

Senior Adult Committee

Margot Kling, Chair

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

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-Aviation Museum & Kentucky Horse Park

Thursday, September 14-9:30AM.

We will first visit the Aviation Museum in Lexington. The museum collection includes historic airplanes, training equipment, photos, and documents. Many of the original items were gathered from the personal collections of members of the Kentucky Aviation History Roundtable, the local aviation enthusiasts who conceived the idea of a permanent museum. After we will lunch at Cracker Barrel followed by our visit to the Kentucky Horse Park's Breeds Barn Show.



Cost of transportation & admission: \$30/M, \$35/NM
Reservation & Payment Deadline: September 7.

Day Trip to Churchill Downs

Thursday, November 9-Leave JCC at 11:15AM

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.** Cost: \$45/JCC & ASCM, \$50/NM
Reservation & Payment Deadline: Wednesday, September 20th



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.



SENIOR TIMES

August 2017



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 J and participate in the many programs that we offer. Remember make your reservations early for the day trips as they fill up quickly.

On **Sunday, August 20**, The Adult Social Club Membership Luncheon will be held. This is a free event for Club Members only. Jennifer Diamond & Daniel Worley will be our guest performers.

Our dedicated senior volunteers will be honored during this event. If you have not renewed your membership for 2017, please see Natalie or Diane

Adult Social Club dues are as follows:
\$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.

UPCOMING EVENTS

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

Elderserve Presents: Protein: The Body's Own Superman

Tuesday, August 1-12:45PM. Come learn about the role of protein in our body and the importance of lean protein in our diet. You will enjoy a healthy snack and experience low-impact exercises to increase physical activity, an important component of weight management and health.

Reminder: Derby Dinner Playhouse-Music Man-August 2-11AM

"Two of Diamonds"-Musical Entertainment

Tuesday, August 15-12:45PM "Two of Diamonds", popular vocal & keyboard artists, performs Songs of Summer, including standards, jazz & Broadway favorites. Ann Waterman will be on keyboard and Beth Olliges is the vocalist. Refreshments will be served.



Adult Social Club Paid-Up Membership Luncheon Sunday, August 20-12PM.-2:30PM

Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Jennifer Diamond & Daniel Worley will perform a vocal-acoustic guitar duo, featuring a mixture of genres from blues to folk to jazz, including some original music. **Free for all Club Members! Transportation will be provided upon request.**

Reservation Deadline: Wednesday, August 16th

Gourmet Dining Club

Monday, August 21-5:30PM.

Join us at Cheddars on Westport Road
Transportation cost: \$4



Nada, Classical Pianist Performs

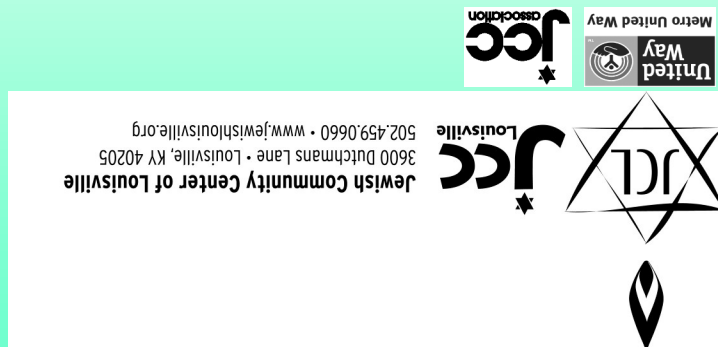
Tuesday, August 22-12:45PM. She will be playing short selections from Mozart, Bach, Chopin, Faure & Brahms. & will bring her CDs to sell. Refreshments will be served.

Please note: Change of Date for Trip to Abraham Lincoln Museum & Birthplace-Thursday, August 31- Few reservations remain.

SAVE THE DATE: Jonathan Wolff, music composer for 75 Primetime Network TV Series will perform after lunch on Tuesday, September 5th.



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

AUGUST 2017

| MON | TUE | WED | THU | FRI | SAT/SUN |
|--|--|--|---|--|--|
|  | 1 Light Weights-10am Boomer Wall 11:00 a.m. ElderServe: Protein-12:45PM Salisbury steak, mashed potatoes, steamed carrots, Romaine Salad, dinner rolls, chilled pears, * | 2 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 Tomato stuffed/tuna, cream of mushroom soup/ crackers, honey wheat bread, orange slices, chocolate chip cookie* | 3 Light Weights-10am Boomer Wall-11AM Vegetarian Lasagna, tossed salad/ tomato, fresh fruit salad, breadsticks* | 4 Friday Flex-9:45am Chair Exercise-10:30am Ginger Barbecue Chicken, rice pilaf, steamed broccoli, Israeli Salad, mandarin oranges in gelatin, Challah* | 5/6 Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief. |
| 7 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi-11am Crispy baked fish/dill sauce, scalloped tomatoes, macaroni & cheese, cole slaw butterscotch pudding, wheat bread* | 8 Light Weights-10AM Boomer Wall 11:00 a.m. Bingo-12:45PM Chicken Marsala, linguine, vegetable medley, Romaine salad, applesauce, dinner roll | 9 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Turkey Pastrami Sandwich on rye bread, vegetable soup/crackers, potato salad, sliced peaches* | 10 Light Weights-10am Boomer Wall-11AM Hamburger on bun/ lettuce & tomato, pickle, sweet potato fries, broccoli & raisin salad, mixed melon* | 11 Friday Flex-9:45am Chair Exercise-10:30am Pot roast, roasted red potatoes, green beans, Romaine salad, chilled pears, Challah* | 12/13 |
| 14 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Senior Adult Committee Meeting-1PM Spanish omelet, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread, * | 15 Light Weights-10AM Boomer Wall 11:00 a.m. Two of Diamonds-12:45PM Cabbage roll, mashed potatoes, peas and carrots, Romaine salad, pineapple tidbits, dinner roll* | 16 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Blood Pressure Screening, Line Dancing, 1 p.m. Spaghetti/marinara sauce, vegetable medley, tossed salad/tomato, bread-stick, chilled peaches/craisins * | 17 Light Weights-10am Boomer Wall-11AM Egg Salad on rye bread with lettuce & tomato, minestrone soup/crackers, cole slaw, orange wedges, chocolate chip cookie * | 18 Friday Flex-9:45am Chair Exercise-10:30am Nutrition Education 11:30 a.m. Chicken Picatta /bow tie pasta, vegetable medley, Spinach Fruited salad, apricots, Challah * | 19/20 Paid-Up Membership Luncheon |
| 21 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am J Book Club 11am Herb crusted salmon filet/dill sauce, rice pilaf, steamed zucchini & yellow squash, Orzo salad, chocolate pudding, dinner roll * | 22 Light Weights-10am Boomer Wall 11:00 a.m. Nada—Classical Pianist-12:45 Oven fried chicken breast, red roasted potatoes, green beans, Romaine salad, sliced peaches, dinner roll* | 23 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Sloppy Joe on bun, potato wedges, baked beans, Israeli Salad, pineapple tidbits * | 24 Light Weights-10am Boomer Wall-11AM Grilled cheese sandwich, tomato soup/crackers, tossed salad/tomato, sugar cookie, apricots. * | 25 Friday Flex-9:45am Chair Exercise-10:30am Meat Loaf, mashed potatoes, steamed broccoli & carrots, Romaine Salad, tropical fruit, Challah. * | 26/27 * Tea & Orange Juice |
| 28 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Turkey sandwich on rye bread, lettuce & tomato, vegetable soup./crackers, potato salad, chilled pears * | 29 Light Weights 10am Boomer Wall 11:00 a.m. ElderServe-12:45PM Fluids: Staying Hydrated Chicken Cacciatore, penne pasta, green beans, tossed salad, fresh fruit salad, dinner roll, * | 30 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 Line Dancing, 1 p.m. Herbed baked tilapia/dill sauce, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread* | 31 Light Weights-10am Boomer Wall-11AM Abraham Lincoln Museum 10am Fettuccine Alfredo/mushrooms & broccoli, Spinach Fruited Salad, breadstick, pineapple tidbits | MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 outdoor swimming pool WEDNESDAY: Blood Pressure Screenings-10:15 AM, Deep Water Wellness-10:30AM MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM, MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM MONDAY-Tai Chi-11AM TUESDAY, THURSDAY: Light Weights-10AM TUESDAY, THURSDAY: Boomer Wall-11AM FRIDAY: Friday Flex-9:45AM | |