

## Senior Adult Committee

Margot Kling, Chair

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

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

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.

## DAY TRIP TO BROWN COUNTY, NASHVILLE, INDIANA

Thursday, October 19-9:30AM

Join us for a delightful trip to Nashville Indiana. We will first board the Nashville Express Tour Train for a picturesque tour around Brown County. We will lunch at the Brown County Inn. Afterwards, we will visit some of the home studios for the local artists. Meet the artists, watch them work, explore the spaces that inspire them. We will also visit the Nashville General Store & Bakery.

Cost of transportation, train ride & lunch: \$30/M, \$40/NM  
**Reservation & Payment Deadline: Wednesday, October 4**



**SAVE THE DATE: Tuesday, October 24**  
**Teddy Abrams, director of the Louisville Orchestra will be our guest speaker.**

# SENIOR TIMES

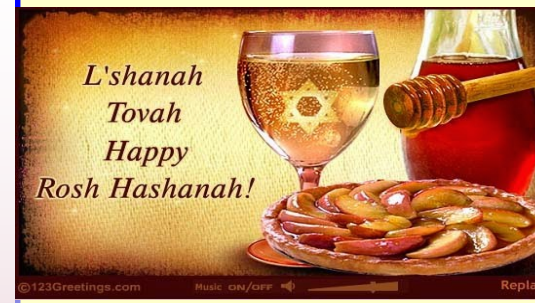
## September 2017



### 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. Programs and trips are filling up quickly, so remember to get you reservation & payment in as soon as possible so you will not miss out on any of our exciting events. As the High Holidays approach, we wish all of you a very happy and prosperous New Year. May good health and joy fill your homes throughout this coming year.



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  
 Meal on Wheels America  
 KIPDA

## UPCOMING EVENTS

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

### Jonathan Wolff Performs for You

Tuesday, September 5-12:45PM. Join us for lunch at 12PM. After lunch, Jonathan Wolff will speak about his experiences in Hollywood and will even play some of his music from the 75 Primetime Network series themes that he composed. Refreshments will be served after the program.



### Senior Retirees Meeting

Tuesday, September 12-12:45PM. Courtney Martin-Life Enrichment Director of Programs from Sam Swope Care Center & The Pillars Assisted Center at Masonic Home will speak on Elder Abuse. Refreshments will be served after the program.

### Day Trip-Aviation Museum & Kentucky Horse Park .

Thursday, September 14-9:30AM. We will first visit the Aviation Museum in Lexington. The museum collection includes historic airplanes, training equipment, photos, and documents. Many of the original items were gathered from the personal collections of members of the Kentucky Aviation History Roundtable, the local aviation enthusiasts who conceived the idea of a permanent museum. After we will lunch at Cracker Barrel followed by our visit to the Kentucky Horse Park's Breeds Barn Show. Cost of transportation & admission: \$30/M, \$35/NM  
 Reservation & Payment Deadline: September 7.



### Gourmet Dining Club

Monday, September 18 5:30PM. Join us at Mimi's Café on Hurstbourne Parkway. Cost of transportation: \$4

### Broadway Tunes with Sara Robinson

Tuesday, September 26-12:45PM. Sara will play some of your favorite Broadway Tunes. Refreshments will be served.



### Day Trip to Churchill Downs

Thursday, November 9-Leave JCC at 11:15AM. Join us on Millionaire's Row-4th floor. We will have a delicious buffet lunch and be able to watch the races from the four-tier balcony overlooking the finish line. Cost includes lunch, admission, reserved seat, racing form & transportation. Space is limited.  
 Cost: \$45/JCC & ASCM, \$50/NM.  
 Reservation & Payment Deadline: Wednesday, September 20th

**The JCC Nutrition Site will be closed on Monday, September 4 for Labor Day**

**JCC will be closed on September 21, 22 for Rosh Hashanah.**

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Jewish Community Center of Louisville  
 3600 Dutchmans Lane • Louisville, KY 40205  
 502.459.0660 • www.jewishlouisville.org



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

# SEPTEMBER 2017

MON	TUE	WED	THU	FRI	SAT/SUN	
<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>					<p><b>1</b> Friday Flex- 9:45am Chair Exercise-10:30 am</p>	<p><b>2/3</b></p>
<p><b>4</b></p> <p><i>The JCC Nutrition Site will be closed on Monday, September 4 for Labor Day</i></p>	<p><b>5</b> Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Jonathan Wolff-12:45PM</p> <p>Salisbury Steak, mashed potatoes, green beans, Romaine Salad, chilled pears, dinner rolls</p>	<p><b>6</b> Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Vegetable soup/crackers, tuna salad on rye bread, with tomato &amp; leaf lettuce, potato chips, chilled peaches *</p>	<p><b>7</b> Light Weights-10 am Boomer Wall-11 am</p> <p>Vegetable Lasagna, tossed salad/ tomato, chilled apricots, breadstick*</p>	<p><b>8</b> Friday Flex- 9:45 am Chair Exercise-10:30 am</p> <p>Pot Roast, red roasted potatoes, peas &amp; carrots, spinach fruited salad, tropical fruit, challah*</p>	<p><b>9/10</b></p>	
<p><b>11</b> 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>Crispy baked fish /dill sauce, macaroni &amp; cheese, scalloped tomatoes, cole slaw, butterscotch pudding, wheat bread</p>	<p><b>12</b> Light Weights, 10:00 a.m. Boomer Wall 11:00 a.m. Senior Retirees Meeting-</p> <p>Turkey breast, bread stuffing, sweet potatoes casserole, green beans, Romaine Salad, applesauce, rolls</p>	<p><b>13</b> Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Tomato soup with crackers, grilled cheese sandwich on wheat bread, tossed salad/tomato, , chilled pears *</p>	<p><b>14</b> Light Weights-10 am Boomer Wall-11 am</p> <p>Spanish omelet, egg noodles, zucchini &amp; squash casserole, Israeli salad, apple crisp, wheat bread *</p>	<p><b>15</b> Friday Flex- 9:45am Chair Exercise-10:30 am Nutrition Education 11:30 am</p> <p>Cabbage roll, mashed potatoes, baby carrots, tossed salad/tomato, tropical fruit, challah *</p>	<p><b>16/17</b></p>	
<p><b>18</b> Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Book Club Mtg. 11AM Gourmet Dining-Mimi's Café 5:30</p> <p>Corn Beef on rye bread, chicken noodle soup, potato salad, orange wedges*</p>	<p><b>19</b> 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 &amp; yellow squash, tossed salad/tomato, pineapple chunks/craisins, dinner roll *</p>	<p><b>20</b> Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Salmon Filet with dill sauce, rice pilaf, vegetable blend, cole slaw, chilled peaches, sugar cookie, wheat bread *</p>	<p><b>21-22</b> <b>JCC closed for Rosh Hashanah</b></p>		 <p><b>23/24</b></p>	
<p><b>25</b> Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m.</p> <p>Herbed baked fish filet/dill sauce, baked sweet potato, steamed broccoli, cole slaw, apricots, wheat bread /margarine*</p>	<p><b>26</b> Light Weights, 10:00a.m. Boomer Wall 11:00 a.m. Sara Robinson-12:45PM</p> <p>Spaghetti and meat sauce, vegetable blend, Romaine Salad, chilled peaches, breadstick *</p>	<p><b>27</b> Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Egg salad on rye bread, with lettuce &amp; tomato, broccoli &amp; raisin salad, cream of mushroom soup/crackers, fresh fruit salad *</p>	<p><b>28</b> Light Weights-10 am Boomer Wall-11 am</p> <p>Personal size cheese pizza, tossed salad/tomato, chilled pineapple, chocolate chip cookie *</p>	<p><b>29</b> Friday Flex- 9:45 am Chair Exercise-10:30 am</p> <p>Chicken Picatta, bow tie pasta, green beans, Israeli Salad, apple crisp, challah</p>	<p><b>30 JCC closed * Tea &amp; Orange Juice</b></p>	