

Senior Adult Committee

Margot Kling, Chair

Mag Davis
Rosita Kaplin
Margaret Mazanec
Joyce Myers

Joe Rothstein
Emily Podgursky
Si Wolf
Martha Bennett

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 to Huber Farm Thursday, September 15-11AM

Join us for a relaxing day at Huber Farm.

We will first start our visit with lunch at
Joe Huber's Restaurant

followed by shopping at the farm markets, visiting the
winery and ice cream parlor.

Cost of transportation: \$12/M, \$18/NM

Lunch is on you own!



Save the Day:

Young Hearts Theater Fall Production-
"It's Showtime"

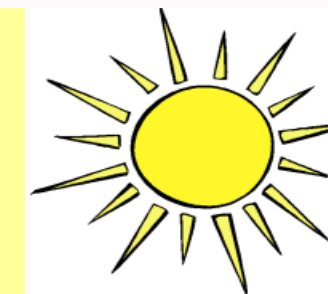
Thursday, September 22



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 August 2016



A Message from Diane & Natalie:

Dear Fellow JCC & Club Members:

We hope all of you are staying cool during this hot summer. One way to enjoy this time of the year is to come to the air conditioned JCC and participate in the many programs that we offer.

From suggestions we received, a new water class is being offered to our senior group.

Deep Water Wellness will be offered on Wednesdays starting August 3 at 10:30AM immediately following Club 60 Swimnastics class.

This class will give you the opportunity to work on your cardiovascular fitness. Good news you do not have to be a swimmer to attend this class.

On **Sunday, August 21**, The Adult Social Club Membership Luncheon will be held. This is a free event for Club Members only. If you have not renewed your membership for 2016, please see Natalie or Diane.

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

UPCOMING EVENTS

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

Robert "Bob" J. Mueller, author & motivational speaker will present "Attitude is one of Gratitude."

Tuesday, August 2, 12:45PM.

Join us for this inspiring program. Refreshments will be served.

Senior Retirees Meeting

Tuesday, August 9, 12:45PM.

Dan Lane, Director of Community Relations at Good Samaritan will speak on "Choosing the Right Rehab Facility."

He will also play the guitar and sing some favorite songs.

Refreshments will be served.

Gourmet Dining Club

Monday, August 15-5:30PM.

Join us at Buckheads on Bardstown Rd.

Transportation cost: \$6/M; \$8/NM



Adult Social Club Paid-Up Membership Luncheon

Sunday, August 21-11:30AM.-2PM

Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Entertainment will be provided by Bob Holt & his Prime Time Band. **Free for all Club Members!** Transportation will be provided upon request.

Reservation Deadline: Wednesday, August 17th

Musical Entertainment

Tuesday, August 23-12:45PM.

Mike O'Bryan, "The Accordion Man" will perform. We will celebrate birthdays and anniversaries. Refreshments will be served.



Muhammad Ali Center

Thursday, August 25-10AM.

"Explore the Ali Center to learn about the life, legacy and core principles of Muhammad Ali. We will have a self-guided tour and then have lunch at Bristol Bar & Grill.

Cost of admission & transportation: \$18/M, \$25/NM



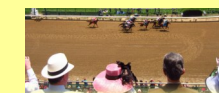
Day Trip to Churchill Downs

Thursday, November 10-Leave JCC at 11AM

Join us on Millionaire's Row-4th floor. We will have a delicious buffet lunch and be able to watch the races from the four tier balcony overlooking the finish line. Cost includes lunch, admission, reserved seat, racing form & transportation. **Space is limited.**

For those who paid deposit, final payment of either \$22 or \$24 is due by Monday, September 19th. For others full payment is also due on September 19th.

Cost: \$44/JCC & ASCM, \$48/NM



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

AUGUST 2016



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

| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|---|---|--|--|--|
| <p>1 Body Mechanics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Chicken Salad on a bed of lettuce with sliced tomato, pasta salad, fresh fruit, parve cookie, rye bread*</p> | <p>2 Boomer Wall 11:00 a.m. Bob Mueller-12:45PM “Attitude is one of Gratitude”</p> <p>Salisbury steak, mashed potatoes, vegetable medley, tossed salad/tomato, dinner rolls, chilled pears, *</p> | <p>3 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 p.m. Line Dancing, 1 p.m. Walking with Ease, 12 :45 p.m.</p> <p>Baked fish filet with dill sauce, rice pilaf, peas, cole slaw, apricots, wheat bread*</p> | <p>4 Dance Aerobics 9 am Chair Exercise 10:30 am</p> <p>Spanish omelet, zucchini & squash casserole, tossed salad, apple crisp, wheat bread, *</p> | <p>5 Light Weights 9:30 am Tai Chi 10:15 am</p> <p>Barbecue Chicken, baked potato, green beans, Israeli salad, mandarin oranges in gelatin, Challah*</p> | <p>6/7</p> <p>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</p> |
| <p>8 Body Mechanics 9 a.m. Chair Exercise, 10:30 a.m. Senior Committee Meeting, 1 p.m.</p> <p>Hot dog on bun, potato wedges, baked beans, cole slaw, tropical fruit salad *</p> | <p>9 Boomer Wall 11:00 a.m. Senior Retirees Meeting: 12:45PM Dan Lane-guest speaker</p> <p>Turkey breast, sweet potato casserole, bread stuffing, green beans, tossed salad/tomato, applesauce, dinner roll*</p> | <p>10 Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Walking with Ease, 12 :45 p.m.</p> <p>Personal size cheese pizza, tossed salad/tomato, chilled peaches, sugar cookie, *</p> | <p>11 Dance Aerobics 9 am Chair Exercise 10:30 am</p> <p>Chunky vegetable soup, tuna salad on rye bread, slice of tomato & leaf lettuce, potato chips, pineapple tidbits*</p> | <p>12 Light Weights 9:30 am Tai Chi 10:15 am</p> <p>Pot roast, kasha/bow tie pasta, peas & carrots, Israeli Salad, sliced hot apples, Challah*</p> | <p>13/14</p> |
| <p>15 Body Mechanics 9 a.m. Chair Exercise, 10:30 a.m. JCC Book Club-11AM</p> <p>Grilled cheese on wheat bread, to-mato soup/crackers, potato chips, chilled pears *</p> | <p>16 Boomer Wall 11:00 a.m. Bingo-12:45 p.m.</p> <p>Spaghetti with meatballs, steamed broccoli, tossed salad/tomato, bread-sticks, tropical fruit salad, *</p> | <p>17 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15p.m. Line Dancing, 1 p.m. Walking with Ease, 12 :45 p.m.</p> <p>Corn beef on rye bread, chicken noodle soup, potato salad, dill pickle, orange wedges*</p> | <p>18 Dance Aerobics 9 am Chair Exercise 10:30 am</p> <p>Oven baked fish filet with dill sauce, long grain rice, scalloped tomatoes, cole slaw, fresh fruit cup, wheat bread*</p> | <p>19 Light Weights 9:30 am Tai Chi 10:15 am Nutrition Education 11:30 a.m.</p> <p>Oven fried chicken breast, red bliss potato halves, steamed zucchini & yellow squash, tossed salad, pineapple tidbits/</p> | <p>20/21</p> |
| <p>22 Body Mechanics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Turkey breast on rye bread, lettuce & tomato, minestrone soup, crackers, cole slaw, applesauce*</p> | <p>23 Boomer Wall 11:00 a.m. Mike O'Bryan-12:45PM</p> <p>Cabbage roll, mashed potatoes, baby carrots, tossed salad/tomato, apricots, dinner rolls*</p> | <p>24 Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Walking with Ease, 12 :45 p.m.</p> <p>Salmon filet with dill sauce, rice pilaf, vegetable blend, chilled peaches, chocolate chip cookie, wheat bread*</p> | <p>25 Dance Aerobics 9 am Chair Exercise 10:30 am</p> <p>Egg salad on rye bread, with lettuce & tomato, crackers, cream of mushroom soup, orange wedges, potato chips*</p> | <p>26 Light Weights 9:30 am Tai Chi 10:15 a.m.</p> <p>Chicken Marsala, linguine, vegetable medley, tossed salad/tomato, chilled peaches, Challah*</p> | <p>27/28 * Tea & Orange Juice</p> |
| <p>29 Body Mechanics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Fish filet with dill sauce, macaroni & cheese, peas & carrots, Israeli salad, chocolate pudding, wheat bread*</p> | <p>30 Boomer Wall 11:00 a.m. Bingo-12:45PM</p> <p>Braised beef tips, egg noodles, green beans, tossed salad/tomato, hot spiced apples, dinner roll*</p> | <p>31 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 a Walking with Ease, 12 :45 p.m. Line Dancing, 1 p.m.</p> <p>Hamburger on bun / lettuce & toma-to, pickle, potato salad, baked beans, pineapple*</p> | <p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY, WEDNESDAY, FRIDAY: Water Exercise, 9:30 a.m.-10:30 a.m. outdoor MONDAY & WEDNESDAY: Body Mechanics with Mary, 9-10 a.m. TUESDAYS: Light Weights, 10:00 a.m. BOOMER WALL-11 a.m. WEDNESDAYS: Walking with Ease 12:45 p.m.; KIPDA-SHIP Counseling 12:30-1 pm THURSDAY: Dance Aerobics 9:00 a.m.; Chair Exercise 10:30 a.m. FRIDAYS: Light Weights 9:30 a.m., Tai Chi 10:15 a.m.</p> | | <p>New Water Exercise Class! Deep Water Wellness Starting Wednesday, August 3-10:30am No impact on body, work on Cardiovascular fitness,</p> |