

CENTERPIECE

INSIDE

CenterStage will present the regional premiere of *Les Misérables* on Oct. 24

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JBarre classes a hit, fusing dance with other workouts

The JCC rolled out six new fitness options for its members this September, including Body Pump Express, Lunch Time Express, Family Fun Fit, CX-WORX and Beginner Workout.

Of them, JBarre, a workout that fuses fitness techniques from dance, pilates and yoga, has become a fast favorite among members.

The month-long classes, which are taught in the JCC dance studio by instructors Michelle Mardis and Mary Delk, were all but full in September, and are filling up fast for October.

Denise Johnson, longtime JCC fitness

instructor, said people likely enjoy the classes so much because they are calming (like yoga) but offer a good cardio regime as well.

A bystander taking a quick peek might mistake JBarre for a traditional dance class. Class members stand along the barre and perform basic moves from ballet class, like pliés (standing erect with your back straight, moving up and then down while bending the knees) and arabesque (balancing on one leg while the other leg is stretched behind).

But the music and pace are up beat, and participants move quickly into other



JCC members perform a plié during the Monday night J-Barre class.

Fall classes promise fun for children of all ages

School's back in session, but that doesn't mean things have slowed down for kids at the JCC. Several programs are rolling out this fall geared at keeping our youth healthy, active and learning new things. Check out these and other opportunities to get kids involved.

Girl Power

These days, girls are bombarded with a confusing barrage of thoughts and images about their bodies. It can be alienating, self-esteem depleting and lead to lifestyle habits that aren't healthy.

Instructor Tara Stone developed Girl Power last year as a way to start young girls on an early path to well-being, physically and emotionally. These six-week classes, offered for girls in kindergarten through second grades and girls in third through fifth grades, provide health education along with a full body work out.

The girls learn about muscle groups, nutrition and the importance of building a healthy self-esteem before engaging in fun work outs. They eat lunch together before the class begins and they end each class with a compliment circle where every girl is invited to pay another girl a compliment. The older girls get some introduction to team sports as well.

"It's a fun time for girls to be girls within their peer group where they feel comfortable," Stone said.

Stone said the classes are purposefully kept small (no more than 10 girls) so a sense of closeness and camaraderie forms.

Last year, the class proved popular and sold out.

"They girls loved it," Stone said.

Lego Fun

Building strong minds is just as important as strong bodies. Lego Fun, a class from Bricks 4 Kidz, uses building blocks to expand imaginations and

minds of all ages. This very popular program provides an atmosphere for participants to build unique creations and play games while building self confidence at the same time.

Children's Basketball

No one can accuse Kentuckiana of not being an epicenter for basketball. And kids here get hooked early. These six-week classes are designed to provide kids ages four to six and six to eight years old with a solid introduction to our region's favorite obsession.

They get two weeks of instruction about the game and then four weeks of playing time that approximates a league experience.

Tom Wissinger, JCC's senior director of membership and wellness, said that for the younger kids, the class is a great exposure to team sports in general, "which may be new to them."

For older kids, it can help them enter area leagues or school teams with more advanced skills and understanding of the game.

School's Out

Parents know how hard it can be to find somewhere safe and fun for their kids to go when Jefferson County Public Schools is closed. JCC has the answer.

School's Out Days are 9 a.m.-3 p.m. with optional early drop off and late pick up services. All days include sports, arts and crafts, swimming and other enriching activities.

"It's another option for kids rather than just being home on the couch, watching T.V.," said Mike Steklof, teen director.

Steklof said he and his team brainstorm new themes each year so the kids can always expect a fresh experience.

Dates and registration information for all of these programs can be found online at www.jewishlouisville.org/children.

challenging poses and muscle-sculpting repetitions.

"It's great; it hits all parts of the body," said Gina South, a JCC member and new JBarre enthusiast. "Plus, I like dancing again."

South said she took dance in grade school and remembers some of the positions.

Eileen Foote, another JCC member, said she'd heard of the class offered other places and was glad the JCC rolled out its own rendition.

"I've noticed it makes me more con-

scious of my posture during the day," she said.

JCC member Grace Kessler said she was definitely going to sign up again because she was seeing real results.

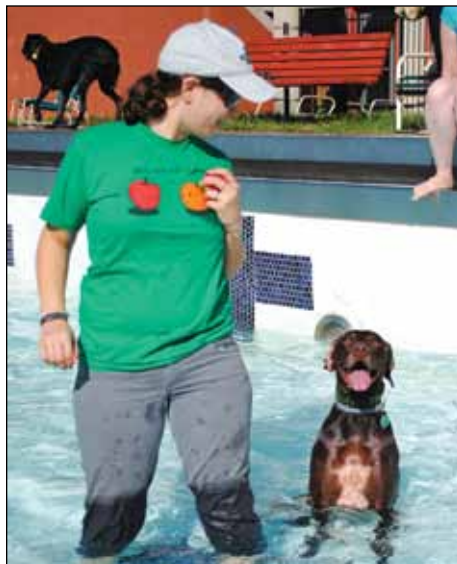
"If you're trying to get fit, this is a great and different way of doing it," she said.

Ron Peacock, fitness director of the JCC, said word has definitely gotten out about how effective the Barre Method is. It's gained popularity around the country.

"It's even big now among professional athletes," he said.

Dogs love a dip in the JCC pool

The second annual JCC Doggie Dip was another huge success! More than 150 dogs and their owners came out to enjoy the end of summer for a pooch play day in the pool. The event raised more than \$950 for animal charities. More pictures can be found online at www.jewishlouisville.org



Girl Power

Sundays Oct. 27-Nov. 24 1-2 p.m.
Fee: \$65, JCC Members: \$50

LEGO FUN

Sundays Oct. 27-Nov. 24 1-2 p.m.
Fee: \$75, JCC Members: \$60

CHILDREN'S BASKETBALL

Tiny Tot (ages 4-6) **PeeWee (ages 6-8)**
Weds., Oct. 16-Dec. 11 **Mons., Oct. 14-Dec. 9**
(Except Nov. 27) (Except Nov. 25)

Both leagues meet at 5:30-6:15 p.m.
Fee: \$65, JCC Members: \$50

SCHOOLS OUT DAYS

Oct. 4, 7 & 8. Nov. 11 & 27. 9 a.m.-3 p.m.
Fee: \$55, JCC Members: \$40 (per day)

CenterStage hosts regional premiere of *Les Miserables* Oct. 24

Les Miserables is the world's longest running musical, having been seen by more than 65 million people in 42 countries, and now it is coming to Louisville and CenterStage. The local premiere will start Oct. 24 at the Linker Auditorium.

Set in 19th-century France, *Les Miserables* tells the story of Jean Valjean, a very strong peasant who is leaving parole after 19 years for stealing a loaf of bread for his starving sister. Valjean and a large cast of other characters are swept into the French Revolution as a group of young idealists makes their last stand at a street barricade.

The production will be the biggest

CenterStage has ever created, involving three rotating platforms designed by Simmons Falk of Actors Theatre. The turntables will move to various configurations for each scene in the performance.

CenterStage veteran Jeremy Moon plays Valjean, local professional actor Josh Gilliam will play the role of Javert and Monty Fields plays Therardier.

Tickets for this production are already selling quickly, with some shows sold out. Pre-purchasing tickets is highly recommended and can be done online at www.CenterStageJCC.org or over the phone at 502-459-0660.

Show Dates & Times

Thurs., Oct. 24.....7:30 p.m.
 Sat., Oct. 26.....7:30 p.m.
 Sun., Oct. 27.....2 p.m.
 Mon., Oct. 29.....7:30 p.m.
 Thurs., Oct. 31.....7:30 p.m.
 Sat., Nov. 2.....7:30 p.m.
 Sun., Nov. 3.....2 p.m.
 Mon., Nov. 4.....7:30 p.m.
 Thurs., Nov. 7.....7:30 p.m.
 Sat., Nov. 9.....7:30 p.m.
 Sun., Nov. 10.....2 p.m.

Tickets
 For tickets, visit www.CenterStageJCC.org or call 502-459-0660. Tickets cost \$18 in advance or \$20 at the door. JCC Members get a \$4 discount the Thursday, Nov. 7 performance.

HILLIARD LYONS PRESENTS

A new production of
BOUBLIL and SCHÖNBERG'S

Les Misérables

"Les Misérables is licensed by Music Theatre International (MTI) by arrangement with CAMERON MACKINTOSH LTD."



ARE YOU A WONDERING JEW?

MELTON ADULT EDUCATION CLASSES BEGIN OCTOBER 1! 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.

REGISTER ONLINE AT
JEWISHLouisville.org/melton

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

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



Louisville's Got Talent a hit, raises money for CenterStage Acting Out

The first ever "Louisville's Got Talent" event presented by Jake Latts and CenterStage at the JCC Sept. 8 was so successful, everyone is already talking about having another next year.

The sold-out event raised \$6,696 for Acting Out, CenterStage's professional children's theater company that brings live theater to school children who would not otherwise have that experience.

"It was spectacular. It exceeded all expectations," said Lenae Price, CenterStage development and outreach manager.

The Top 20 acts for the final showcase were selected from 98 youths, ages 7-18, who auditioned in August. They represented a variety of acts from singers and dancers to a rock band and even an improv troupe.

Judges for the final showcase were Dawne Gee of Wave3 News, Kathy Campbell of Heyman Talent Agency, Jake Latts and audience members. CenterStage Artistic Director John Leffert served as emcee, keeping the event fun and light-hearted between acts.

Lydia Johnson took home the first place prize of \$300, Mandy Pennington won the \$150 second place prize and Madison Dailey and Emily Sipes won

third place for \$75.

Latts worked on producing the event over the last year in honor of his bar mitzvah. Latts said he's loved the opportunities he's gotten so far to experience live theater and wanted to help other kids have that same chance.

In addition to ticket sales, funds were raised through donations and the sale of raffle tickets and concessions. Price said the money will be used to bring Acting Out performances to schools that aren't usually able to afford it.

The event "met Jake's vision," said Kate Latts, Jake's mom. "He was just so proud."

Kate Latts said she was particularly grateful for CenterStage and JCC staff for their help in making the event a success.

Latts and Price are already talking about ways to keep the event going in years to come. Price said she'd love to see it remain youth-led.

"It was just such an amazing experience for everyone: for us, the staff, the kids and the families," Kate Latts said. "And to know the money goes for such a great cause is just incredible."



Sarah Dailey and Allie Perry



Chris Mikos



Caroline Glazier



Sam Fanstein



Meagan and Lily Maguire



Dawne Gee (Wave3 News), Jake Latts, Kathy Campbell (Heyman Talent Agency)



Hannah Nelms



Kylie McGuffey



Gray Thurstone, Lily Tierney, Joe Harlan and Graham Cote



Limo Scavenger Hunt

Journey around Louisville on a scavenger hunt!

Oct. 13th, 12:30-3:30 p.m.

Fee: \$30. RSVP by Oct. 9th

Desserts provided



Cotillion Lessons

Lessons for your 6th grader on social interaction through dance and manners.

Sundays, Oct. 20th-March 23rd, 5:30-7 p.m.

Fee: \$75 (Members and Non-members)



Instructors bring expertise to Adult Experiences

Higher education, decades of experience and a deep passion for their subjects.

That's what instructors of JCC's new fall adult education classes all have in common.

"These classes are an amazing opportunity to learn from the very best in the community," said Slava Nelson, senior adult programming and cultural arts director.

All six courses - which range from Hebrew and acting to painting and dancing - will be offered at a discount to members, too, she said, making them a real value. And even though they're taught by experts, they're all appropriate for beginners, she said.

"Everyone will be welcome and feel comfortable," she said.

Michelle Mardis will be teaching the steps, techniques and style of modern ballroom dancing. She took private lessons in ballroom, swing and Latin dance for more than 12 years and is a favorite JCC instructor in group classes such as yoga and JBarre.

Her students will be exposed to and progress in lots of different types of dances, she said, so they can see what they like.

"I hope people have fun, make friends and learn a new way of communication, because dancing is all about communicating," she said.

Mardis will offer a free demonstration at 6:45 p.m., Sept. 30, in the JCC dance studio. Attendees may register for the class then, if they like.

Luci Mistratov, who has a PhD in art education, will be teaching silk painting starting Oct. 1. A familiar name in the

Louisville arts scene, particularly from the world of water color, Mistratov has years of experience teaching people of all ages and ability levels.

She hopes her students learn how versatile silk painting is. They can apply the techniques to making everything from jackets to curtains, she said. For example, she has painted silk ties on display at the Kentucky Derby Museum. She even painted a Silk Derby scarf for Queen Elizabeth, who sent her a polite thank you note in response.

Silk is a natural fiber and the paints used are light, she said, making for a final art form with unique fluidity and movement.

"I hope people in my class discover a new ability to express themselves," she said.

Rush Trowel, a Louisville-based actor, director and theater instructor, will be teaching intro to acting, which begins Oct. 3. Trowel is now directing CenterStage Acting Out's Oct. 13 production of *And Then They Came for Me: Remembering the World of Anne Frank* and will also direct CenterStage's spring production of *The Color Purple*.

Participants can expect to learn technique and then perform scenes in each class. There won't be a lot of line memorization or lofty expectations, he said, rather steady progression that could help anyone meet their goals, whether it's to improve performance skills or simply become more comfortable at public speaking.

"Just try it and see if you like it," Trowel said.

JCC Patio Gallery accepting entries for 2013 Mazin Art Exhibition

Calling all artists: applications are due for the 10th annual Mazin Art Exhibition in November. The show features the best 2-D and 3-D art from around the Louisville area as juried by Bill Hertz, owner of Galerie Hertz. All applications are due by October 21. The top three artists will receive a cash prize.

Bernice Mazin, a prolific artist throughout her life, created the show to honor her husband Benjamin and to give new and established Louisville artists a venue to exhibit their works.

Entries for the Annual Exhibition must be original works of art completed after January 1, 2011 by individuals 18 years of age or older who reside in ZIP code areas beginning with 400, 401, 402, or 471. Each artist may submit up to four (4) works of art. Reproductions, artwork produced for a class and jewelry are not eligible. The entry fee is \$30.

Last year, 24 works were selected to be in the show. Top prizes were given to Suzi Zimmerer, Deborah Thomas and Teri Dryden. Honorable Mentions were given to Marti Plager, Leigh Payne, Claudia Hammer and Robert Puro. Wendy Smith juried the exhibit.

A prospectus can be downloaded online at jewishlouisville.org/patiogallery.

MAZIN

ANNUAL ART EXHIBITION

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.

	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



WANT TO GET INVOLVED?

PJ Library is looking for volunteers to help with planning **PJ Library's 5th year Birthday Party Concert!** Come attend the Planning Meeting for more information.

Sunday, October 20 at 10 a.m. at the JCC.

RSVP Jen Tuvlin at jtuvlin@jewishlouisville.org or 238-2719

TEAM TREK TO BROADWAY

A New Workout Program from the JCC of Louisville

Recruit a team and exercise your way through Broadway plays and classic theatres! Awards given to participants upon completing the trek.

The Trek Runs October 14-December 31

REGISTRATION FEE: \$5 JCC MEMBERS Ages: 14+

FOR MORE INFORMATION
contact the Health & Wellness Desk at
238-2727

SENIOR CALENDAR

OCTOBER 1
Adult Social Club Chorus,
12:45 p.m.

OCTOBER 3
Coffee Concert & Lunch, 9:30 a.m.

Join us for this wonderful concert featuring Midori playing Brahms Violin Concerto and the Louisville Orchestra performing Prokofiev Symphony No. 5.

After the concert, we will have lunch at Bristol Bar & Grille.

Tickets & transportation are being subsidized by the Kentucky Arts Council Grant for Club Members only. Cost of lunch will be on your own. Please make your reservations by Monday, September 30th.

OCTOBER 7
JFCS Health Screening &
Information Fair-JCC Auditorium,
12:30-3:30 p.m.

Health screening, flu shots, exhibits and more will be available.

OCTOBER 8
Senior Retirees Meeting, 12:45
p.m.

Patricia Johnson, a Senior Club member, will present a program on Dollhouse Miniatures. She will show some of her collections.

Refreshments will be served.

OCTOBER 21
Gourmet Dining Club, 5:30 p.m.

Join us for dinner at Olive Garden on Hurstbourne Lane.

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

OCTOBER 22
Adult Social Club Chorus,
12:45 p.m.

OCTOBER 25
Redt Yiddish with Al Goldin, Noon

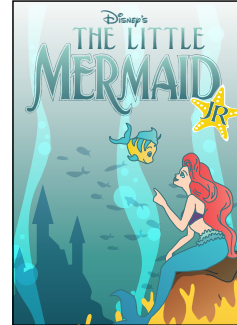
OCTOBER 29
Bingo, 12:45 p.m.

CenterStage branches out to new theater audiences

Two new theatre productions will take CenterStage to the youth of Louisville. One will bring them to the show, another will put them in it!

CenterStage Academy is looking for actors ages 8-17 to perform Disney's *The Little Mermaid Jr.* Young actors will work with theatre professionals, Frank Goodloe III and Jordan Price to mount a full-scale musical production complete with lights, sets and costumes. All participants are guaranteed a role when they become "A Part of Our World."

Rehearsals begin Sunday, October 13 and performances start Thursday, April 10. Rehearsal will meet Sundays 1-3:30 p.m. and Thursdays 4:15-6:15 p.m. More information and registration information can be found at www.CenterStage-JCC.org/academy



CenterStage Acting Out, a professional touring children's theatre, will hold a public performance of *And Then They Came for Me: Remembering the World of Anne Frank* on Sunday, October 13 at 12:30 p.m. at the JCC's Linker Auditorium.

After the performance, Fred Gross, a local Holocaust survivor, will speak about his family's experience fleeing Belgium as Nazi troops invaded.

The show will then tour around Louisville to elementary and middle schools and community centers to present this educational theater to students.

Tickets are only \$7 for youth age 10 and under and \$12 for adults. Visit www.CenterStageJCC.org/actingout to reserve tickets.



Seniors eat lunch at the JCC Sukkah. The sukkah sits in Family Park each year during Sukkot to teach people about the holiday. More pictures from celebrations at the JCC Sukkah can be found online at www.jewishlouisville.org

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
 Oct. 20-Dec. 11 (no class Nov. 20)
 Concentration: Underpainting

DRAWING ON THE RIGHT SIDE OF THE BRAIN
 For beginners and all those "who can't draw a straight line." Enjoy learning the five basic skills of drawing.
 Oct. 7 - Nov. 25 | Mondays (8 weeks) 10 a.m.-Noon

TEEN EXCEEDS!

Exceed your maximum with **TEEN EXCEED** weight training.

Ages 11-18

Fee: \$80 (Members Only)

Mondays, October 7-28
4-4:45 p.m.

WOMEN'S FITNESS

TUESDAYS
OCT. 1-NOV. 11
5:30-6 P.M.
Fee: \$108 (Members Only)

This 30 minute class will guide you through basic workout routines, proper weight lifting techniques, and incorporate different types of resistance training and cardio methods.

REGISTER TODAY
238-2727