifestyle habits.

Hiland said there are only a few slots left for incoming children, mostly in the one- and two- year-old programs. For more information on enrollment, contact Hiland at 238-2716 or ahiland@jewishlouisville.org.

Camp Tikkun Olam awards grants, teaches children about philanthropy

by Rachel Lipkin
JCC Middle School, Assistant
Camp and Camp Tikkun Olam
Director

A group of teens at the Jewish Community Center's Camp Tikkun Olam participated in a group process of learning about giving to non-profit organizations and how non-profit organizations function. Campers acted as a foundation



Left to right-Elijah Shina, Gabrielle Aberson, Micah Erhman, Ben Berdichevsky, and Derrick Couch III

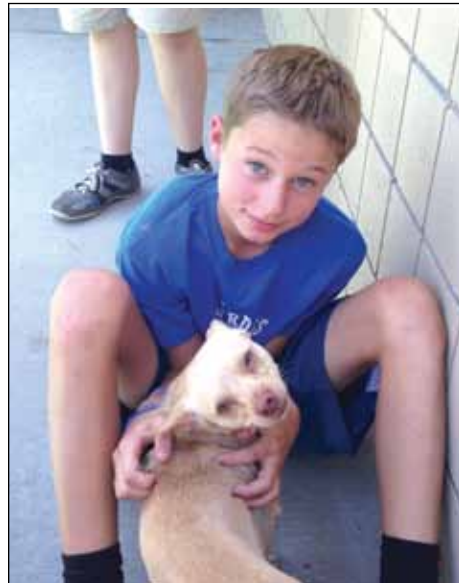
board, reviewed proposals submitted in response to RFPs (requests for proposals), went on site visits and awarded four grants to their selected non-profit organizations.

The group awarded \$700 to the Kentucky Humane Society. Elijah Shina, 13, said he "learned about all of the care involved in the Humane Society, enjoyed playing with puppies and kittens, and

chose to fund the Humane Society because they protect innocent cats and dogs."

Ben and Jonah Wilga, 12, said, "We did many things at the Humane Society. We visited puppy dogs and baby kittens. We also got to take out four pets and play with them. I really liked how the Humane Society takes such good care of all of their pets."

The money that was awarded to the Kentucky Humane Society will go to-



Camper Dawson Dornick gets some puppy love



Camp Tikkun Olam meets dogs at the Kentucky Humane Society

wards the Help Me Heal Fund. The mission of this fund is to heal the bodies and spirits of needy pets who require medical diagnosis and treatment or advanced behavior help before they can be adopted. Last year more than 100 dogs and cats were served through the Help Me Heal Fund and with this grant, they hope to serve even more animals.

The group also awarded \$150 to the Children's Hospital Foundation for their Second Chance Prom, \$100 to the JCC Early Childhood Education's expansion of the Discover CATCH (Coordinated Approach to Children's Health) program

that they began earlier this year, and \$50 to the Dare to Care Food Bank for their Backpack Buddy program. The group had a great time learning about all of the non-profits that applied for the grant and hope to be able to participate in a similar program in the future.

The participants in the camp were Gabrielle Aberson, Ben Bedichevsky, Eliza Brodsky, Derrick Couch III, Alexis Desmond, Dawson Dornick, Micah Erhman, Garrett Grubbs, Emily Renco, Elijah Shina, Spencer Shina, Benjamin Wilga and Jonah Wilga.

Memories of JCC Summer Camps gone by are shared

Several families came together on July 28 for a camp reunion. The families all attended different JCC Summer Camps of the past including Travel Camp and Camp Ricoree. Together with former Camp Director Jaye Sparber Bittner, they sang old camp songs, swam in the JCC pool and reminisced about their time at camp.

"It is obvious that Camp Ricoree is special to so many people! The memories from camp truly last forever!" said Bittner.

Despite not going to the same camps



Former campers at JCC Summer Camps reminisce about past summers.

or attending camp at the same time, everyone found out that some of their favorite activities ran through the years and some even continue today!

VOLLEYBALL CLINIC

AGES 7-10

SUNDAY, SEPTEMBER 8
1-3 p.m.

Fee: \$30, \$25 JCC Members
Registration Form at www.jewishlouisville.org/children

JCC GATORS

Fall Swim Team Training



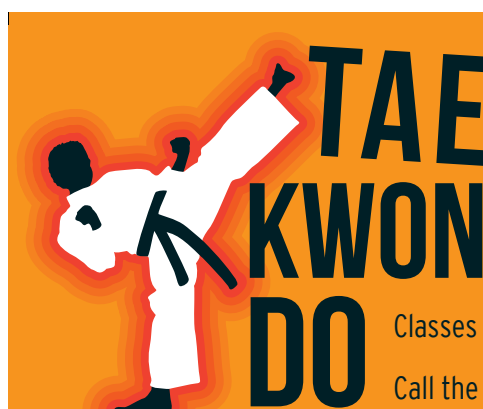
Off Season Training for children and teens, ages 5-18 who are interested in being part of the Gators Swim Team.

Fee: \$ 170

JCC Members: \$ 150
Multiple child discount of 10%

To Register, contact the Health and Wellness Desk at 238-2727.

September 16 – November 23



Want to learn...

- Practical self-defense techniques
- Self-discipline
- Respect for others and confidence for yourself

All while improving athleticism!

Classes starting Sept. 8th and Sept. 13th!

Call the Health & Wellness Desk at 238-2727 to register or for more information.

LIVE LONG AND PERSPIRE

JCC'S NEW RUNNING CLUB

AUGUST 25-NOVEMBER 10

We'll meet up **Sundays at 9 a.m.** and **Tuesdays at 6 p.m.** at **Seneca Park**

Interested in running your first 5k? Or in need of motivation? This new group is open to **all levels** of runners!

Cost: \$40 (includes shirt) or \$5 per drop in visit.

JCC Patio Gallery exhibits “Hindsight” and “The Shape of Nature” Sept. 1-Oct. 8

The JCC Patio Gallery is pleased to present two artists who employ distinctly different mediums to reveal the natural world. Their conjoint exhibits run Sept. 1-Oct. 8 in the Patio Gallery and JCC lobby.

“Hindsight” features the paintings, prints and drawings of Brian Jones, an award-winning local artist and professor whose work reflects his recent transition from an urban to rural landscape.

Over the last two years, Jones, a Professor of Fine Arts at Indiana University Southeast in New Albany, has physically and mentally resided in polar opposite places: the hurried Highlands of Louis-



“Passages” by Brian Jones

to exhibit, this combination felt very disjunctive, but now, in my new context, they feel appropriately cohesive. For me, they have taken on new meaning and significance.”

“The Shape of Nature” features the cast marble sculptures of Beverly Glascock, an artist who lives and works as an attorney in Louisville. The colors and shapes of nature inspire Glascock’s pieces, which, despite being made of composite rock, reflect graceful movement and fluidity.

“As an art medium, bonded marble’s aesthetic properties enhance everything I love about making art, from the colors and textures to the finishes,” Glascock said. “Whether the finished piece is smooth as glass or highly textured, the properties of this material add depth and motion to an otherwise static image. The look is deep and liquid and frequently begs the question ‘Can I touch it?’ The good news is... you may! These sculptures are as durable as natural stone. Creating these abstract sculptures brings me terrific pleasure.”

The opening reception is from 2-4 p.m., Sun., Sept. 1, and both exhibits run through Oct. 8.



“Nautilus” by Beverly Glascock

ville off Bardstown Road and a secluded weather-beaten structure in the middle of a forest in Harrison County, IN, where he’s building a new house and studio.

“Transition is impacting my life both directly and indirectly, personally and professionally,” Jones said. “These images come from four different bodies of work that span about 15 years of creative exploration and production. When initially considering the works I wanted

CenterStage
at the Jewish Community Center

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A new production of
BOUBLIL and SCHÖNBERG’S

Les Misérables

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**October 24 –
November 10**

TICKETS: 238-2709 | CenterStageJCC.org

Presented by Jake Latts and CenterStage
Louisville's got Talent
Seeking the Talents of Tomorrow

DECIDE WHO WINS!

FINAL SHOWCASE
September 8 • 3:30 p.m.

20 acts from the Open Auditions have been selected to perform LIVE in the Final Showcase. Three celebrity judges will score each act, but it will be up to you, the audience, to vote for the top three favorite acts!

CELEBRITY JUDGES:

- Dawne Gee (WAVE 3)
- Kathy Campbell (Heyman Talent Agency)
- Jake Latts

1ST PRIZE: \$300

2ND PRIZE: \$150

3RD PRIZE: \$75

COME SEE THE LIVE SHOW
AND HELP DECIDE WHO WINS!
SUPPORT YOUR FAVORITE
ACTS BY PURCHASING
TICKETS TODAY!

Tickets for the Final Showcase:
Children (10 or under): \$7;
Adults: \$12

Buy Tickets today
CenterStageJCC.org/talent
502-238-2763

Proceeds to benefit CenterStage Acting Out

CenterStage
at the Jewish Community Center



J-BARRE



High-energy exercise class
that fuses fitness techniques
from Pilates, Dance, and Yoga.
Improve your cardio endurance,
strength, and flexibility.

**REGISTRATION FEE: \$40,
JCC MEMBERS ONLY.**

**MONDAYS AND TUESDAYS
SEPTEMBER 2-24, 5:30-6:30**

For more information contact the
Health and Wellness desk at 238-2727

TRX
Suspension Training*

**Build
Muscle.**

**Increase
Power.**

**Tighten
Your Core.**

**Improve
Balance
& Flexibility.**



**Sept. 30 -
Nov. 6**

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

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

Wednesday Group Class
12-12:45 p.m.

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

SENIOR CALENDAR

THE JCC NUTRITION SITE WILL BE CLOSED ON MONDAY, SEPTEMBER 2 FOR LABOR DAY HOLIDAY.

THE JCC WILL BE CLOSED ON THURSDAY, SEPTEMBER 5 & FRIDAY, SEPTEMBER 6 FOR ROSH HASHANNAH.

THE JCC NUTRITION SITE WILL BE CLOSED ON THURSDAY, SEPTEMBER 19, FRIDAY, SEPTEMBER 20, THURSDAY, SEPTEMBER 26 and FRIDAY, SEPTEMBER 27 FOR THE JEWISH HOLIDAY SUKKOT.

SEPTEMBER 3
Chorus & Sing-Along, 12:45 p.m.

SEPTEMBER 10
Senior Retirees Meeting, 12:45 p.m.

Matt Goldberg, Jewish Community Relations Director will be the speaker. Refreshments will be served.

SEPTEMBER 16
Gourmet Dining Club, 5:30 p.m.

Join us at KT's on Lexington Road for dinner.

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

SEPTEMBER 17
Bingo, 12:45 p.m.

SEPTEMBER 24
Birthday & Anniversary Celebration with John Gage, 12:45 p.m.

Join John Gage as he sings some of your favorite songs.

We will celebrate birthdays & anniversaries and refreshments will be served.

SEPTEMBER 25
Annual Sukkah Luncheon, Noon

Join us for lunch in the JCC Sukkah as we celebrate the holiday Sukkot. Please call 238-2743 to make your reservations by September 18.

Two programs help wind down a summer of fun at the pool

As JCPS goes back to school, summer is winding down at the JCC. The Family and Lap pools close for the season on September 15 and the Outdoor Lap Pool will close on September 29. But there are two more fun events planned to celebrate the summer!

On Sunday, September 1, the JCC is hosting a Dive-In Movie. The pools will stay open until 7:30 p.m. before the Outdoor Lap Pool becomes a floating movie theater. Grab your rafts and head to the pool to watch *Finding Nemo* at 7:45 p.m. The Dive in Diner will be open late for dinner. You even can pre-order full pizzas until August 30 at Noon. This event is free for all JCC Members.

The JCC Doggie Dip returns on Sunday, September 22 from 10 a.m.-2 p.m. Bring your pooch and let them enjoy the water before it is drained for winter. The event costs \$6, \$5 for JCC members and families with a Louisville Dog Run Tag.



The dogs and their owners enjoyed the Wading Pool during last year's Doggie Dip.

All dogs must have proof of vaccination to enter the pool area and must remain with their owner and on a leash at all times. A portion of the proceeds will be donated to area canine charities.

Studio Art
with Sue Huttenlocher
Classes

WATERCOLOR
Learn the unique nature of watercolor. Find the fun in learning to paint. Beginners are welcome.
Wednesdays (6 weeks) 10 a.m.-Noon
Sept. 11-Oct. 23
"Expressing Your Feelings"

FALL 2013
ADULT EXPERIENCES

ART CLASSES WITH SUE HUTTENLOCHER
DRAWING ON THE RIGHT SIDE OF THE BRAIN | OCTOBER 7 - NOVEMBER 25
MONDAYS 10 A.M. | 6 SESSIONS | FEE: \$182, \$142 JCC MEMBERS

BALLROOM DANCING | SEPTEMBER 30 - OCTOBER 22
MONDAYS 6:45 P.M. | 5 SESSIONS | FEE: \$65, \$50 JCC MEMBERS

BEGINNING HEBREW | SEPTEMBER 30 - DECEMBER 16
MONDAYS 6:30 P.M. | 12 SESSIONS | FEE: \$150, \$120 JCC MEMBERS

INTRODUCTION TO SILK PAINTING | OCTOBER 1 - OCTOBER 29
TUESDAYS 6:30 P.M. | 5 SESSIONS | FEE: \$150, \$120 JCC MEMBERS

ACTING FOR ADULTS | OCTOBER 3 - NOVEMBER 14
THURSDAYS 6:30 P.M. | 7 SESSIONS | FEE: \$110, \$85 JCC MEMBERS

Dive In Movie
in the outdoor Lap Pool

SEPTEMBER 1 AT 7:45 P.M.
Free for JCC Members!
Showing Finding Nemo
Dive in Diner will be open late, be sure to preorder your pizza by noon Aug. 30th!

SUNDAY, SEPT. 22
10 A.M. - 2 P.M.

DOGGIE DIP

Bring your furry friend for a swim at the JCC Family Pool!
Fee: \$6, \$5 for JCC Members

For information on either event contact Liz Stumper at 238-2742

ARE YOU A WONDERING JEW?

the florence melton school of adult jewish learning
A PROJECT OF THE HEBREW UNIVERSITY OF JERUSALEM

MELTON ADULT EDUCATION CLASSES BEGIN IN OCT. START LEARNING WITH US!

The Florence Melton School of Adult Jewish Learning is sponsored by Congregation Adath Jeshurun in collaboration with the Jewish Community Center and with support from Congregation Anshei Sfard, Keneseth Israel Congregation, The Temple, and Temple Shalom. This program is made possible by a generous grant from the Jewish Heritage Fund for Excellence.

For more information, contact Melton Director, Deborah Slosberg at 502-458-5359 or dslosberg@adathjeshurun.com.