

## Senior Adult Committee

Margot Kling, Chair

Mag Davis	Ruth Passamaneck
Rosita Kaplin	Emily Podgursky
Joyce Myers	Rodney Pearman
Margaret Mazanec	Joe Rothstein
Rosemary O'Leary	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  
 Slava Nelson, Senior Program 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.

## Day Trip to Congregation Adath Jeshurun

### The Dove Flyer

Sunday, Feb. 21, 3:00

108 min. Israel

Based on the best-selling novel, Farewell Bagdad by Eli Amir, the film tells the story of the most ancient Jewish community in the world, Iraq. Most of the Iraqi Jews in Bagdad in the 1950's did not want to leave the land where they and their ancestors had lived for thousands of years. Against this background, the coming-of-age tale of 16 year old Kabi is told. Transformed from a studious boy, he becomes one of the central activists in the Zionist underground thus enabling the immigration of the Jews of Iraq to Israel. The story of Iraqi Jews who were forced to leave Iraq has never before been told in the cinema.



The Cost of the Event including transportation:  
**\$10.00 for JCC Senior Club members**  
**\$18.00 for Non-members**



# SENIOR TIMES

## January 2016



## Upcoming Events

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

### Musical Memories

January 5, 19-12:45PM

Come dance, sing, listen, play, and socialize. We will share our life experiences while enjoying music from the 40's, all the way to present day. It will be a time of fun and meaning. Louisville Music Therapy will be conducting the program. Refreshments will be served.

### Gourmet Dining Club

Monday, January 18-5:30PM.

Join us at Macaroni Grill on Hurstbourne Parkway for dinner. Fee for transportation: \$6/M, \$8/NM.

### Lunch & Movies-11AM

Thursday, January 21.

We will first go to lunch at "Golden Corral" followed by a movie (TBA) at Stonybrook 20. All inclusive price: \$15.00 for Club Members; \$25.00 for NM.



### JCC Book Club

Monday, January 18, 11AM-  
 Naamani Library

**THE JCC NUTRITION SITE WILL BE  
 CLOSED ON  
 Friday, January 1**



### A Message from Diane, Slava and Natalie:

As 2015 is coming to an end and the New Year is upon us, we know that many of you participated and enjoyed variety of programs that the Senior Adult Department offered through the year. Please find an enclosed Survey that we highly recommend you to complete and return before December 30. This survey will not only help us understand the quality of programs that have been provided for you, but also serves as a tool in report preparation for the Metro United Way proposal. The first 30 who return survey will receive \$5.00 in "Senior Bucks" that you can use towards the program of your choice.

### Club Dues for 2016 as follow:

\$25.00 JCCM  
 \$30.00 JCC Couple  
 \$75.00 NM  
 \$90.00 NM Couple

See Ruthie Passamaneck, 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

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JCC Louisville  
 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.

# January 2016

**MAZON**  
A JEWISH RESPONSE TO HUNGER



Our Nutrition Program is partially  
funded by MAZON: A Jewish  
Response to Hunger.

MON	TUE	WED	THU	FRI	SAT/SUN
MONDAY—WEDNESDAY-FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 a.m. MONDAY-WEDNESDAY: Healthy Body with Mary, 9-10 a.m. TUESDAYS: Light Weights, 10 a.m. FRIDAYS: Light Weights 9:30 a.m. THURSDAYS: Aerobics 9 a.m.; Chair Exercise 10:30 am. MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m.			Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.		2/3
4 Chair Exercise, 10:30 a.m.  Cabbage roll, mashed potatoes, baby carrots, tropical fruit, dinner roll*	5 Sports Wall, 11 a.m. Musical Memories, 12:45p.m.  Barbecue chicken, baked potato, green beans, tossed salad/tomato, mandarin oranges in gelatin, dinner roll*	6 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.  Spanish omelet, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread*	7 Aerobic for Seniors 9 a.m. Chair Exercise, 10:30 a.m.  Vegetable soup/crackers, tuna salad on rye bread with lettuce & tomato, potato chips, chilled peaches*		8 Light Weights 9 :30 a.m. Chair Yoga, 10:15 a.m.  Braised beef tips, egg noodles, vegetable blend, tossed salad/tomato, chilled apricots Challah*
11 Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee meeting, 1 p.m.  Fish filet with dill sauce, rice pilaf, peas & carrots, cole slaw, chocolate pudding, wheat bread*	12 Sports Wall, 11:00 a.m. Bingo, 12:45 p.m.  Meatloaf, red bliss potatoes, baby carrots, tossed salad/tomato, tropical fruit salad, dinner roll*	13 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.  Chicken salad sandwich on rye bread with lettuce & tomato, minestrone soup/crackers, pasta salad with vegetables, pineapple tidbits/craisins*	14 Aerobic for Seniors 9 a.m. Chair Exercise, 10:30 a.m.  Salmon croquette with dill sauce, macaroni & cheese, green beans, Israeli salad, chilled pears, wheat bread*	15 Light Weights 9 :30 a.m. Chair Yoga, 10:15 a.m.  Pot roast, kasha/bow tie pasta, vegetable medley, tossed salad/tomato, sliced hot apples, Challah*	16/17
18 Chair Exercise, 10:30 a.m. Gourmet Dining at Macaroni Grill 5:30p.m.  Hamburger patty on bun, with lettuce, tomato & onion, potato wedges, baked beans, cole slaw, chilled peaches*	19 Sports Wall, 11 a.m. Musical Memories, 12:45 p.m.  Chicken Marsala, linguine, vegetable medley, tossed salad/tomato, apple sauce, dinner roll*	20 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.  Egg salad on rye bread, with lettuce & tomato, broccoli & raisin salad, cream of mushroom soup with crackers, orange wedges*	21 Aerobic for Seniors 9 a.m. Chair Exercise, 10:30 a.m.  Fish Filet with dill sauce, baked sweet potato, steamed zucchini & yellow squash, Israeli Salad, chilled apricots, wheat bread*	22 Light Weights 9 :30 a.m. Chair Yoga, 10:15 a.m. Nutrition Education 11:30 a.m.  Turkey breast, bread stuffing, mashed potatoes, green beans, tossed salad/ tomato tropical fruit, Challah*	23/24
25 Chair Exercise, 10:30 a.m.  Personal size cheese pizza, tossed salad/tomato, chilled peaches, sugar cookie*	26 Sports Wall, 11 a.m. Bingo, 12:45 p.m.  Marinara sauce with meat, spaghetti, steamed zucchini & squash, tossed salad/tomato, pineapple tidbits, breadstick*	27 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.  Salmon filet with dill sauce, rice pilaf, vegetable blend, cole slaw, chilled pears, chocolate chip cookie, wheat bread*	28 Aerobic for Seniors 9 a.m. Chair Exercise, 10:30 a.m.  Turkey breast on rye bread with lettuce & tomato, vegetable soup/crackers, potato salad, applesauce*	29 Light Weights 9 :30 a.m. Chair Yoga, 10:15 a.m.  Oven fried chicken breast, red bliss potato halves, green beans, tossed salad/tomato, challah, tropical fruit*	30* Orange juice & tea