



Main Doors Open on Saturdays Starting March 4 One Entry/One Exit Policy to Keep JCC More Secure

Starting March 4, the JCC of Louisville new policies will go into place to upgrade the security of the building. The JCC will move to a ONE ENTRY/ONE EXIT system. Everyone, everyday of the week, will use the main doors by the stone arches. This change is to limit unauthorized access to the building. The door by the outdoor pool will no longer be used on Saturdays. The elevator entrance at the front of the building will remain available for those with disabilities or strollers.

The new policy will require all JCC members to scan their membership card before entering the building. If you have misplaced your JCC Membership card, please see the Membership office and we will give you a new one. We will also make sure members have a current picture on file. Guests to the building will be asked to check in at the main desk.

Our children are our future and we need to take care for their safety and protection. The Early Childhood Department will also be a part of our One Entry/Once Exit system. We will be distributing full drop off and pick up details in the coming weeks for your child(ren)'s teacher or caregiver to help make this an easier transition for all.

There are many doors throughout our building that will be designated as

Emergency Doors ONLY! These doors have been clearly marked in order to familiarize everyone before we activate the alarms on March 4. We ask for your cooperation in using to the Main Entrance/Exit in order to maintain a secure facility. Some areas which are used for programs may, at our discretion, have the alarms turned off during the allotted program scheduled time. At these times, our staff will be sure to disarm and open the doors prior to the program.

We are happy to continue hosting events and committee meetings in our facility and ask for your cooperation by signing in and providing identification at the desks. Staff and event planners will provide the desk staff with a list of participants for these events. Please help us speed up the process by being prepared to present some identification if you are asked by our staff.

New cameras were installed in the past two weeks, which allow us to monitor more locations throughout the building. The cameras were paid for from a generous grant from the Kentucky Colonels and a generous anonymous contribution.

This is just the beginning of our efforts to provide you with a secure and safe environment on our campus. We will be updating you on a regular basis as we

ONE ENTRANCE, ONE EXIT

Starting March 4

Please use **Main Entrance EVERYDAY**. The Health and Wellness entrance will remain closed on Saturdays.

All members will be expected to scan their membership card to get into the building.

All guests and visitors will be expected to sign in.

continue to upgrade the facility for your safety. We will continue to research new security protocols and systems that will not only protect us, but also provide controlled and convenient access into and out of our building.

Thank you for your cooperation. Your safety is our priority.

Art Projects at JCC Summer Camp Open House to Warm the Mind

The warmth of summer is in the hearts and minds of JCC Summer Camp staff. The coldness of February is the perfect time to start thinking about the heat of summer and summer camp!

JCC Summer Camp Director Julie Hollander is ready to meet new campers at the annual Open House, Sunday, March 17, from 11 a.m.-2:30 p.m. There new campers can learn about JCC Summer Camp, tour the facility and meet camp directors. Speed Art Museum educators will lead a hands-on art project. A camp presentation will be held at 11:30 a.m. and 1 p.m.

This year, camp is themed around Yad B'Yad (Hand in Hand), the universal values through a Jewish lens. By the end of the summer, campers will make a difference in the community around them and know how to work together for the common good. Each week, campers will experience cheering and ruach (spirit) every morning, tikkun olam (repairing the world) service projects, mitzvot (acts of kindness), tzedakah (charity) and celebrating Shabbat (the Sabbath) every Friday.

Summer camp is all about fun, too. Children will swim in the JCC's outdoor pools all summer. Camp J-Tots will swim two or three days a week; Camp Keff,

Trek 46, Middle School and Specialty Camps will swim everyday. Every camper in Camp J-Tots and Camp Keff will receive lessons from the Lenny Krazyelburg Swim Academy.

There are plenty of options for camp this year. Expanded specialty camps include art camps with the Speed Art Museum and science and writing camps with the University of Louisville's College of Arts and Sciences. Regular camp options are available as well.

Early Bird registration for JCC Members is open now; non-members can register beginning March 1. Early Bird discounts are available until March 22. For more information on camps or to see the schedule, visit www.jccloouisvillecamp.org or contact Julie Hollander at jhollander@jewishlouisville.org or 502-238-2708.



Camp Open House

Sunday, March 17

11 a.m. - 2:30 p.m.

- Ask questions about summer camp & tour the facility
- Register for summer camp and meet camp directors
- Art projects with Speed Art Museum educators

Camp Presentation for new campers at 11:30 a.m. & 1 p.m.

Beat the Winter Blahs with Les Mills BODYPUMP

Winter blues got you down? The JCC's newest land workout will keep you pushing for more. Les Mills BODYPUMP was relaunched on Monday, February 18 with new music and moves to keep everything fresh and your bodies sore.

Instructors Beth Mans and Cindy Homayoun led more than 25 people through 800 repetitions of sweat-inducing weight lifting, including several people new to BODYPUMP. Door prizes were given to everyone who finished the class. Brent Dodge and John Smith won one-hour massages and Christina Raymer won six

months of Weight Watchers Online.

"It is important to change up your workout routine often," says Assistant Health and Wellness Director Tara Stone. "The more you can work different muscles, the more results you will see and the more likely you are to stick with a workout program."

Each quarter, Les Mills sends an updated release to instructors. The JCC will keep everything fresh with another release party in five to six weeks with more music, moves and prizes.



Sponsored by Hilliard Lyons

PERFORMANCES:

Feb. 21	7:30 p.m.
Feb. 23	7:30 p.m.
Feb. 24	2 p.m.
Feb. 24	7 p.m.
Feb. 25	7:30 p.m.
Feb. 28	7:30 p.m.
March 2	7:30 p.m.
March 3	2 p.m.
March 3	7 p.m.

Tickets:

\$18 in advance

\$20 at the door

502-459-0660

CenterStageJCC.org

JCC Spring Camp



TUESDAY, APRIL 2: ANTS GO MARCHING IN

No picnic is complete without a visit from our four legged friends. We will spend the day enjoying a picnic from an ant's perspective. Special visitor: Bricks 4 Kidz.

WEDNESDAY, APRIL 3: LET'S GET DIRTY

Everyone enjoys getting dirty!!! We will play with dirt while learning why dirt is so important to our earth's ecosystem. K-5th grade will go on a field trip to Louisville Nature Center.

THURSDAY, APRIL 4: REDUCE, REUSE, RECYCLE

Many times we throw things in the trash without thinking if they can be reused or recycled. We will spend the day learning how to reduce, reuse, and recycle as we care for our earth.

FRIDAY, APRIL 5: WE'RE GOING ON A PICNIC AND YOU'RE GOING TO BRING....

A picnic is only as good as the items you bring with you. We will play games with items we bring from home as we explore what it means to go on a picnic.

Times and Registration at
jewishlouisville.org/springcamp

CenterStage

Acting Out

Sunday, March 10 at 12:30 p.m.

FUNDING IN PART BY:

Marian Weisberg Youth Theatre Fund

CenterStage
at the Jewish Community Center

TICKETS:

KIDS: \$10 ADULTS: \$15

502-459-0660

CenterStageJCC.org

Month of Fun at the JCC Children's Department

Paint a Masterpiece

On Sunday, February 10, nine Jewish children in 3rd-5th grade went to Uptown Art in the Highlands to paint a painting with Jewish stars. They learned about color mixing, techniques to paint on canvas and how to easily fix mistakes they made while painting. Children picked their own colors for the painting and were proud that each of their paintings looked very different. This was a great opportunity for Jewish children to participate in a program together.

Sunday Enrichment Programs

Over 20 elementary school children are involved in Sunday enrichment programs at the JCC. Girl Power, a fitness program for 3rd-5th grade girls, taught them about eating healthy by helping them pick out healthy lunches for the week. They also learned about the muscles in their bodies

and how important fitness is by doing many different exercises that strengthen different muscle groups.

In the LEGO Fun with Bricks 4 Kidz class, children built LEGO creations using levers and motors. The model building gives opportunities for problem-solving and helps kids develop an appreciation for how things work.

Kids Basketball

For 8 weeks, 31 children ages 4-8 years old are learning the fundamentals of basketball every Wednesday at the JCC. The participants learn how to dribble, spot shoot, passing, lay-ups and more. The participants are also placed on teams and play in 30-minute timed games with referees. This great program encourages the participants to learn basketball skills in a fun environment.



**EXCEED
YOUR
MAXIMUM**

**TEEN
EXCEED
WEIGHT
TRAINING**

**Mondays 4-4:45 p.m.
March 11-April 8
OPEN FOR AGES 11 - 18**

**FOR MORE INFORMATION, CALL
238-2727**

**TEEN
CONNECTION**

JEWISH YOUTH GRADES 6-8

March 24 • 2-4 p.m.

Cost \$20

Register by March 18

**Come to Iceland Sports Complex to play
broomball, an amazing hockey-style
game played with brooms.**

**To Register Please Call
459-0660.**

Senior Calendar

The JCC Nutrition Site will be closed from Mon., March 25 through Tues., April 2 for Passover.

Redt Yiddish with Al Goldin

Friday, Jan. 25 • Noon

Lunch & Show- Joseph & the Amazing Technicolor Dreamcoat

Sun., March 3

Lunch: 12:15 p.m.

Show: 2 p.m.

Fee: \$22/M, \$30/NM.

JCC Book Club with Evie Topcik

Mon., March 4 • 11 a.m.

Meeting will be held in the JCC Library.



Bingo

Tues., March 5 • 12:45 p.m.

Mammogram Screenings for women 40+

Mon., March 11

& Tues., March 12

8:30 a.m.-3:30 p.m.

Sponsored in part by Louisville & Jefferson County Partnership in Cancer Control and the National Breast Cancer Foundation, Inc.

Mammography Screening by the James Graham Brown Cancer Center.

If you have Insurance, Medicare or Medicaid, U of L Hospital will bill that agency. No cost to program eligible women without insurance. Call 238-2749 to schedule an appointment.

Chorus & Sing-along Day Trip-Cincinnati Museum Center-

Tues., March 12 • 12:45 p.m.

Dead Sea Scrolls Exhibit

Thurs., March 14 • 9:45 a.m.

We will first stop at Golden Corral in Florence, Kentucky for an early lunch, then on to the museum. *Dead Sea Scrolls: Life and Faith in Ancient Times* features the most comprehensive collection of ancient artifacts from Israel. Of the more than 500 objects from the Biblical to Byzantine Period, many objects are from recent archaeological excavations in Jerusalem and have never publicly exhibited.

Cost (includes transportation, museum admission & audio tour):

\$35/JCCM, ASCM

\$55/NM

Chorus & Sing-along

Tues., March 19 • 12:45 p.m.

Intergenerational Interfaith Model Seder

Wed., March 20 • 4:30 p.m.

in the JCC Patio Gallery Join us for this special event held each year in memory of Judith Bensinger, a long time JCC member and senior volunteer.

The students from Louisville Hebrew School will join us for this special event.

After the service, a pre-Passover meal will be served.

Cost: \$7

This event is sponsored by the Judith Bensinger Senior Adult Fund and the Bensinger Family.

Call 238-2749 by Fri. March 15 for reservations.



JCC PATIO GALLERY PRESENTS

Artists' Breakfast Group Show



February 24- April 2

Opening Reception February 24 2-4 p.m.

AQUA BOOTCAMP

JOIN INSTRUCTOR BETH MANS IN A HIGH INTENSITY AQUATIC WORKOUT!

Held in the indoor lap pool.

SATURDAYS

10:30-11:15 a.m.

FEBRUARY 23-MARCH 30

Open to JCC members only.

Fee: FREE!

JCC TABLE TENNIS

Mondays

11:30 a.m.-2:30 p.m.

Located in the Dance Studio.

Free for JCC Members!