

Senior Adult Committee

Margot Kling, Chair

Mag Davis	Joe Rothstein
Rosita Kaplin	Margaret Mazanec
Martha Bennett	Joyce Myers
Ruth Passamaneck	Sy Wolf
Emily Podgursky	

Dues for the Adult Social Club are as follow:
 \$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

Jewish Community Center
 (502) 459-0660

DERBY DINNER PLAYHOUSE-

“Beauty and the Beast”

Wednesday, August 10—11 AM

This award-winning film comes to life on the Derby Dinner stage in this romantic and beloved take on the classic fairytale.

Reservation & Payment Deadline: Friday, July 15th!

Cost of admission and transportation: \$38/M, \$42/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 Community Federation 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.



SENIOR TIMES

June 2016

A Message from Diane Sadle, Slava Nelson and Natalie Kusyo:
 Dear Fellow JCC

Summer is finally here! Hope the weather will cooperate so all of you will be able to join us in the many programs that are planned. One of the activities that needs your assistance is the JCC Community Garden. Margaret is working very hard but she is in need of volunteers. **If you enjoy working outside in the garden and doing a mitzvah (a good deed) please contact Natalie at 238-2743.**

All fruits and vegetables from the JCC Community Garden will be donated to the JCC Nutrition Program, JFCS Food Bank & Shalom Towers.

Please join us on Wednesday, June 15th at 6:45PM at the JCL Annual Meeting.

Joe Rothstein will be honored as this year's Elsie P. Judah Award recipient.

We also would like to remind you that one of our big events during the year is our

Membership Appreciation Luncheon. This event will be held in August., date TBA.

.So, please make sure to pay your dues, as **this event is for Club Members only!**

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 Fund
 Denise & Jacques Wolff Senior Adult Fund
 Irvin & Betty Zegart Senior Adult Fund
 Judith Bensinger Senior Adult Fund
 Gus Goldsmith Transportation Fund
 Harry & Jeanette Weinberg Fund
 Jewish Heritage Fund for Excellence

UPCOMING EVENTS

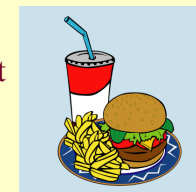
For LUNCH Reservations, call 459-0660, ext. 143.
 For ALL other Reservations, call ext. 149 or ext. 143

Gourmet Dining Club

Monday, June 20, 5:30PM.

Join us at for dinner at Aspen Creek Restaurant near Oxmoor Mall. Cost of transportation: \$6M, \$8/NM.

Call 238-2749 to make your reservations.



Bingo and Birthday Celebration

Tuesday, June 21– 12:45 PM. Join us as Seneca Place– Transitional Care Center will sponsor the Bingo

Day Trip to Belterra Casino

Thursday, July 14– 10 A.M.

Join us for a fun day at Belterra Casino. We will leave the JCC at 10 A.M. Upon arriving, you will receive a voucher for \$10 to be used in the Casino plus \$5.00 voucher for either the Buffet or several other eateries. When making your reservation, please provide us with your name, mailing address and date of birth.

Cost of trip: \$25/M, \$35/NM. Reservation and payment deadline is Thursday, June 30

Lunch and Show– “West Side Story”

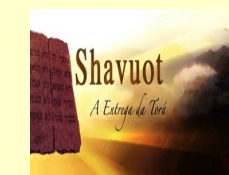
Sunday, July 24-12:45 PM –Lunch, 2 PM—Show

Join us for a lunch catered by Gerry Burns, followed by “West Side Story”, a modern day Romeo & Juliet set on the harsh streets of New York City’s Upper West Side during the 1950’s. Music composed by Leonard Bernstein, lyrics by Stephen Sondheim, choreography by Jerome Robbins.

Payment & Reservation Deadline: Monday, July 18

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

THE JCC NUTRITION SITE WILL BE CLOSED ON JUNE 13



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

JUNE 2016



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

MON	TUE	WED	THU	FRI	SAT/SUN
		<p>1 Blood Pressure Screening 10:15 a. m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Line Dancing 1 p.m.</p> <p>Oven baked fish filet with dill sauce, macaroni & cheese, scalloped tomatoes, fruit cocktail, chocolate chip cookie, wheat bread*</p>	<p>2 Dance Aerobics 9 :15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Chicken salad/lettuce & tomato on rye bread, chunky vegetable soup/ crackers, cole slaw, chilled peaches*</p>	<p>3 Light Weights 9:30 am Tai Chi 10:15am</p> <p>Pot Roast, kasha/bow tie pasta, green beans; tossed salad/tomato, pineapple; tidbits/craisins, Challah</p>	4/5
<p>6 Body Mechanics 9:15 a.m. Chair Exercise 10:30 a.m.</p> <p>Turkey breast on rye bread, minestrone soup/crackers, potato salad, apple sauce *</p>	<p>7 Boomer Wall 11:00 a.m.</p> <p>Spaghetti & meatballs, steamed zucchini & squash, tossed salad/ tomato, tropical fruit salad, breadstick *</p>	<p>8 Blood Pressure Screening 10:15 a.m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Line dancing 1:00 p.m.</p> <p>Cheese pizza slice, tossed salad/ tomato, chilled pears, chocolate chip cookie,*</p>	<p>9 Dance Aerobics 9 :15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Fish filet with dill sauce, rice pilaf, peas & carrots, cole slaw, chocolate pud- ding, wheat bread*</p>	<p>10 Light Weights 9:30 am Tai Chi 10:15am</p> <p>Barbecue chicken, baked potato, baby carrots, tossed salad/tomato, mandarin oranges in gelatin, margarine , Challah*</p>	11/12
<p>13 The JCC Nutrition Site closed for the holiday Shavuot</p>	<p>14 Boomer Wall 11:00 a.m. Musical Memories 12:45 pm</p> <p>Salmon filet with dill sauce, long grain rice, vegetable blend, Israeli salad, chilled peaches, sugar cookie, dinner roll*</p>	<p>15 Blood Pressure Screening 10:15 Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Line Dancing 1 p.m.</p> <p>Sloppy Joe on bun, potato wedges, tossed salad/tomato, baked beans, pineapple tidbits *</p>	<p>16 Dance Aerobics 9 :15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Egg salad on rye bread, with lettuce & tomato, cole slaw, crackers, cream of mushroom soup, orange wedges*</p>	<p>17 Light Weights 9:30 am Tai Chi 10:15am Nutrition Education-11:30AM</p> <p>Baked chicken, oven brown potatoes, vegetable medley, tossed salad,/ tomato, fresh fruit cup, Challah*</p>	<p>18/19 <i>Happy Father's Day</i></p>
<p>20 Body Mechanics 9:15 a.m. Chair Exercise 10:30 a.m. Senior Adult Committee Meeting 1P Gourmet Dining Club 5:30 p.m.</p> <p>Corn Beef on rye bread, chicken noodle soup, potato salad, tropical fruit *</p>	<p>21 Boomer Wall 11:00 a.m. Bingo, 12:45 pm</p> <p>Turkey breast, mashed potatoes, bread stuffing, green beans, applesauce, dinner rolls *</p>	<p>22 Blood Pressure Screening 10:15 Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p. m Line Dancing 1 p.m.</p> <p>Baked fish filet with dill sauce, herbed rice, peas & carrots, apricots, chocolate chip cookies, wheat bread*</p>	<p>23 Dance Aerobics 9 :15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Spanish omelet, zucchini & squash casserole, tossed salad/tomato, apple crisp, wheat bread*</p>	<p>24 Light Weights 9:30 am Tai Chi 10:15am</p> <p>Meatloaf, red potatoes, baby carrots, tossed salad/tomato, fresh fruit salad, Challah *</p>	<p>25/26 *Tea & orange juice</p>
<p>27 Body Mechanics 9:15 a.m. Chair Exercise 10:30 a.m.</p> <p>Grilled cheese sandwich, tomato soup/ crackers, tossed salad/tomato, potato chips, chilled apricots, sugar cookie *</p>	<p>28 Boomer Wall 11:00 a.m. Musical Memories 12:45 p m</p> <p>Cabbage roll, mashed potatoes, baby carrots, Israeli salad, mixed melon salad, dinner roll*</p>	<p>29 Blood Pressure Screening 10:15 am Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p. m Line Dancing 1 p.m.</p> <p>Oven fried chicken breast, red bliss potato halves, vegetable blend, dinner roll, chilled peaches*</p>	<p>30 Dance Aerobics 9 :15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Salmon Croquet /dill sauce, macaroni & cheese, green beans,, cole slaw, pineapple tidbits/craisins, wheat bread*</p>	<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9 a.m.-10 a.m.— outdoor swimming pool TUESDAY-Light Weights-10AM, FRIDAY 9:30am TUESDAY-Boomer Wall-11AM WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m. THURSDAY: Dance Aerobics 9:15AM, FRIDAY-Tai Chi-10:15AM</p>	