

## ANNUAL HOLIDAY/NEW YEAR'S PARTY

Sunday, December 17—11:30AM-2PM  
"Nashville to New Orleans"

Join us as we celebrate the New Year. Sensational Jazz Duo-Jamey and Tammy Whiting will entertain us with songs of the 20's, 30's & 40's.

Fabulous door prizes and delicious food awaits you.

Cost: \$20/M, \$30/NM.

Transportation available for an additional \$3.00.

Reservation & Payment Deadline: **Friday, December 8th**



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

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## SENIOR T November

### UPCOMIN

For LUNCH Reservations  
For ALL other Reservations

#### A Message from Diane & Natalie:

Dear Fellow JCC & Adult Social Club Members:

Hi Friends,

As Thanksgiving approaches, we would like to thank all our dedicated volunteers and loyal Adult Social Club Members for supporting and participating in the programs offered by the Senior Adult Department. Due to the generosity of your donations to the Goodwill Fund, we are able to offer you a variety of programs at a very affordable rate. As we continue our journey together we welcome new members to our JCC family.

Please place your reservation early for our Annual Thanksgiving Luncheon on November 14, as we will have a delicious meal and incredible entertainment by **The Rascals of Ragtime**. Please bring a canned food item to be donated to the JFCS Food Bank in memory of our beloved volunteer, Teresa Barczy.



*Happy Thanksgiving!  
To You And Your Family*

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  
KIPDA

**Chamber Music Society of Louisville**  
**Sunday, November 5-1:30PM-Ser**  
Dessert Reception following concert  
**Mike O'Bryan-The Accordion M**  
**Tuesday, November 7-12:45PM.**

with some of your favorite songs. For program.

**Churchill Downs: Thursday, Nov**  
REMINDER: For those with paid r at 11:15AM.

**Annual Thanksgiving Luncheon**  
**Tuesday, November 14-12PM-JC**  
tional holiday lunch, The Rascals of Teresa Barczy, our beloved volunteer ago, we are asking everyone who at item that will be donated to the JFC

**Special Bingo**  
**Tuesday, November 21-12:45PM.**

A Diversicare Transitional Care Ce Members of their staff will provide

**Cantor Lipp- "These are a Few of**  
**Tuesday, November 28-12:30PM.**

Class will join us for this enjoyable some favorite Disney songs followed tunes. Refreshments will be served

**Day Trip-Frazier Arms Museum**  
**Thursday, December 14-9:45AM.**

"Bluegrass": Prohibition & Kentucky temperance movement, organized c amendment in 1933. After, you will your own the many other exhibits in

60 Years of Magic and Majesty, Th Frazier World War I Collection, ou

The Lewis & Clark Experience, and At 11:50AM-a historical presentation

12:45PM for lunch at Buckhead Mo Cost of admission & transportation: Reservation and Payment Deadline:

**November 23-24**  
**Nutrition Site will be close**



Jewish Community Center of Louisville  
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JCC  
Louisville



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# NOVEMBER 201

TUE	WED	THU	FRI
	<p><b>1</b> Active Adults Fitness-9:45 a.m.            Chair Exercise-10:30 a.m.            Line Dancing 1 p.m.</p> <p>Chicken Salad on rye bread/ lettuce &amp; tomato, minestrone soup,/crackers, broccoli &amp; raisin salad, orange wedges*</p>	<p><b>2</b> Light Weights-10:00 a.m.            Boomer Wall-11:00 a.m.</p> <p>Crispy baked fish/dill sauce, macaroni &amp; cheese, Israeli salad, peas &amp; carrots, wheat bread, chilled peaches/ craisins*</p>	<p><b>3</b> Friday Flex-9:45 a.m.            Chair Exercise-10:30 a.m.</p> <p>Salisbury Steak, mashed potatoes, vegetable medley, Romaine Salad, pineapple tidbits, Challah*</p>
<p><b>7</b> Light Weights, 10:00a.m.            Boomer Wall 11:00 a.m.            Mike O'Bryan-12:45PM</p> <p>Chicken Cacciatore with penne pasta, green beans, Israeli Salad, mixed melon salad, dinner roll *</p>	<p><b>8</b> Active Adults Fitness-9:45 a.m.            Chair Exercise-10:30 a.m.            Line Dancing 1 p.m.</p> <p>Corn Beef on rye bread, vegetable soup/crackers, sweet potato fries, cole slaw, sliced peaches *</p>	<p><b>9</b> Light Weights-10:00 a.m.            Boomer Wall-11:00 a.m.</p> <p>Fettuccine Alfredo with broccoli &amp; mushrooms, tossed salad, chilled pears, breadstick. *</p>	<p><b>10</b> Friday Flex-9:45 a.m.            Chair Exercise-10:30a.m.</p> <p>Herbed crusted salmon filet, rice pilaf, steamed zucchini/yellow squash spinach fruited salad, butterscotch pudding, Challah *</p>
<p><b>14</b> Light Weights, 10:00a.m.            Boomer Wall 11:00 a.m.            Thanksgiving Luncheon-12PM</p> <p>Turkey breast, bread stuffing, sweet potato casserole, steamed fresh green beans, applesauce, dinner roll *</p>	<p><b>15</b> Active Adults Fitness-9:45 a.m.            Chair Exercise-10:30 a.m.            Line Dancing 1 p.m.</p> <p>Tomato stuffed with tuna salad, cream of mushroom soup, cole slaw, sliced peaches, sugar cookie, wheat bread. *</p>	<p><b>16</b> Light Weights-10:00 a.m.            Boomer Wall-11:00 a.m.</p> <p>Spaghetti with marinara sauce, vegetable blend, tossed salad, breadstick, pineapple tidbits *</p>	<p><b>17</b> Friday Flex-9:45 a.m.            Chair Exercise-10:30 a.m.            Nutrition Education-11:30am</p> <p>Pot Roast, roasted brown potatoes, steamed carrots, Romaine Salad, baked apples, Challah *</p>
<p><b>21</b> Light Weights, 10:00a.m.            Boomer Wall 11:00 a.m.            Bingo, 12:45 p.m.</p> <p>Meatloaf, mashed potatoes, steamed broccoli, Romaine Salad, chilled peaches, dinner rolls *</p>	<p><b>22</b> Active Adults Fitness-9:45 a.m.            Chair Exercise-10:30 a.m.            Line Dancing 1 p.m.</p> <p>Grilled Cheese Sandwich, tomato soup/ crackers, Israeli Salad, chocolate chip cookie, apricots. *</p>	<p><b>23-24 Nutrition Site will be closed for Thanksgiving Holiday.</b></p> 	
<p><b>28</b> Light Weights, 10:00a.m.            Boomer Wall 11:00 a.m.            Cantor Lipp-12:30PM</p> <p>Cabbage Roll, mashed potatoes, peas &amp; carrots, Romaine Salad, pineapple tidbits, dinner roll. *</p>	<p><b>29</b> Active Adults Fitness-9:45 a.m.            Chair Exercise-10:30 a.m.            Line Dancing 1 p.m.</p> <p>Beef Stew/ potatoes, carrots, green beans, peas, tossed salad, apple sauce, dinner rolls *</p>	<p><b>30</b> Light Weights-10:00 a.m.            Boomer Wall-11:00 a.m.</p> <p>Panko &amp; Feta Tilapia, macaroni &amp; cheese, steamed broccoli, cole slaw, apricots, wheat bread *</p>	<p><b>MONDAY-FRIDAY: Fitness Walking, on the track in</b>  <b>MONDAY –WEDNESDAY- FRIDAY: Swimnastics-W</b>  <b>WEDNESDAY: Deep Water Wellness-10:30AM</b>  <b>MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-1</b>  <b>MONDAY,WEDNESDAY: Active Adult Fitness-9:45</b>  <b>MONDAY-Tai Chi-11AM</b>  <b>TUESDAY, THURSDAY: Light Weights-10AM</b>  <b>TUESDAY, THURSDAY: Boomer Wall-11AM</b></p>