

Senior Adult Committee

Margot Kling, Chair

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

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, Nutrition Cook

Day Trip to Belterra Casino

Thursday, July 14-10AM. Join us for a fun day at Belterra Casino. We will leave the JCC at 10AM. 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 & payment deadline is Thursday, June 30.



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.

J SENIOR TIMES

May 2016

UPCOMING EVENTS

For LUNCH Reservations, call 238-2743
 For ALL other Reservations, call 238-2749 or 238-2743

Mike Linnig'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 Linnig's Seafood Restaurant followed by a guided tour of Riverside-Farnsley Moreman Landing, a 19th century farm on the Ohio River built in 1837.

Cost of admission & transportation: \$10/M, \$15/NM. Lunch is on your own. Reservation and payment due by Monday, May 9th.

Gourmet Dining Club

Monday, May 16, 5:30PM. Join us for dinner at **Ruby Tuesday**, Blankenbaker Parkway
 Cost of transportation: M/\$6, NM/\$8

AARP Smart Driver Training Class

Thursday, May 26-10AM-2PM, Classroom #201. Defensive driving techniques, new traffic laws and rules of the road will be covered. Most auto insurance companies will offer a premium discount. Refreshments will be served.
 Cost of class: \$15/AARP Member, \$20/NM.
 Call 238-2749 to make your reservations. Check made out to AARP or cash will be accepted. Please bring your AARP membership card with you.

Sr. Retirees Meeting

Tuesday, May 31, 12:45 PM
 Rabbi **Nadia Siritsky**, Vice President of Mission Kentucky One Health will be the speaker. Refreshments will be served.

A Message from your Senior Adult Department Directors

Diane Sadle, Slava Nelson & Natalie Kusyo

Our sincere congratulations goes to **Joe Rothstein** the **Elsie P. Judah Award-2106** for being a dedicated volunteer for the Senior Adult Department.

Joe has been a senior board member since 2013 and has represented the JCC on the Chavurat Shalom Board.

Everyday at 12 noon, Joe can be found in the Senior Adult Lounge serving lunch to the seniors. He also volunteers at our many special events. Joe will be honored at the Jewish Community of Louisville's Annual Meeting on Sunday, June 5th.

Thank you to the Bensinger Family for again sponsoring the Annual Intergenerational, Interfaith Model Seder held on April 20th.

Another successful event and we thank Carl, Jeff, Sandy & family for supporting this annual tradition.

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

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 Foundation
 Jewish Heritage Fund for Excellence.

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

MAY 2016

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



MON	TUE	WED	THU	FRI	SAT/SUN
<p>2 Body Mechanics, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Chunky vegetable soup, tuna salad on rye bread, tomato & leaf lettuce, potato chip, chilled peaches*</p>	<p>3 Beading class, 10-30 a.m. Boomer Wall 11:00 a.m. Musical Memories, 12:45 p.m.</p> <p>Orange chicken, egg noodles, steamed broccoli, tossed salad/tomato, apple crisp, dinner roll*</p>	<p>4 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 pm</p> <p>Meatloaf, red bliss potatoes, baby carrots, tossed salad/tomato, fresh fruit salad, dinner roll*</p>	<p>5 Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Turkey pastrami on rye bread, chicken noodle soup, cole slaw, orange wedges*</p>	<p>6 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Barbecue chicken, baked potato, green beans, Israeli Salad, mandarin oranges in gelatin, Challah*</p>	7/8
<p>9 Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting, 1 pm</p> <p>Personal size cheese pizza, tossed salad/tomato, pineapple tidbits, chocolate chip cookie*</p>	<p>10 Beading class, 10-30 a.m. Boomer Wall 11:00 a.m. Bingo, 12:45 p.m.</p> <p>Marinara sauce with meat, spaghetti, steamed zucchini & squash, tossed salad/tomato, tropical fruit salad,</p>	<p>11 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m</p> <p>Turkey breast on rye bread, chunky minestrone soup with crackers, pasta salad/vegetables, applesauce*</p>	<p>12 Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Fish filet with dill sauce, rice pilaf, peas & carrots, cole slaw, chocolate pudding, wheat bread,*</p>	<p>13 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Pot roast, kasha/bow tie pasta, steamed broccoli, tossed salad/tomatoes, sliced hot apples, Challah*</p>	14/15
<p>16 Body Mechanics, 9:15 a.m. Chair Exercise, 10:30 a.m. Gourmet Dining, 5:30 PM</p> <p>Egg salad on rye bread, with lettuce & tomato, cole slaw, crackers, cream of mushroom soup, orange wedges*</p>	<p>17 Beading class, 10-30 a.m. Boomer Wall 11:00 a.m. Musical Memories, 12:45 p.m.</p> <p>Cabbage roll, mashed potatoes, baby carrots, tossed salad/tomato, mixed melon salad, dinner roll*</p>	<p>18 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45</p> <p>Salmon filet with dill sauce, macaroni & cheese, vegetable medley, Israeli salad, chilled apricots, sugar cookie; wheat bread*</p>	<p>19 Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Spanish omelet, egg noodles, zucchini & squash casserole, apple crisp, wheat bread*</p>	<p>20 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Turkey breast, bread stuffing, sweet potato casserole, green beans, tossed salad, chilled peaches, Challah*</p>	21/22
<p>23 Body Mechanics, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Hamburger patty on bun, lettuce, tomato & onion, potato wedges, baked beans, pineapple*</p>	<p>24 Beading class, 10-30 a.m. Boomer Wall 11:00 a.m. Bingo, 12:45 p.m.</p> <p>Oven fried chicken breast, red bliss potato, steamed broccoli, tossed salad/tomato, dinner roll, chilled pears*</p>	<p>25 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45</p> <p>Grilled Cheese Sandwich, Tomato Soup, tossed salad/tomato, potato chips, chilled apricots *</p>	<p>26 Dance Aerobic Class, 9:15 a.m. Chair Exercise, 10:30 a.m.</p> <p>Baked fish with dill sauce, baked sweet potato, spinach, cole slaw, tropical fruit salad, wheat bread*</p>	<p>27 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Salisbury steak, mashed potatoes, vegetable medley, tossed salad/tomato, fresh fruit salad, Challah*</p>	28/29
<p>30 <i>The JCC Nutrition Site will be closed for the Memorial Day</i></p> 	<p>31 Beading class, 10-30 a.m. Boomer Wall 11:00 a.m. Sr. Retirees Mtg. - 12:45 PM</p> <p>Tahitian chicken breast, rice pilaf, green beans, apple sauce, tossed salad/tomato, dinner roll*</p>	<p>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.</p>			* Tea & orange juice