

Senior Adult Committee

Margot Kling, Chair

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

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, Nutrition Cook

Day Trip to Gasthof Amish Village Montgomery, Indiana

Thursday, October 6-Leave JCC at 9:30AM

Join us as we travel to Montgomery, Indiana to visit an "oasis in the farmland" of Southern Indiana. We will have lunch at the large Buffet offering some Amish recipes. After lunch you will have time to visit the Amish Bakery, and a variety of different gift shops.



Fee for transportation & buffet lunch: \$30 /M, \$38 / NM
Payment due by September 29, 2016

Reminder: Churchill Downs-November 10

Balance or full payment for Churchill Downs is due on Friday, September 23rd.

Balance Fee: \$22/M, \$24/NM or total fee: \$44/M, \$48/NM

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.

SENIOR TIMES

September 2016

UPCOMING EVENTS

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

Senior Retirees Meeting

Tuesday, September 6-12:45PM

Tom Owen will speak on "Everybody's Gotta be from Somewhere: History of Louisville & Jefferson County Neighborhoods". Refreshments will be served.

Paws with Purpose

Tuesday, September 13-12:45PM

Sheilah Miles will be the guest speaker. Paws with Purpose is a non-profit organization that provided highly skilled assistance dogs to children & adults with physical disabilities or special needs. Refreshments will be served.



Day Trip to Huber Farm

Thursday, September 15-Leave JCC at 11AM.

Join us for a relaxing day at Huber's. Will first start our visit by having lunch at Joe Huber's Restaurant followed by shopping at the farm markets, visiting the winery and ice cream parlor! Cost of transportation - \$12/M, \$18/NM.



Gourmet Dining Club

Monday, September 19, 5:30PM. Join us at Mimi's

Café on Hurstbourne Parkway.
 Cost of transportation: \$6/M, \$8/NM



"A Happy Heart is Good Medicine"

Tuesday, September 20-12:45PM.

Dr. Clifford Kuhn will be the guest speaker. Refreshments will be served.



Young Hearts Theater presents: It's Showtime"

Thursday, September 22 2PM.

The performance will be on the Ursuline Campus on Lexington Road. There is no charge for this program, however the Senior Adult Department will make a contribution to Young Hearts Theater. Please join us for lunch at the JCC at 12PM and we will leave at 1:00PM or meet you at Ursuline Campus at 1:15

A Message from Diane & Natalie:

Dear Fellow JCC
 & Adult Social Club Members:
 Hi Friends,

Summer is almost over but our fun at the JCC continues. Many exciting programs are being planned for your enjoyment and we hope to see many of you at the J. There is still a lot of work to be done in the JCC Community Garden, so if you are willing, volunteers are still needed on Thursday from 10-12PM and every other Tuesday from 5PM-7PM. For any questions, please contact either Margaret Mazanec or Michael Fraade at 238-2769.

We are planning another White Elephant Sale on Tuesday, November 15-10AM-2PM In the Patio Gallery. We need your **NEW** or **GENTLY USED** items for this sale. Bring your items for the sale to the Senior Adult Lounge starting on Monday, September 26th. Proceeds from this event will help subsidize Senior Adult Programs. If anyone would like to assist with this sale, please contact Diane or Natalie.

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



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

SEPTEMBER 2016

MON	TUE	WED	THU	FRI	SAT/SUN
MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY, WEDNESDAY, FRIDAY: Water Exercise, 9:30 a.m.-10:30 a.m. Indoors MONDAY & WEDNESDAY: Body Mechanics with Mary, 9-10 a.m. TUESDAYS: Light Weights, 10:00 a.m. BOOMER WALL-11 a.m. WEDNESDAYS: Deep Water Wellness-10:30AM, Walking with Ease 12:45 p.m.; KIPDA-SHIP Counseling, 12:30-1 p.m. THURSDAY: Dance Aerobics 9:00 a.m.; Chair Exercise 10:30 a.m. FRIDAYS: Light Weights 9:30 a.m., Tai Chi 10:15 a.m.			1 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Vegetable Lasagna, tossed salad/ tomato, chilled apricots, breadstick*	2 Light Weights 9:30 am Tai Chi 10:15 am Barbecue chicken, baked potato, steamed broccoli, Israeli salad, mandarin oranges in gelatin, Challah*	3/4
<i>The JCC Nutrition Site will be closed on Monday, September 5 for Labor Day</i>	6 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Tom Owen 12:45 p.m. Meat Loaf, roasted red potatoes, green beans, tossed salad/tomato, chilled pears, dinner rolls*	7 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 p.m. Line Dancing 1pm Walking with Ease, 12 :45 p.m. Vegetable soup/crackers, tuna salad on rye bread, with tomato & leaf let- tuce, potato chips, chilled peaches *	8 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Spanish omelet, egg noodles, zucchi- ni & squash casserole, Israeli salad, apple crisp, wheat bread *	9 Light Weights 9:30 am Tai Chi 10:15 am Pot Roast, kasha/bow tie pasta, peas & carrots, tossed salad/tomato, tropical fruit, Challah*	10/11
12 Body Mechanics, 9 a.m. Chair Exercise, 11:00 a.m. Senior Adult Committee Meeting, 1pm Sloppy Joe on bun, potato wedges, baked beans, cole slaw, pineapple *	13 Light Weights, 10:00 a.m. Boomer Wall 11:00 a.m. Sheilah Miles 12:45 p.m. Tahitian chicken breast, rice pilaf, vegetable blend, tossed salad/tomato, tropical fruit salad, dinner roll *	14 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 p.m. Line Dancing 1pm Walking with Ease, 12 :45 p.m. Baked fish filet with dill sauce, baked sweet potato, spinach, Israeli salad, apri- cots, wheat bread/margarine *	15 Dance Aerobics, 9 a.m. Chair Exercise, 10:30 a.m. Tomato soup with crackers, grilled cheese sandwich on wheat bread, tossed salad/tomato, , chilled pears *	16 Light Weights 9:30 am Tai Chi 10:15 am Nutrition Education, 11:30 a.m. Turkey breast, bread stuffing, mashed potatoes, green beans, applesauce, Challah*	17/18
19 Body Mechanics, 9 a.m. Chair Exercise, 11:00 a.m. Gourmet Dining, 5:30 p.m. Corn Beef on rye bread, chicken noodle soup, potato salad, orange wedges*	20 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Dr. Clifford Kuhn 12:45p.m. Cabbage roll, mashed potatoes, baby carrots, tossed salad/tomato, tropical fruit, dinner roll *	21 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 p.m. Line Dancing 1pm Walking with Ease, 12 :45 p.m. Salmon Filet with dill sauce, rice pilaf, vegetable blend, cole slaw, chilled peaches, sugar cookie, wheat bread *	22 Dance Aerobic 9 a.m. Chair Exercise 10:30 a.m. Oven fried chicken breast, red bliss potato halves, steamed zucchini & yellow squash, dinner roll, pineapple chunks/ craisins*	23 Light Weights 9:30 am Tai Chi 10:15 am Braised beef tips, egg noodles, green beans, tossed salad/tomato, hot spiced apples, Challah *	24/25
26 Body Mechanics, 9 a.m. Chair Exercise, 11:00 a.m. Salmon croquettes with dill sauce, macaroni & cheese, garden peas, Israeli salads, apple sauce, wheat bread *	27 Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Bingo, 12:45 p.m. Meatballs & spaghetti, vegetable blend, tossed salad/tomato, chilled apricots, breadstick *	28 Chair Exercise, 10:30 a.m. Blood Pressure Screening, 10:15 p.m. Line Dancing 1pm Walking with Ease, 12 :45 p.m. Egg salad on rye bread, with lettuce & tomato, broccoli & raisin salad, cream of mushroom soup/crackers, fresh fruit salad *	29 Dance Aerobic 9 a.m. Chair Exercise 10:30 a.m. Personal size cheese pizza, tossed salad/tomato, chilled peaches, choco- late chip cookie *	30 Light Weights 9:30 am Tai Chi 10:15 am Orange chicken, bow tie pasta, steamed broccoli, tossed salad/tomato, apple crisp, Challah *	* Tea & Orange Juice