

# CENTERPIECE

## INSIDE

New Adult Experience classes will start in the fall at the JCC.

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## New fitness options start in the fall

by Ben Goldenberg  
Marketing Director

The JCC is bringing six new fitness options for its members, starting this fall. Five of the new classes are free group fitness options, building on the almost 100 free group fitness classes per week that are already offered. New classes include:

- **Beginner Workout:** Are you new to working out? JCC Beginner Workout is perfect for you. Join us each week for a new format including, kick boxing, boot camp, step, hi/low, resistance training and more; all taught at the beginner level. Get confident in your workout ability today!
- **CXWORX:** 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 strength and produce lean body muscle con-



New Group Fitness options include a 30 minute BodyPump Express on Thursday evenings and CXWORX, a core fitness class also by Les Mills following the BodyPump classes.

- ditioning.
- **Family Fun Fit:** Begin a new family tradition today. Create a healthy lifestyle for you and your children with JCC Family Fun Fit; with interval training, cardio vascular & resistance training as well core strength and flexibility training. Instill health and wellness in your family values with the support of a certified JCC group instructor & the whole family. This class is designed for ages 5 and up, children ages 5-11 must be accompanied by an adult.
- **Lunch Time Express:** Everything you need in 30 minutes. High Intensity interval training, including cardio, resistance training, core & flexibility, all before your lunch hour is over. Get Fit in a Flash!
- **J-Barre:** 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. Month-long sessions cost \$40. Call the Health & Wellness Desk at 238-2727 to register or for more information on any of these classes. The whole group fitness schedule is always online at <http://www.jewishlouisville.org/fitness>.

### 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.

**K-5 Post Summer Camp\***  
Limited space in all programs.

**August 12-16**  
9 a.m.-3 p.m.

**Specialty Camps**  
**Get-Up Gang**  
**and Stay 'n' Play**  
**options available**

Register online at  
[www.jccloouisvillecamp.org](http://www.jccloouisvillecamp.org)

\* Only children attending JCC Summer Camp can participate in this program.

## Few spots remain for J-Tots Early Childhood Education

By Niki King  
Public Relations Specialist

Parents, take note. There are a few spots available during the fall in J-Tots Early Childhood Education.

The program recently added an additional classroom for three-year-olds, which opened up spots for that age group along with two-year-olds.

Angie Hiland, early childhood assistant director, encouraged parents to register as early as possible, as open spots go fast and she expects them all to be filled by the time school starts Aug. 19. Hiland said she tries to have all children registered on or before Labor Day. The open house and orientation is Sun., Aug. 18 from 2-4 p.m.

Families don't have to be JCC members to enroll their children, but often choose to be so they can take advantage of the preschool discount that membership affords and all the other benefits, Hiland said.

"Typically a family finds it's a good value to be a member, so as they join preschool, they join the JCC," she said.

In preschool, experienced teachers guide children's social, emotional,



physical and intellectual development. In addition to regular classroom learning, children will also have swimming, Spanish and music lessons. Hiland said the program is also in the process of hiring a science teacher.

"My favorite thing about preschool at the JCC are the many ways my son is engaged at school - arts and crafts, learning his letters, physical activity, singing songs, community building activities and more," said Parent Jenny Graff. "I know all of the activities he participates in at preschool have been designed to keep him active and engaged in his learning and social interaction skills."

Optional preschool enrichment programs planned for this fall, which cost extra, include time in the TumbleBus, a traveling gymnastic classroom; preschool dance class; additional swim classes and a math/science/cooking class.

Also this fall, all of JCC's early child-

hood classes will roll out a new program called Discover CATCH that will introduce children to healthy lifestyle habits. Discover CATCH is funded by the Jay Levine Youth Fund.

"Zach loves coming to school. It's a good feeling, as a parent, to know your child enjoys the teachers, program and friends at preschool," Graff said.

J-Tots preschool program offers care options from 7:30 a.m.-6 p.m. Mon.-Fri.





# Pink preview party

## Bend and Snap Kick-Off Party for *Legally Blonde*

On July 10, Bend and Snap, the kick off party for *Legally Blonde: The Musical*, started a two-week run of sell-outs for CenterStage at the Jewish Community Center. With thanks to presenting sponsors, J Michael's Spa and Salon and Physician's Center for Beauty, the CenterStage audience was invited to walk the pink carpet and have their picture

taken with Kate Reedy (Elle Woods). Drinks were provided by Heaven Hill and hors d'oeuvres were passed by Simply Good Catering. Patrons were treated to the final dress rehearsal of the new show, which ran July 11-21. J. Edward Trudeau won the Best Dressed contest and Abbey Buckman won the Bend and Snap contest.



Lucy Tumulty, Kate E. Reedy (Elle)



Peyton Evans, Kate E. Reedy (Elle), Jessica Godsey



Allen Latts, Kate E. Reedy (Elle), Kate Latts



Whitten Montgomery, Jennifer Harlan, Sarah Harlan, Mike Harlan



Sidney Johnson (Pilar) and Kate E. Reedy (Elle) sing it loud.



Kate E. Reedy (Elle) J. Edward Trudeau (Best Dressed Winner), Lauren LeBlanc (Paulette) and Abbey Buckman (Bend and Snap Winner)



Sue Flinn, Bonnie Wilcox, Kate E. Reedy (Elle), Nancy Tierney



Elizabeth Bowling, Kate E. Reedy (Elle), Jan Bowling



Lenae Price, Jill Higginbottom (sponsor: J Michael's Spa and Salon), Kate E. Reedy (Elle), Jason Tumulty, (sponsor: Physician's Center for Beauty) John Leffert



Lauren LeBlanc (Paulette) and Kate E. Reedy (Elle)



Elle's personal essay for Harvard Law

## A *New Brain* celebrates the sweetness of life

CenterStage at the Jewish Community Center continues its 2013-14 season with a delightful musical that celebrates art and life. *A New Brain*, with book by Tony Award-winners William Finn (*Falsettos*) and James Lapine (*Falsettos* and *Into the Woods*) and music and lyrics by Finn, brings Finn's own poignant story to audiences August 15-25.

A nearly autobiographical account of Finn's personal brush with death, *A New Brain* poses some of life's greatest questions, such as – what will be my lasting legacy? – with good humor, gratitude and redemption.

In the show, Gordon Michael Schwinn, a talented young songwriter, is grappling to finish a children's television show ditty, which stars a singing frog. When Schwinn collapses at lunch, he has yet to complete the song. The specter of unfinished work haunts him through his journey from discovery of a malformation in his brain and ensuing examinations, surgery and recovery.

Through it all, Schwinn's greatest fear is dying with his best songs still inside him; and so from his hospital bed, he begins writing. The creative block lifts, and he gains new insights that allow him to better appreciate relationships and the healing power of art. More than 30 musical numbers showcase Gordon's hilar-

ious circle of loved ones and associates as they all discover the true meaning of life, through song and dance, of course.

*A New Brain* enjoyed a five-month Off-Broadway run at the Mitzi E. Newhouse Theater at Lincoln Center in 1998 and won the 1999 Outer Critics Circle Award for Outstanding Off-Broadway Musical. It reopened in 2002 at the New Line Theatre in St. Louis and premiered in the United Kingdom at the Edinburgh Fringe Festival in 2006.

Directed by CenterStage Artistic Director John Leffert, *A New Brain* features CenterStage favorites Jordan Price (Roger in last season's *RENT*) as Schwinn, as well as Tymika Prince, Lauren McCombs, Rusty Henle, Jeremy Moon and Jason Cooper as Mr. Bungee, the singing frog.

"I have been a William Finn fan since I saw *Falsettos* on Broadway. He writes musicals that are human and filled with heart. *A New Brain* is a musical about hope, not taking life for granted and love. It is a witty, clever, true-life tale told through heart and music," Leffert said.

Tickets cost \$18 in advance, \$20 at the door and are on sale now. JCC Members get a \$4 discount on Sunday evening performances. Call 502-238-2709 or visit [www.CenterStageJCC.org](http://www.CenterStageJCC.org) to reserve tickets for this celebration of life.

Presented by Jake Latts and CenterStage

# Louisville's got Talent

Seeking the Talents of Tomorrow

## OPEN AUDITIONS

August 25 • 3:30 p.m.

## FINAL SHOWCASE LIVE

September 8 • 2 p.m.

Register by Aug. 15

[CenterStageJCC.org/talent](http://CenterStageJCC.org/talent)

**502-238-2763**

Proceeds to benefit CenterStage Acting Out

CenterStage at the Jewish Community Center

CenterStage Acting Out



### MORE INFORMATION

#### Show Dates & Times

Thurs., Aug. 15 .....	7:30 p.m.
Sat., Aug. 17 .....	7:30 p.m.
Sun., Aug. 18 .....	2 p.m.
Mon., Aug. 19 .....	7:30 p.m.
Thurs., Aug. 22 .....	7:30 p.m.
Sat., Aug. 24 .....	7:30 p.m.
Sun., Aug. 25 .....	2 p.m.
Sun., Aug. 25 .....	7 p.m.

#### Tickets

For tickets, visit [www.CenterStageJCC.org](http://www.CenterStageJCC.org) or call 502-459-0660. Tickets cost \$18 in advance or \$20 at the door. JCC Members get a \$4 discount on Sunday evening performances.



# Senior Adult Club Member Brunch was a star-studded success



The Senior Adult Club Wall of Fame showcased Judah Award winners.



Eddie Bratchette



Patty Snow, Daisy and Irv Goldstein



Marian Lipsky



Patricia Johnson



Joyce Myers, Ruthie Passamaneck, Rosalita Kaplin, Babette Fleischer, Lou Frankel, Emily Podgursky, Mag Davis, Teresa Barczy

On Sunday, June 23, close to 100 members of the Senior Adult Club were honored with a Hollywood style Appreciation Brunch. During the meal, current and previous winners of the Judah Award were given stars on a Wall of Fame. Matt and Patty Snow, dressed as Frank Sinatra and Marilyn Monroe, posed for pictures on the red carpet and sang for the crowd. Senior Adult Club members must be 60 or over. Dues are

\$65 per person or \$80 per couple for non-members, JCC members pay \$20 per person or \$25 per couple. The Senior Adult Club has monthly programs, many are free or reduced price including trips day trips in Louisville to the Frazier Museum, Churchill Downs and CenterStage shows. For more information, contact Diane Saddle at 238-2749 or dsaddle@jewishlouisville.org.



Bob Hillebrand, Matt Snow, Martha Bennett



Patty Snow and Lou Frankel



Melvin and Esther Goldfarb, Ruthie Smelson, Patty Snow, Jeri Shaffer, Matt Snow



Bob Steinman



Roselee Katz

## New Adult Experiences classes to start in the fall

Starting this fall, the JCC will host a slate of new adult education classes - all geared toward beginners - that are sure to provide a fun, social environment for learning new skills and hobbies.

"I have the feeling this is something the community has been craving," said Slava Nelson, Adult and Cultural Arts Director, who is putting the classes together.

All four courses - which range from Hebrew and acting to painting and dancing - will be offered at a discount to members.

"We very much want to add value to people's memberships and free time," she said.

Nelson said the fall classes are the first of many others she hopes to host in the future. Nelson encouraged people to discuss ideas they might have for potential classes with her, adding that all ideas are welcome.

"Whether it's art or gourmet cooking, we are open to practically every idea," she said.

New fall classes include:

- Modern Conversational Hebrew Language Classes: Learn to speak modern

and conversational Hebrew naturally by starting with familiar objects to develop vocabulary. Classes will be taught by a native Hebrew teacher and are ideal if you want to learn to speak with Israeli friends or family, if you're planning a trip to the Holy Land or simply interested in this beautiful language. This 12 week course is offered at 6:30 p.m. on Tuesdays, Oct. 1-Dec. 17. Cost is \$120 for members. If there is enough interest, the class may be offered in the morning too.

- Acting for Adults: Do you love theatre? Do you love to sing and dance? Enrich your life as you learn what it feels like to step into the spotlight. This class is designed to teach the fundamentals of the craft of acting in an open and safe environment. The class will highlight quick and powerful ways to make your performance more natural and spontaneous through monologues, scenes, movement and song. Class is seven sessions long, Thursdays at 6:30 p.m. starting Oct. 3 and costs \$85 for members.
- Introduction to Silk Painting: Create see **ADULT EXPERIENCE** page 4

## ARE YOU A WONDERING JEW?

the florence melton school of adult jewish learning

### TASTE OF MELTON

Join us as we preview upcoming adult Jewish learning classes.

August 18, 2013 • 10-11 a.m.

Meet us at Adath Jeshurun, 2401 Woodbourne Avenue, in the Classroom. A light breakfast will be served.

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.





## SENIOR CALENDAR

### JULY 26

Redt Yiddish with Al Goldin, Noon

### AUGUST 5

Senior Retirees Meeting, 1 p.m.

Join us for this special meeting with Lt. Governor Jerry Abramson. Refreshments will be served.

### AUGUST 6

Bingo-Sponsored by Jenn Care, 12:45 p.m.

Join us for bingo with door prizes and refreshments sponsored by Jenn-Care.

### AUGUST 13

Movie and Popcorn, 11 a.m.

Join us as we celebrate State Fair season as we watch the 1962 version of Rodgers & Hammerstein's musical "State Fair" starring Pat Boone, Ann-Margaret, Bobby Darrin & Alice Faye. We will also celebrate birthdays and anniversaries.

### AUGUST 19

Gourmet Dining Club, 5:30 p.m.

Join us at Cheddars on Westport Rd for dinner.

Cost of transportation: \$6/M, \$8/NM. Call 238-2749 for reservations.

### AUGUST 22

Day Trip to Huber Farms, 11 a.m.

We will first stop for a delicious lunch at Joe Huber's Restaurant. After lunch you will be able to shop at the Farmer's Market and Gift Shop, stop by the Winery and end your visit with a serving of delicious home-made ice cream.

Cost of transportation: \$10

Reservation deadline: Friday, August 9

### AUGUST 20

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

### AUGUST 30

Redt Yiddish with Al Goldin, Noon

## Boston Artist holds workshop, showcase in JCC Patio Gallery

The JCC was pleased to host award-winning contemporary fiber artist Adrienne Sloane for two successful programs this month.

Dozens of attendees enjoyed the opening of *Hanging by a Thread: the contemporary fiber work of Adrienne Sloane* at JCC's Patio Gallery on July 21. They were the first in Louisville to see some of Sloane's most prominent pieces, which have received national acclaim. They were also privy to a presentation by Sloane on the renaissance of knitting and crocheting as fine art.

While here, Sloane also led a group of enthusiastic participants through a two-day "Thinking Knit Workshop" that explored 3-dimensional knitting.

Sloane has shown her work nationally for more than 20 years, has taught sculptural fiber internationally as well as also having worked with indigenous knitters in Bolivia and Peru.

Her work has appeared in numerous publications and is profiled in the book *Knitting Art: 150 Innovative Works from 18 Contemporary Artists*. Sloane has pieces in the Philadelphia Museum of Art, the Goldstein Museum of Design, The American Textile History Museum and the Kamm Collection.

Slava Nelson, Adult and Cultural Arts Director, praised Bette Levy, Patio Gallery director, for bringing talent of Sloane's caliber to the JCC.

In describing the gallery, Levy said



Phyllis Shaikun and Tracey Norman show off their work with Adrienne Sloane during the Thinking Knit Workshop at the JCC.

"[It] is a wonderful space for presenting art to the community in an intimate and accessible setting. As gallery director, I have tried to make sure that our shows and the artists in them are varied and diverse. Over the years, we have presented both 2- and 3-D work: painting, sculpture, photography, printmaking, calligraphy, and textiles, among other mediums. While most of the artists represented are regional artists, about once a year, I bring in out-of-town artists. It's an opportunity for our viewing audience to see what's happening outside of Louisville and to be exposed to different viewpoints."

Sloane's exhibit runs through Aug. 27. Patio Gallery hours are Sun. 9 a.m.-7 p.m.; Mon.-Thurs. 8:30 a.m.-9 p.m. and Fri. 8:30 a.m.-6 p.m.

## ADULT EXPERIENCE

Continued from page 3

the kind of beautiful window drapes or silk scarves you've always admired for yourself or for others as gifts. Through exercises and demonstrations, you'll learn the process of hand-crafting your own original silk. Participants complete two finished silk painting pieces, ready to wear or hang on the wall. The class is five sessions offered at 6:30 p.m. Tuesdays starting Oct. 1 and costs \$120 for members.

- Ballroom Dancing: Learn the steps, techniques and style of modern ballroom dancing in a fun, social environment. The class is five sessions and the schedule will be announced later.

For more information or to express interest contact Slava Nelson, Adult and Cultural Arts Director, at 238-2743 or [snelson@jewishlouisville.org](mailto:snelson@jewishlouisville.org).

**EXCEED YOUR MAXIMUM**

**TEEN EXCEED WEIGHT TRAINING**

**Mondays 4-4:45 p.m.**  
**Aug. 5-26**  
**OPEN FOR AGES 11 - 18**  
**FOR MORE INFORMATION, CALL 238-2727**

**Personal Training & M=XPilates at the JCC Louisville**

**30 Minute Packages**

5 sessions	\$150
10 sessions	\$270
20 sessions	\$480

**1-Hour Packages**

5 sessions	\$250
10 sessions	\$450
20 sessions	\$800

**2 Person/1-Hour Packages (price per person)**

5 sessions	\$175
10 sessions	\$315
20 sessions	\$560

For more information, contact **Ron Peacock** in Health & Wellness at 238-2792

JCC PATIO GALLERY PRESENTS

*Hanging by a Thread:*

**The Contemporary Fiber Work of Adrienne Sloane**

**July 21 - August 27**

**PATIO GALLERY HOURS**  
 SUNDAY: 9 a.m.-7 p.m.  
 MONDAY-THURSDAY: 8:30 a.m.-9 p.m.  
 FRIDAY: 8:30 a.m.-6 p.m.  
 SATURDAY: CLOSED

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

**Kings Island**

**JOIN US ON AN ADVENTURE TO KINGS ISLAND!**

**FRIDAY, AUGUST 9TH**  
 9 A.M. - 8 P.M. | COST: \$60

**PLEASE REGISTER BY AUGUST 5TH**

FOR MORE INFORMATION  
 CONTACT RACHEL LIPKIN AT 238-2701