

Senior Adult Committee

Margot Kling, Chair

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

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

Free Chamber Music Society Concert
 Sunday, November 5-1:30PM-Senior Adult Lounge
 Dessert Reception following concert.

In celebration of their 80th Anniversary, The Chamber Music Society is offering a series of outreach performances for the Louisville Senior Community at various sites in Louisville. We are pleased to announce that they have chosen the JCC as one of the sites to present a program to members and friends of the Jewish Community Center on Sunday, November 5th at 1:30 PM. in the Senior Adult Lounge. Members of the Chamber Music Society Board and friends, who are professional musicians, will be providing the music. Appearing will be violist, **Laura De St.Croix**, Co-founder of the NouLou Chamber Players, who holds a position with the Paducah Symphony; **Kathy Karr**, principal flute with the Louisville Orchestra and Music Director for the CMSL Outreach Program; Cellist, **Cecilia Huerta-Lauf**, Co-founder of the NouLou Chamber Players and assistant principal cellist of Paducah Symphony Orchestra and Violist **Evan Vivic** Assistant Principal Violist of the Louisville Orchestra.

The music program will include:

Roussell Trio for Flute, Viola & Cello
 First Movement-Allegro grazioso
 Second Movement-Andante
 Third Movement-Allegro non troppo
Debussy Syrinx for Solo Flute
Bridge Lament for 2 violas by Frank Bridge
Il Comme Faut Duet for Cello & Viola by Jeremy Cohen
Reservation Deadline: October 27



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

OCTOBER 2017

A Message from Diane Sadle & Natalie Kusyo:

As you can see, October is jammed packed with a variety of programs. On October 24, the Senior Adult Department is fortunate to have Teddy Abrams, Director of Louisville Orchestra as our special guest. Please make your reservations for lunch on October 24 by calling 238-2743. On Sunday, November 5, the Chamber Music Society will present a free concert at the J at 1:30PM. A dessert reception will follow the program.

A Senior Adult Poker Game Night has been added to the schedule. The group meets every Monday in the Senior Lounge at 6:30PM.. If you are interested in joining this group, please contact Diane at 238-2749.

Wishing all of you Chag Sameach-Happy Holidays!



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
 Meals on Wheels America
 KIPDA

Upcoming Events

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

The JCC Nutrition Site will be closed on Thursday, October 5 & Friday, October 6 for the Jewish Holiday, SUKKOT AND Thursday, October 12 & Friday, October 13 for the Jewish Holidays - SHEMINI ATZARET & SIMCHAT TORAH.

Musical Program-Matthew Lane special guest

Tuesday, **October 3-12:45PM**. Matthew Lane, Concertmaster of The Louisville Philharmonia Musicians' Orchestra will speak about his musical career and play the violin. Refreshments will be served after the performance.

Annual Sukkah Luncheon

Wednesday, **October 11-12PM**. Join us for lunch in the outdoor JCC Sukkah. Rabbi Hillel Smulowitz will be our guest speaker. Call 238-2743 to make your lunch reservation by Monday, October 9th.

Gourmet Dining Club

Monday, **October 16-5:30PM**. Join us at Yoki's Buffet on Blankenbaker Parkway. Fee for transportation: \$4

Speed Art Museum Presentation

Tuesday, **October 17, 12:45PM**. "This year, the Speed Art Museum celebrates 90 years as Louisville's premier art and cultural center. Join Eileen Yanoviak, art historian and Speed Art Museum Membership Manager, as she explores the past, present, and future of the Speed—from its founding by Hattie Speed, to a world-class collection, to the recent \$60 million renovation and expansion. Through behind-the-scenes photography, video, and, of course, great art, learn more about the history of the Speed and its current and upcoming exhibitions, film, events, partnerships, and outreach." Refreshments will be served after the presentation.

Senior Retirees Meeting-Special Musical Presentation-Teddy Abrams

Tuesday, **October 24-12:45PM**. Join us as we welcome Teddy Abrams, Director of the Louisville Orchestra to the JCC. He will speak about his career, his time as director of the Louisville Orchestra and will also play the piano for us. Refreshments will be served after the presentation.

Musical Presentation-Todd Hildreth

Tuesday, **October 31-12:45PM**. Todd Hildreth will be our guest, performing both on the piano & accordion. Refreshments will be served after performance.

Reminder: Trip to Brown County, Nashville, Indiana-October 19 Leave JCC at 9:30AM

Safe the Date: Annual Thanksgiving Luncheon Tuesday, November 14-12PM-JCC Auditorium

Join us for this very special annual event. Following the traditional holiday lunch, **The Rascals of Ragtime will perform**. Please make your reservations by **Friday, November 10!**

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OCTOBER 2017

MON	TUE	WED	THU	FRI	SAT/SUN
<p>2 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m.</p> <p>Turkey Pastrami on rye bread, Chicken noodle soup, potato salad, orange wedges *</p>	<p>3 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Matthew Lane-12:45PM</p> <p>Salisbury Steak, mashed potatoes, green beans, Romaine Salad, chilled pears, dinner roll*</p>	<p>4 Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Crispy baked fish/dill sauce, scalloped tomatoes, macaroni & cheese, cole slaw, chocolate pudding, wheat bread *</p>	<p>5-6 <i>JCC Nutrition Site Closed for Jewish Holiday of Sukkot</i></p> 		7/8
<p>9 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Sr. Adult Committee Mtg.-1PM</p> <p>Grilled Cheese Sandwich, tomato soup/crackers, tossed salad/tomato, chilled pears, sugar cookie*</p>	<p>10 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Bingo-12:45PM</p> <p>Oven fried chicken breast, red bliss potato halves, steamed zucchini & yellow squash, tossed salad, dinner roll, pineapple chunks/craisins *</p>	<p>11 Active Adults Fitness- 9:45 Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Tuna Salad on bed of lettuce with tomato slice, noodle kugel, cole slaw, apple pie, dinner roll *</p>	<p>12-13 <i>JCC Nutrition Site will be closed for Jewish Holidays of Shemini Atzaret & Simchat Torah</i></p> 		14-15
<p>16 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. J Book Club-11AM</p> <p>Hamburger on bun with lettuce/tomato, baked beans, sweet potato fries, broccoli/raisin salad, tropical fruit *</p>	<p>17 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Speed Art Museum-12:45PM</p> <p>Barbecue chicken, baked potato, vegetable medley, Romaine salad, roll, mandarin oranges in gelatin *</p>	<p>18 Active Adults Fitness- 9:45 Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Spanish omelet, egg noodles, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread *</p>	<p>19 Light Weights-10 am Boomer Wall-11 am</p> <p>Herbed baked fish filet/dill sauce, rice pilaf, steamed broccoli, cole slaw, apricots, wheat bread *</p>	<p>20 Friday Flex- 9:45am Chair Exercise-10:30 am Nutrition Education-11:30AM</p> <p>Turkey breast, bread stuffing, mashed potatoes, green beans, romaine salad, applesauce, Challah *</p>	21/22
<p>23 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m.</p> <p>Spaghetti /marinara sauce, vegetable blend, tossed salad, breadstick, chilled peaches*</p>	<p>24 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Teddy Abrams-12:45PM</p> <p>Cabbage roll, mashed potatoes, baby carrots, romaine salad, fresh fruit salad, dinner roll *</p>	<p>25 Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Salmon filet/dill sauce, rice pilaf, green beans, cole slaw, chilled peaches, chocolate chip cookie, wheat bread *</p>	<p>26 Light Weights-10 am Boomer Wall-11 am</p> <p>Vegetable lasagna, tossed salad/ tomato, chilled apricots, breadstick *</p>	<p>27 Friday Flex- 9:45am Chair Exercise-10:30 am</p> <p>Pot Roast, kasha/bow tie pasta, peas & carrots, Spinach fruited salad, tropical fruit, Challah *</p>	28/29
<p>30 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m.</p> <p>Egg salad on rye bread, with lettuce & tomato, cream of mushroom soup/crackers, broccoli & raisin salad, pineapple tidbits *</p>	<p>31 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Todd Hildreth-12:45PM</p> <p>Chicken Picatta, linguine, green beans, Israeli salad, apple crisp, dinner roll *</p>	<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY -WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 WEDNESDAY: 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</p> 		* Tea & orange juice	