

Senior Adult Committee

Margot Kling, Chair

Mag Davis	Martha Bennett
Rosita Kaplin	Emily Podgursky
Margaret Mazanec	Joe Rothstein
Joyce Myers	Sy Wolf

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 Site Manager
 Gerry Burns, Cook

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.

Annual Thanksgiving Luncheon

Tuesday, November 15-12PM.

Join us for this very special annual event. Following the traditional holiday lunch, **The Silver Notes will perform.**

Please make your reservations by Friday, November 11!



White Elephant Sale

Start cleaning out your closets and bring in **new or gently used items beginning in October for the White Elephant Sale** be held on **Tuesday, November 15 from 10:00 AM to 2:00 PM in the Patio Gallery.** Bring your donations to the Senior Adult Lounge. Proceeds from this event will help subsidize the senior programs and trips.



SENIOR TIMES

OCTOBER 2016

A Message from Diane Sadle & Natalie Kusyo:

As the High Holidays approach, we wish all of you a very happy and prosperous New Year. May good health and joy fill your home throughout this coming year.



As we mentioned previously, "White Elephant Sale" will be held on Tuesday, November 15. This event is the major fundraiser for the Senior Adult Department and we need your help! It's time to bring some **new and very gently used** items to Diane's office. If you would like to make a monetary donation instead, we will gladly accept it. Money raised during this event will go to the Goodwill Fund and will help subsidize many upcoming programs. We would like to thank you in advance for your generosity as we count on your support.



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

REMINDER: THURSDAY, OCTOBER 6-AMISH VILLAGE TRIP-LEAVE JCC AT 9:30AM



JCC Book Club

Thursday, October 20-10:15AM.

Weather permitting we will meet in the Sukkah for this month's book club, (Board Room if it rains). We will be discussing **Isaac's Storm** by Erik Larson.



Annual Sukkah Luncheon

Friday, October 21-12PM.

Join us as we lunch in the Succah, with guest speaker **Rabbi Hillel Smulowitz**. Make your reservations by 10/19/2016.



Lunch Cruise on the Spirit of Jefferson

Wednesday, October 26-12PM-2PM. Leave JCC at 11AM

Join us for a luncheon cruise on the "Spirit of Jefferson". Cost of transportation, lunch & cruise: \$30/M, \$40/NM. Reservation and payment due by Friday, October, 14th.



THE JCC NUTRITION SITE WILL BE CLOSED

on the following days for the Jewish Holidays:


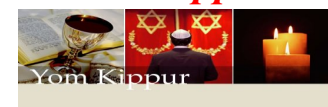

**Monday, October 3, Tuesday, October 4,
 Wednesday, October 12, Monday, October 17,
 Tuesday, October 18, Monday, October 24,
 Tuesday, October 25**

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OCTOBER 2016

MON	TUE	WED	THU	FRI	SAT/SUN
3-4 <i>The JCC Nutrition Site will be closed on Monday, October 3 & Tuesday, October 4 For the holiday Rosh Hashanah</i> 		5 Blood Pressure Screening, 10:15 am Chair Exercise, 10:30 a.m. Line Dancing 1pm. Walk with Ease 12:45 p.m. Hamburger on bun with lettuce/tomato, Sweet potato fries, broccoli raisin salad, mixed melon salad *	6 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Grilled Cheese Sandwich, tomato soup/ crackers, Israeli salad, sugar cookie apricots *	7 Light Weights, 9:30 a.m. Tai Chi- 10:15 a.m. Pot Roast, red bliss potatoes, green beans, apple crisp, Challah *	8/9
10 Body Mechanics, 9 a.m. Chair Exercise, 10:30 am Senior Adult Committee Meeting, 1PM Spaghetti with marinara sauce, steamed zucchini & squash, Romaine salad, breadstick, chilled peaches*	11 Light Weights, 10:00 am Beef Stew/potato, carrots & green beans, tossed salad, apple sauce, dinner roll *	12 <i>JCC Closed for Jewish Holiday Yom Kippur</i> 	13 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m. Crispy baked fish, scalloped tomatoes, macaroni & cheese, butterscotch pudding, honey wheat bread*	14 Light Weights, 9:30 a.m. Tai Chi- 10:15 a.m. Ginger barbecue chicken, brown rice/ zucchini, steamed broccoli, mandarin oranges in gelatin, Challah*	15/16
17-18 <i>JCC Closed for Jewish Holiday of Sukkot</i> 		19 Blood Pressure Screening, 10:15 Chair Exercise, 10:30 a.m. Line Dancing 1pm. Walk with Ease 12:45 p.m. Fettucine Alfredo with mushrooms & broccoli, Spinach fruited salad, breadstick, sliced peaches *	20 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Turkey Pastrami on rye bread, vegetable soup, sweet potato fries, cole slaw, tropical fruit *	21 Light Weights, 9:30 a.m. Tai Chi- 10:15 a.m. Nutrition Education 11:30 a.m. Tomato stuffed with tuna salad, noodle kugel, broccoli & raisin salad, apple pie, Challah *	22/23
24-25 <i>The JCC will be closed for Jewish Holidays of Shemini Atzaret & Simchat Torah</i> 		26 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Line Dancing 1pm. Walk with Ease 12:45 p.m. Hot dog on bun, baked beans, potato wedges, cole slaw, pineapple tidbits*	27 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Vegetable lasagna, tossed salad/ tomato, sliced pears, breadsticks *	28 Light Weights, 9:30 a.m. Tai Chi- 10:15 a.m. Oven fried chicken, roasted red potatoes, green beans, apricots, Challah*	29/30
31 Body mechanics 9 am Chair Exercise, 10:30 am Herbed baked tilapia, orzo salad, scalloped tomatoes, tropical fruit salad, sugar cookie, dinner roll*	* Tea & orange juice	Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.	MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY, WEDNESDAY, FRIDAY: Water Exercise, 9:30 a.m.-10:30 a.m. MONDAY, WEDNESDAY: Body Mechanic with Mary, 9-10 a.m. TUESDAYS: Light Weights, 10:00 a.m. , BOOMER WALL - 11:00 am WEDNESDAYS: Deep Water Wellness—10:30 am, Walking with Ease 12:45 p.m.; KIPDA-SHIP Counseling, 12:30-1 p.m. THURSDAY: Dance Aerobics 9:30 a.m.; Chair Exercise 10:30 a.m. FRIDAY: Light Weights, 9:30 am, Tai Chi, 10:15 am		