

ANNUAL HOLIDAY /NEW YEAR'S PARTY

Sunday, December 18—11 AM –1:30 PM.

Join us for a delicious brunch catered by Gerry Burns, followed by musical entertainment provided by the group **GRAND SLAM**, one of the premier easy-listening bands in Louisville.

The 3 musicians have been working together for over 30 years playing their "signature blend of harmony-rich smooth songs and good-time oldies." We will end the program by giving out terrific door prizes.

Cost: \$20/M; \$28/NM.

Reservation & Payment Deadline: Friday, December 9th



The Act provides Federal funding that enables the Senior Adult Department to operate a dining program for senior adults. Funds for this project are administered by Louisville Metro Human Services, Jewish Community Federation and the Jewish Community Center. The Jewish Community Center Nutrition Program of Kentucky. Title III also provides for counseling, outreach and health related activities to our members. Health related counseling or outreach services will be given an opportunity to make a referral. The Center does not discriminate against anyone because of race, color, religion, sex or national origin. Funded by the U.S. GOVERNMENT.



SENIOR T November

A Message from Diane, & Natalie:

Dear Fellow JCC & Adult Social Club Members:

Hi Friends,

The upcoming White Elephant Sale on November 15 is one of the biggest fundraising events of the year for the Senior Adult Department.

This event will begin at 9 am in the Patio Gallery and continue until 2PM. Please support this event by donating **NEW** or **GENTLY USED** items. Hope you will check out the items we offer for sale.

There are several exciting programs coming up including our annual Thanksgiving Luncheon and Annual New Year's Celebration.

If you are interested in volunteering for any of our events, please contact Diane or Natalie, as they happily will accept all the help you can offer. Volunteerism not only benefits someone on the personal level, but tremendously enhances the quality of programs that are offered.

Hope to see you there!

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
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

UPCOMING

For LUNCH Reservations
For ALL other Reservations

Senior Retirees Meetings

Tuesday, November 1-12:45PM
Director, will speak about the meeting and other important details pertaining to the trip to Cuba. Refreshments will be served.

Tuesday, November 29-12:45PM
JCRC & Past JCL Campaign Committee trip to Cuba. Refreshments will be served.

REMINDER FOR THOSE WHO ATTEND CHURCHILL DOWNS

Thursday, November 10-Leave early

Annual Thanksgiving Luncheon
Tuesday, November 15-12PM.
event. Following the traditional meal, The Silver Notes will perform.

White Elephant Sale

Tuesday, November 15-9AM-2PM
Proceeds will benefit the Senior Adult Department. Cash accepted.

Gourmet Dining Club

Monday, November 21-5:30PM
Grill on Hurstbourne Parkway
Cost of Transportation: \$6/M, \$12/NM

Day Trip to Frazier Arms Museum

Thursday, December 1-9:30AM
tour of the exhibit "A Morning in the Personal Stories of Pearl Harbor" on the 75th anniversary of the attack on Pearl Harbor. You will also have time to tour on your own. White Christmas and Holidays. Upon our visit, we will have lunch at The Frazier Arms Museum. Cost of transportation & admission is \$12. Reservation & Payment Deadline: Friday, November 18



Jewish Community Center of Louisville
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NOVEMBER 201

TUE	WED	THU	FRI
<p>1 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Sr. Retirees Mtg. 12:45</p> <p>Salisbury steak, mashed potatoes, steamed carrots, Romaine Salad, dinner roll, pineapple tidbits*</p>	<p>2 Chair Exercise, 10:30 a.m. Blood Pressure Screening-10:15 Line Dancing 1 pm.</p> <p>Chicken Salad on rye bread with lettuce & tomato, minestrone soup, crackers, broccoli & raisin salad, orange wedges*</p>	<p>3 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Spanish omelet, hash brown potatoes, apple crisp, tossed salad, wheat bread*</p>	<p>4 Light Weights 9:30 am Tai Chi 10:15 am</p> <p>Chicken Cacciatore with penne pasta, green beans, Israeli Salad, melon salad, Challah*</p>
<p>8 Light Weights, 10:00a.m. Bingo-12:45PM</p> <p>Herbed crusted salmon filet, rice pilaf, steamed zucchini/yellow squash, spinach fruited salad, butterscotch pudding, dinner roll.*</p>	<p>9 Chair Exercise, 10:30 a.m. Blood Pressure Screening -10:15 Line Dancing-1PM</p> <p>Chicken Picatta / bow tie pasta, steamed vegetable medley, sliced pears, dinner roll*</p>	<p>10 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Churchill Downs-11AM</p> <p>Hamburger patty on bun, lettuce, tomato & onion, potato wedges, broccoli/raisin salad, fresh fruit. *</p>	<p>11 Light Weights 9:30 am Tai Chi 10:15 am</p> <p>Barbecue chicken, brown rice/zucchini, baby carrots, mandarin oranges in gelatin, Challah *</p>
<p>15 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Thanksgiving Luncheon-12PM</p> <p>Turkey breast/ bread stuffing, mashed potatoes, steamed fresh green beans, dinner roll, applesauce*</p>	<p>16 Chair Exercise, 10:30 a.m. Blood Pressure Screening-10:15 Line Dancing 1 pm.</p> <p>Hot Dog on bun, potato wedges, cole slaw, pineapple tidbits *</p>	<p>17 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Grilled Cheese Sandwich, tomato soup/ crackers, Israeli Salad, chocolate chip cookie, apricots. *</p>	<p>18 Light Weights 9:30 am Tai Chi 10:15 am Nutrition Education 11:30 AM</p> <p>Meatloaf, red roasted potatoes, steamed broccoli, Romaine Salad, baked apple slices, Challah.*</p>
<p>22 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Bingo, 12:45 p.m.</p> <p>Chicken Marsala, linguine, vegetable medley, Spinach fruited salad, breadstick, fresh fruit cup. *</p>	<p>23 Chair Exercise, 10:30 a.m. Blood Pressure Screening -10:15 Line Dancing 1 pm.</p> <p>Sloppy Joe on bun, potato wedges, baked beans, Romaine salad, tropical fruit. *</p>	<p>24-25 Nutrition Site will be closed for Thanksgiving Holiday.</p> 	
<p>29 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Sr. Retirees Meeting-12:45PM</p> <p>Cabbage Roll, mashed potatoes, peas & carrots, pineapple tidbits, dinner roll. *</p>	<p>30 Chair Exercise, 10:30 a.m. Blood Pressure Screening-10:15 Line Dancing 1 pm.</p> <p>Egg salad sandwich on rye bread, with lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange wedges chocolate chip cookie *</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., Deep Water Wellness-W MONDAY & WEDNESDAY: Body Mechanics with Mary, 9-10 a.m. TUESDAYS: Light Weights, 10:00 a.m. Boomer Wall-11AM WEDNESDAYS: Walking with Ease 12:45 p.m.; KIPDA-SHIP Counseling, 12:30-1 PM THURSDAY: Dance Aerobics 9AM, Chair Exercise 10:30 a.m. FRIDAYS: Light Weights 9:30 a.m., Tai Chi 10:15 a.m.</p>	