

## Senior Adult Committee

Margot Kling

Mag Davis	Rosita Kaplin
Rosemary O'Leary	Joe Rothstein
Joyce Myers	Ruth Passamaneck
Margaret Mazanec	Emily Podgursky
	Sy Wolf

Dues for the Senior Adult Social Club are:

\$25.00 JCCM  
 \$30.00 JCC Couple  
 \$75.00 NM  
 \$90.00 NM Couple

### JCC Staff

Diane Sadle, Senior Adult Director  
 Slava Nelson, Senior Program Director  
 Natalie Kusyo, Nutrition Manager  
 Gerry Burns, Cook

## Famous Seafood Restaurant Since 1925



## Mike Linig's & Riverside-Farnsley Moreman Landing

*Thursday, May 12-  
 Leave JCC at 11AM,  
 lunch at 11:45PM, tour at 2PM.*

We will first have lunch at Mike Linig's Seafood Restaurant followed by a guided tour of Riverside-Farnsley Moreman Landing, a 19<sup>th</sup> century farm on the Ohio River built in 1837.

Please note that this home has 2 levels with no elevator. The tour consists of the 1<sup>st</sup> & 2<sup>nd</sup> floors of the home. If you cannot climb stairs, there will be other parts of the home for you to see including the Gift Shop.

Cost of admission & transportation: \$10/M, \$15/NM.

TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Federation of Louisville and the Jewish Community Center. The Jewish Community Center Nutrition Site is the only kosher one in the State of Kentucky. Title III also provides for counseling, outreach and health related activities to our program participants. All participants who receive health related counseling or outreach services will be given an opportunity to make a voluntary donation. The Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin. Our Nutrition Program is also partially funded by MAZON: A JEWISH RESPONSE TO HUNGER.

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# J SENIOR TIMES

## April 2016

### A Message from Diane Sadle, Slava Nelson & Natalie Kusyo:

Spring is here and many programs has been planned for April and May.

Our newest program is the Tai Chi Class that will start on Friday, April 1 at 10:15 a.m. which will be add to existing programs. (See enclosed schedule.)

Our favorite Passover Holiday is coming, and we will have the Model Seder on Wednesday, April 20. We are very fortunate to have our sponsors-the Bensinger family. Mark your calendar and make sure you will join us again this year.

Please make your early reservations for your favorite programs and remember that our Annual Membership Brunch is coming soon, so please make sure to pay your Annual Club Dues.

Dues for the Senior Adult Social Club are:

\$25.00 JCCM  
 \$30.00 JCC Couple  
 \$75.00 NM  
 \$90.00 NM Couple

The JCC Senior Adult Program is open to all seniors regardless if you are a member of the JCC or Adult Social Club. Non-Members are welcomed to all programs.

### Funded in part by:

May Kletter Senior Adult Special Projects Fund  
 Ethel Kozlove Levy Senior Adult Hospitality Fund  
 Rebecca Levy Senior Adult Dance Fund  
 Irvin & Jeanne Wasserman Senior Adult Musical Arts  
 Denise & Jacques Wolff Senior Adult Fund  
 Irvin & Betty Zegart Senior Adult Fund  
 Judith Bensinger Senior Adult Fund  
 Gus Goldsmith Transportation Fund  
 Harry & Jeanette Weinberg Foundation  
 Jewish Heritage Fund for Excellence

## UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143.  
 For ALL other Reservations, call ext. 149 or ext. 143

### Lunch & CenterStage Show- "How to Succeed in Business without Really Trying"

*Sunday, April 10-12:15PM-lunch,  
 2PM-Show*

Join us for lunch catered by Gerry Burns followed by the musical winner of both Tony Award for best musical & Pulitzer Prize.

Cost of lunch & ticket: \$25/M, \$30/NM

### Music without Borders-Classics Go to the Movies- Bob Bernhardt, conductor

*Sunday, April 17-3PM at The Temple*

"Nothing sets the mood in a contemporary movie like the music of a classic composition. Join the Louisville Orchestra as they play soundtrack gems from Handel, Beethoven, Strauss & more. Hear the classical music featured in movies like, The Godfather, Moulin Rouge, My Big Fat Greek Wedding & Twilight."

Cost of ticket : \$17/M, \$20/NM. Transportation will be provided. Deadline for reservations Thursday, April 7<sup>th</sup>.

### Intergenerational, Interfaith Model Seder

*Wednesday, April 20, 4:30PM-6:30PM.*

Join the Hebrew School students as we celebrate Passover. Dinner will be served after the program. This program is sponsored by The Judith Bensinger Senior Adult Fund and the Bensinger family.

Cost: \$5

## Save a Date

### AARP Smart Driver Training Class

*Thursday, May 26-10AM-2PM, Classroom #201.*

Cost of class: \$15/AARP Member, \$20/NM.

### JCC Nutrition Site will be closed

*Friday, April 22 through Friday, April 29*

*for the Passover Holiday.*

*We will resume regular schedule  
 on Monday, May, 2nd.*




Lunch is served  
at 12 noon.  
Reservation &  
Cancellation call 238-2743.

# April 2016



Our Nutrition Program is partially  
funded by MAZON: A Jewish  
Response to Hunger.

MON	TUE	WED	THU	FRI	SAT/SUN
Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.	MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY-FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 a.m. MONDAY-WEDNESDAY-THURSDAY: Chair Exercise, 10:30 a.m.11:30 a.m. MONDAY: Body Mechanics with Mary, 9:15 a.m. TUESDAYS: Light Weights, 10:00 a.m. FRIDAY: Light Weights, 9:30 a.m. TUESDAYS– WEDNESDAY: Fundamentals, 9:15 a.m. THURSDAY: Dance Aerobic, 9:15 a.m.			<b>1</b> Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.  Barbecue chicken, baked potato, vegetable medley, Israeli salad, mandarin oranges in gelatin, challah.*	<b>2/3</b>
<b>4</b> Body Mechanics, 9:15 a.m. Chair Exercise, 10:30 a.m.  Vegetable soup/crackers, tuna salad on rye bread with tomato & leaf lettuce, potato chips, chilled peaches. *	<b>5</b> Beading class, 10-30 a m Boomer Wall 11:00 a.m. Musical Memories, 12:45 p.m.  Chicken Marsala, linguine, green beans, tossed salad/tomato, pineapple tidbits, dinner roll. *	<b>6</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m.  Personal size cheese pizza, tossed salad/tomato, chilled pears, sugar cookie. *	<b>7</b> Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.  Oven baked fish filet with dill sauce, long grain rice, scalloped tomatoes, broccoli & raisin salad, fresh fruit cup, wheat bread. *	<b>8</b> Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.  Pot Roast, mashed potatoes, peas & carrots, tossed salad, sliced hot apples, Challah. *	<b>9/10</b>
<b>11</b> Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting, 1 pm  Hamburger patty on bun with lettuce, tomato & onion, potato wedges, baked beans, cole slaw, pineapple, chunks*	<b>12</b> Beading class, 10-30 a m Boomer Wall 11:00 a.m. Bingo, 12:45 p.m.  Braised beef tips, egg noodles, vegetable blend, tossed salad/tomato, applesauce, dinner roll.*	<b>13</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m.  Fish filet with dill sauce, macaroni & cheese, green beans, Israeli salad, chocolate pudding, wheat bread. *	<b>14</b> Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.  Egg salad on rye bread, with lettuce & tomato, broccoli & raisin salad, crackers, cream of mushroom soup, orange wedges..*	<b>15</b> Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m. Nutrition Education, 11:30 a.m.  Turkey breast, sweet potato casserole, bread stuffing, vegetable medley, pineapple tidbits/craisins, challah.*	<b>16/17</b>
<b>18</b> Body Mechanics, 9:15 a.m. Chair Exercise, 10:30 a.m.  Corn Beef on rye bread, chicken noodle soup, potato salad, fresh fruit.*	<b>19</b> Beading class, 10-30 a m Boomer Wall 11:00 a.m. Musical Memories, 12:45 p.m.  Oven fried chicken breast, red bliss potato halves, steamed broccoli, tossed salad/tomato, dinner roll, chilled pears.*	<b>20</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m.  Cabbage roll, mashed potatoes, baby carrots, tossed salad/tomato, tropical fruit, dinner roll *	<b>21</b> Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.  Baked fish filet with dill sauce, baked sweet potato, spinach, cole slaw, apricots, wheat bread.*		<b>23/24</b>



*Nutrition Site is closed due to Passover Holiday*

*\* Tea &  
Orange Juice*