

Senior Adult Committee

Margot Kling, Chair

Rosita Kaplin	Emily Podgursky
Martha Bennett	Roy Frye
Margaret Mazanec	Joe Rothstein
Joyce Myers	Si Wolf
	Gale Karem

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
 Natalie Kusyo, Nutrition Manager
 Gerry Burns, Nutrition Cook

Day Trip-“Tom Owen’s Tour of Easily Overlooked Historical Sites in & Around Downtown Louisville”

Thursday, May 25-10AM.

Join us as Tom Owen will be our tour guide as we visit some overlooked historical sites in downtown. The bus will stop at certain places for those who choose to see these places up close. After the 2 hour tour we will have lunch at Old Spaghetti Factory . Lunch choices: Pasta with marinara, meat or mushroom sauces. Please, let us know which pasta choice you prefer when making your reservation. Spaces are limited to 32 participants. RSVP by May 15th.

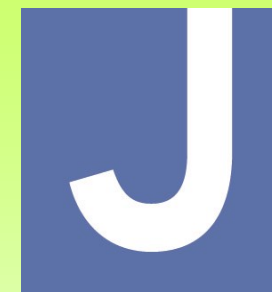
Cost of trip, transportation & lunch : \$22/M, \$27/NM

SAVE THE DATE:

Senior Retirees Meeting-: “As You Age: You & Your Medications”

Tuesday, June 6-12:45PM. Amanda Bausch, the community pharmacy resident at Norton Healthcare will be the speaker. Some of the topics she will discuss are medication safety, medication financials-how to save money with generics, 90 day supply, preferred pharmacies. Refreshments will be served after the program.

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

May 2017

UPCOMING EVENTS

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

ElderServe Presents-“Whole Grains”

Tuesday, May 2-12:45PM. Come learn more about benefits of eating whole grains and the difference between whole grains & refined grains. Healthy Snacks will be served after presentation.

Cantor Sharon Hordes Musical Program

Tuesday, May 9-12:45PM. Cantor Hordes will perform some Ladino Music of the Sephardic Jewish community. Sephardic Jews have a diverse repertoire the origins of which center primarily around the Mediterranean basin. In the secular tradition, material is usually sung in dialects of Judeo-Spanish, though other languages including Hebrew, Turkish, Greek, and other local languages of the Sephardic diaspora are widely used. Refreshments will be served after the program.

Wednesday, May 10-8:30AM-1 PM-Patio Gallery

- Blood Pressure
- Blood Glucose
- Bone density
- BMI
- Height/Weight
- Derascan Skin Screening

Provided by Norton Healthcare



Free Three-Part Technology Series

- Week 1: May 10 - Basic of Computer and E-mail
- Week 2: May 17 - Social Networking
- Week 3: May 24 - Smart Phones

Class will take place in Room 201 at 1:00PM-Please register for this program.



Gourmet Dining Club Monday

May 15-5:30PM. Join us for dinner at Bravo’s Italian Restaurant\ near Oxmoor Mall. Transportation available for \$4 round trip.



Senior Retirees Meeting

Tuesday, May 23-12:45PM. Rabbi Nadia Siritsky will be our guest speaker. She will update us on new & exciting things happening at Kentucky One-Jewish Hospital. Refreshments will be served.

ElderServe Presents-“Enjoy the Power of Fiber in Your Diet”

Tuesday, May 30-12:45PM. Come learn about how foods rich in fiber boost health & keep digestive system functioning healthy. Healthy snacks will be served.



A Message from your Senior Adult Department Directors Diane Sadle & Natalie Kusyo

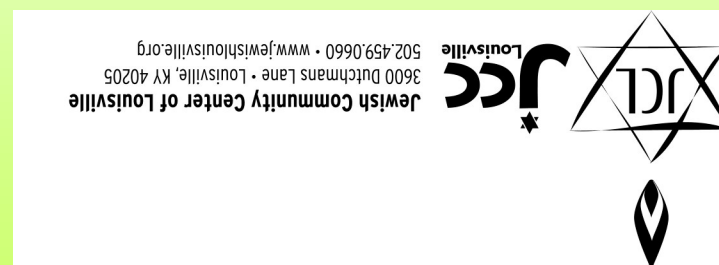
Dear Friends,
 As you know, May is Older American’s Month. This year’s theme “Age Out Loud” emphasizes the ways older adults are living their lives with boldness, confidence and passion while serving as an inspiration to people of all ages. Barbara Hillary at age 75 was the first African American woman to set foot on the North Pole. Former President George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 became the oldest person to host Saturday Night Live. Take charge of your health and independence and join us for the variety of activities that we offer at the J all year round. Stay active, stay positive and live your life to the fullest!

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 Foundation
- Jewish Heritage Fund for Excellence.
- Meals on Wheels America
- KIPDA

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

MAY 2017

MON	TUE	WED	THU	FRI	SAT/SUN
<p>1 Chair Exercise, 10:30 a.m.</p> <p>Tomato stuffed with tuna, cream of mushroom soup/crackers, broccoli & raisin salad, chilled peaches, chocolate chip cookie, wheat bread *</p>	<p>2 Boomer Wall 11:00 am Elderserve Presents- Whole Grains-12:45pm</p> <p>Salisbury steak, mashed potatoes, steamed carrots, Romaine salad, tropical fruit, dinner roll. *</p>	<p>3 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>Spanish omelet, hash brown potatoes, Spinach fruited salad, apple crisp, wheat bread*</p>	<p>4 Dance Aerobics Class, 9:00a.m. Chair Exercise, 10:30 a.m.</p> <p>Vegetarian Lasagna, tossed salad, breadsticks, sugar cookie, diced pears *</p>	<p>5 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Pot Roast, kasha/bow tie pasta, green beans, fresh fruit salad, Israeli salad, Challah*</p>	6/7
<p>8 Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting, 1 pm</p> <p>Crispy baked fish/dill sauce, macaroni & cheese, cole slaw, steamed broccoli, applesauce, dinner roll *</p>	<p>9 Boomer Wall 11:00 am Cantor Sharon Hordes- 12:45PM</p> <p>Oven fried chicken breast, roasted red potatoes, vegetable medley, Romaine salad, chilled pineapple tidbits, dinner roll*</p>	<p>10 Blood Pressure Screening, 10:15a Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Continuous Line Dancing, 1 pm</p> <p>Egg salad on rye bread/ lettuce & tomato, vegetable soup/crackers, potato chips, orange wedges, chocolate chip cookie*</p>	<p>11 Dance Aerobics Class, 9:00 a.m. Chair Exercise, 10:30 a.m.</p> <p>Cabbage roll, mashed potatoes, steamed carrots, Romaine salad, pears, dinner roll*</p>	<p>12 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Chicken Picatta/Bow Tie Pasta, vegetable medley, tossed salad, applesauce, Challah *</p>	13/14
<p>15 Chair Exercise, 10:30 a.m. Gourmet Dining, 5:30 PM</p> <p>Corn Beef sandwich on rye bread, chicken noodle soup, potato salad, tropical fruit *</p>	<p>16 Boomer Wall-11am Bingo, 12:45 pm.</p> <p>Turkey breast/stuffing, mashed potatoes, green beans, tossed salad, pears, dinner roll *</p>	<p>17 Blood Pressure Screening, 10:15a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 pm</p> <p>Herbed crusted salmon, herbed rice, garden peas, Israeli salad, sliced peaches/craisins, dinner roll *</p>	<p>18 .Dance Aerobics Class, 9:00 a.m. Chair Exercise, 10:30 a.m.</p> <p>Chicken salad sandwich on rye bread/ lettuce, tomato, minestrone soup/ crackers, pineapple tidbits, broccoli & raisin salad *</p>	<p>19 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m. Nutrition Education-11:30AM</p> <p>Meatloaf, oven brown potatoes, steamed vegetable medley, Romaine salad, applesauce, Challah *</p>	20/21
<p>22 Chair Exercise, 10:30 a.m.</p> <p>Grilled Cheese Sandwich, Tomato Soup/crackers, Israeli salad, sugar cookie, chilled apricots *</p>	<p>23 Boomer Wall-11am Sr. Retirees Mtg. - 12:45 pm Rabbi Nadia Siritsky.</p> <p>Chicken Cacciatore/penne pasta, vegetable medley, Romaine salad, breadstick, chilled peaches/craisins *</p>	<p>24 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>Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, broccoli & raisin salad, chocolate pudding, dinner roll*</p>	<p>25 Dance Aerobics Class, 9:00 a.m. Chair Exercise, 10:30 a.m.</p> <p>Hot dog on bun, baked beans, potato wedges, cole slaw, pineapple tidbits *</p>	<p>26 .Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m.</p> <p>Barbecue chicken, mashed potato, green beans, tossed salad, mandarin oranges in gelatin, Challah*</p>	27/28
<p>29 The JCC Nutrition Site will be closed for the Memorial Day</p> 	<p>30 Boomer Wall 11:00 am ElderServe presents: Power of Fiber in Your Diet-12:45pm</p> <p>Hamburger on bun, lettuce, tomato & onion, potato wedges, cole slaw, mixed melon salad *</p>	<p>31 The JCC will be closed for the Holiday Shavuot.</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. WEDNESDAY-Deep Water Wellness-10:30AM MONDAY-WEDNESDAY-THURSDAY: Chair Exercise, 10:30 a.m.-11:30 a.m. MONDAY, WEDNESDAY- Body Mechanics with Mary, 9:00 a.m. TUESDAYS: Light Weights, 10:00 a.m. FRIDAY: Light Weights, 9:30 a.m. THURSDAY: Dance Aerobics, 9:00AM</p>		* Tea & juice