

CENTERPIECE

INSIDE
Laura Seigle finds new energy through fitness thanks to the JCC.

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Meet the Challenge Campaign Begins

Yasher Koach fellow members! It means "Good Job," and we deserve it because we've surpassed the 10 percent mark on our way to our goal of \$125,000, in celebration of the JCC's 125th Anniversary in 2015. Thanks to the two-for-one challenge grant generously offered by the Jewish Heritage Fund for Excellence, we, the members of the JCC, have fundraisers running in CenterStage, BBYO, the Early Learning Center and in Summer Camp to help us reach that goal. Thanks to all who have already make their contribution to improve our JCC. The staff has been working hard on our behalf. Take a look at these pictures to see what they've installed so far:

- New, beautiful, safety fence around the Early Learning Center playground
- New basketball backboards
- New gym divider enabling expansion of the now free J-Play program
- New air conditioning units for the locker rooms in preparation for the big renovation
- Lockers are on order
- New chlorine-reducing ultraviolet system for the in-

door pool

But we have a lot more we want to get done, including:

- An ADA-compliant entrance ramp allowing easy access to all members and guests
- A permanent shade structure by the family pool to protect young and old from too much sun
- A new climbing room on the lower level
- New seating and curtain for the auditorium

So many of you feel as we do, that the JCC is a second home for us and our families. Homes need our attention and care and so does our JCC. Please do your part. Join with us and many of your fellow JCC members by looking at the ways you can help on:

www.jewishlouisville.org/challengegrant

Then select one (or more) ways to help Meet the Challenge. Every dollar contributed may be tax deductible (check with your tax advisor) and also importantly, is worth two dollars toward making these needed improvements.

Questions? Kristy Benefield, kbenefield@jewishlouisville.org will respond promptly. Thank you.

Sarah Harlan
CenterStage

Kate Stratman
Early Learning Center

Susan Waterman & Bud Schardein
Health and Wellness

Margot Kling
Seniors

Barb Schwartz
BBYO

Seana Golder
Summer Camp



New Basketball Hoops are already installed in the Lower Gym.



New tables in the Senior Adult Lounge



Above, new fencing surrounds the JCC outdoor playground allowing for safe and fun play.

To the left, a new Gym Divider allows for more than one program to happen at the same time in the Upper Gym.

Locker Room Upgrade to Begin November 10

Men's and Women's Locker Rooms Planned Re-opening set for December 3

by Lisa Hornung

Communications Specialist

Jewish Community Center members will soon notice major changes when they come in for a workout. The JCC's locker rooms are about to get a serious face-lift.

Starting November 10, the men's and women's locker rooms will be closed for renovations, with reopening planned for December 3, said Tom Wissinger, senior director of membership and wellness.

The women's locker room will get a new HVAC system, new lockers, carpet and paint, Wissinger said. The men's will get the same, but will also get a new epoxy floor in parts of the locker room, a

LOCKER ROOM RENOVATION

Starting November 10, the men's and women's locker rooms will close for renovations, with reopening planned for December 3.

new vanity, and new partitions around the toilets and urinals.

While the locker rooms are shut down, the boys' and girls' locker rooms will be open to all members, he said. Those with rented lockers may talk to Tara Stone, assistant director of membership and wellness, to make arrangements for a locker in another locker room.

The new lockers will be wood laminate, and in the women's locker room will have the exact same layout as they are now. There will be a slight reorganization of lockers in the men's room, for a more appealing and efficient layout.

"We understand there will be an inconvenience for our members, but when this is done, there will be a noticeable improvement in our facility," Wissinger said. He added that this is only the first phase of locker room improvements and there could be more to come.



A rendition of the new Men's Locker Room. The Women's will look very similar, but with different paint. The new locker rooms are expected to be ready on December 3.

Barbells and Bourbon Mix for a Refreshing New Fitness Class

A toned body is not always enough motivation to get people into the gym and lifting weights. Sometimes it takes bourbon.

The JCC can make that happen with its Barbells and Bourbon class. The group, led by Ryan Perryman, will do some high-impact circuit training then sip Kentucky's best spirit afterward.

The class will include 45 minutes of fun, functional movements. Perryman plans to have the class work on free weights, wall-ball slams, battle ropes and other fun, energetic exercise.

After class, the group will gather to sip bourbon together. The class will be perfect for people who love to socialize and have fun, Perryman said.

The class will be 4-5 p.m. Sundays at the JCC Nov. 2-23. Cost is \$72, and is open to members 21 and older.

Call the Health & Wellness Desk at 502-238-2727 to register or for more information.

Seigle Gains New Energy through Exercise

by Lisa Hornung
Communications Specialist

Faced with a debilitating injury, Laura Seigle's retirement was looking pretty grim. She was overweight, needed serious surgery that might not work and had several family and personal issues that kept her feeling down.



But only a year after her retirement, things are looking up. She joined the Jewish Community Center in February and has lost 41 pounds and has no plans to slow down.

Seigle retired from teaching elementary school in November 2013 and her doctor said she needed surgery to repair

a torn tendon in her foot. The surgery is only effective about 80 percent of the time, so in order to ensure better results of the surgery, she needed to lose weight.

When she joined the JCC, her goal was to lose 40 pounds by October or November. Unable to move much, she started taking chair exercise classes with the seniors, and her doctor suggested she get in the pool. "He told me, 'Water is good for everything.' So I started doing deep water aerobics with Pat, and then Water in Motion with Beth," she said.

Water aerobics helped her feel better, which enabled her to do more exercises on the floor. She tried a cycling class, but found that it was too much pressure on her foot.

She found she was losing weight but had trouble losing it in her abs, so she tried Pilates. She took Pilates IM=X training with Bekki Jo Tressler, and found that it really helped her. She graduated to mat Pilates classes and began taking a J-Barre fitness class, too.

"The Pilates reformer (IM=X instruction) is not cheap, but it's worth it," she said.

There are some exercises she still can't do, but isn't worried about it.

"I have to modify everything, and the instructors have been wonderful," she said.

She now visits the JCC for about two hours every morning and evening during the week. "All the trainers here are really encouraging," she said.

She isn't on a specific diet, but she just tries to watch what she eats and never goes hungry. "My blood pressure is way down, and my cholesterol is terrific," she

said.

Keeping focus on her fitness has become a priority.

"My family and friends know not to try to reach me during certain hours of the day," she said. "But I do have a life!"

Her advice to others who want to get active but feel they can't is to just keep trying.

"You have to be willing to try differ-

ent things," she said. "If something isn't working, what will make it work? You have to be willing to change."

Now she has decided to lose 20 more pounds and delay surgery until January.

"I would tell anyone, 'You're not too old, you're not too heavy or too impaired to work out,'" she said, then she scurried off to another JCC fitness class.

Fitness, Relaxation and Fun at JCC Healthy Happy Hour

On Tuesday, October 7, JCC Members and guests were invited to a Healthy Happy Hour at the JCC Patio Gallery. Everyone could meet JCC Personal Trainers, participate in fitness demos by JCC Group Fitness Instructors and receive chair massages from JCC Massage Therapists. There were also demonstrations and handouts from doTERRA Essential Oils, Rainbow Blossom and Norwex Cleaning Products. Another Healthy Happy Hour is planned for January.



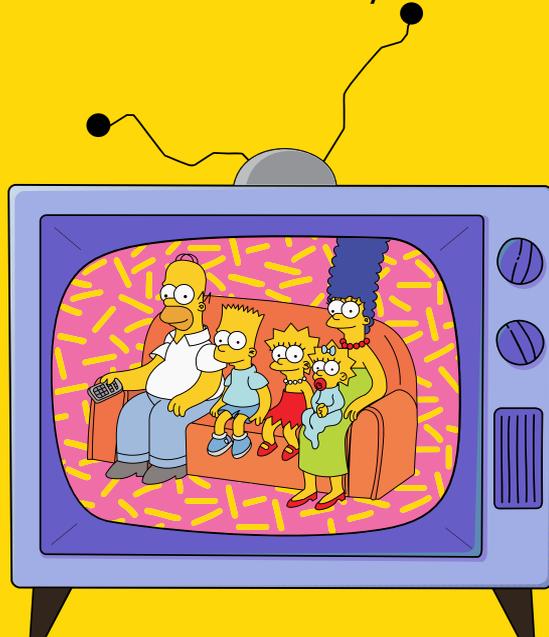
Goldstein/Leibson Scholar in Residence



Mike Reiss
4 Emmy Awards
Writer/Creator
The Simpsons
Alf
The PJ's
The Critic
It's Garry
Shandling's Show

THE SIMPSONS™

& OTHER JEWISH FAMILIES
Sunday, Oct. 26 at 10 a.m.
in the JCC Patio Gallery



SIMPSON'S MANIA:

BEHIND THE SCENES
WITH AMERICA'S
FAVORITE FAMILY

Sunday, Oct. 26 at 6 p.m.
Falls City Brewery & Old 502 Winery
120 S. 10th St. Louisville, KY 40202

Both events are free and open to the public!

Core

Nov. 2-26
Wednesdays
5-6 p.m.

Power

Instructor:
Ryan Perryman



Massage
at the JCC

Refer a friend
and save 20%
on your next massage!



To schedule an appointment visit or call the Health and Wellness desk at
502-238-2727.

Thrilling Sweeney Todd to Scare and Entertain

Revenge, murder and music with a bit of baking sprinkled on top is coming to CenterStage.

"Sweeney Todd, the Demon Barber of Fleet Street," presented by J. Michael Spa and Salon will delight audiences until November 9.

The 1979 musical is based on a 1973 play by Christopher Bond about a 19th century London barber who goes on a murderous rampage and the baker who helps him by baking his victims into pies. Written by Stephen Sondheim with libretto by Hugh Wheeler, CenterStage will present "Sweeney Todd" at the Jewish Community Center Oct. 23-Nov. 9.

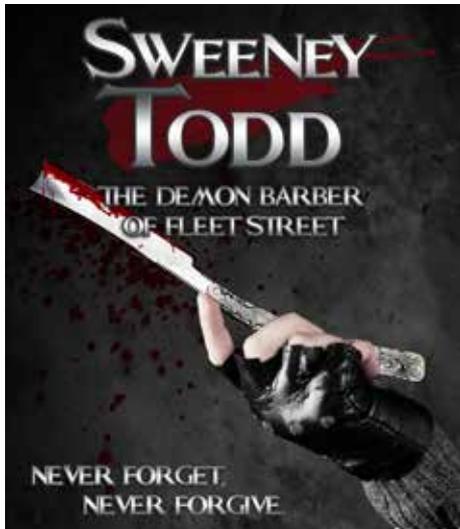
The show has won Tony Awards for Best Musical, Best Musical Score and Best Producer. Since its debut in 1979, the show has had two revivals in 1989 and 2005, has had several staged concerts and was made into a movie starring Kentucky's own Johnny Depp.

CenterStage director John Leffert described the show as "a dark comedy and a satirical social commentary. While the show is for an adult audience, it won't be gory," he said. There will be no blood on the stage.

The CenterStage version will combine the revival version with a nod to the original play, Leffert said. The set will have an industrial, asylum-like feel designed by Karl Anderson, he added.

The role of Sweeney Todd is played by Austin Lauer, who also wowed audiences as Melchior in "Spring Awakening."

"On a personal level, this is one of my bucket-list shows," Leffert said. "I'm really excited to be directing this show. It's brilliantly written, and is a director's and designer's dream to bring to life on the stage."



SWEENEY TODD

Oct. 25	7:30 p.m.
Oct. 26	2 p.m.
Oct. 30	7:30 p.m.
Nov. 1	7:30 p.m.
Nov. 2	2 p.m.
Nov. 3	7:30 p.m.
Nov. 6	7:30 p.m.
Nov. 8	7:30 p.m.
Nov. 9	2 p.m.

Tickets cost \$20 or \$22 at the door and can be purchased by calling 502-238-2709 or visiting www.CenterStageJCC.org. A limited amount of \$10 rush tickets are available for weekday performances only by calling 502-238-2709 or in person at the Box Office.

DECEMBER 6, 2014

Light Up CENTERSTAGE 100

10TH ANNUAL

Years of Theatre 7 P.M.

OPEN BAR • HORS D'OEUVRES
SILENT AUCTION & LIVE AUCTION
ORIGINAL BROADWAY REVUE

COCKTAIL ATTIRE
\$90 PER PERSON • \$750 PER TABLE (10 PEOPLE)
RSVP TO 502-238-2763 BY NOVEMBER 28, 2014

THE JEWISH COMMUNITY CENTER
3600 DUTCHMANS LANE

PROCEEDS BENEFIT ALL CENTERSTAGE PROGRAMS INCLUDING CENTERSTAGE ACADEMY, CENTERSTAGE ACTING OUT AND OUR DIVERSE MAIN STAGE SEASON.

FITNESS DEMO
NOV 23 @ 2 P.M.

TRX TRAINING

FREE FOR JCC MEMBERS IN THE UPPER GYM

TEEN CONNECTION JEWISH YOUTH GRADES 6-8

LAZER BLAZE & TEN PINS

NOV. 2 • 12:30-4 P.M.
jewishlouisville.org/lazer-blaze/

PARENTS NIGHT OUT

Nov. 15

Theme: Under the Stars
5:30-9:30 p.m.

Register online today: jewishlouisville.org/family-programming

ACTIVITIES
Swimming for K-6
Movie • Crafts
Ga-ga

Studio Art Classes

To register, call 502-459-0660.

INTERMEDIATE WATERCOLOR
with Luci Mistratov
Nov. 3-Dec. 8 | Mondays 6:30-8 p.m.

WATERCOLOR WEDNESDAY
with Sue Huttenlocher
Oct. 29- Nov. 19 | Wednesdays 10-Noon

SENIOR CALENDAR

NOW White Elephant Sale

Continue to bring in your brand new or gently used items for the

White Elephant Sale to be held during the Thanksgiving Luncheon on Tuesday, November 18. Proceeds from this event will help subsidize Senior Adult Programming.

NOVEMBER 4 Name That Tune, 12:45 p.m.

Sara Robinson will play several parts of songs and the first person to correctly name that tune will win a prize.

We will also celebrate birthdays and anniversaries.

NOVEMBER 11 Sing-along with Mary & Mila, 12:45 p.m.

NOVEMBER 17 JCC Book Club, 11 a.m.

NOVEMBER 18 Annual Thanksgiving Luncheon, Noon

Join us for this very special annual event. Following the traditional holiday lunch, Young Hearts Theater will perform.

Please make your reservations by Friday, November 14!

NOVEMBER 25 Bingo, 12:45 p.m.

DECEMBER 1 Special Gourmet Dining Club, 5:30 p.m.

Please join us at Buckheads in Gardiner Lane Shopping Center, 3020 Bardstown Road. 20% of your check will be donated to Reel Recovery, an organization that conducts free fly-fishing retreats for men recovering from all forms of cancer.

Fee for transportation: \$6/M, \$8/NM

JCC is Open with Fun When JCPS is Closed

Schools Out Days provide a fun place for children whenever JCPS is closed. During Fall Break, October 3-7, kids celebrated an UnBirthday Party and time traveled to the past and the future. Of course, everyone enjoys the JCC pool.

On November 3 and 4, we are exploring the land and sea through games and art. On November 26, we will get ready for the Thanksgiving with songs, crafts and games. The program costs \$62 per day, \$42 for JCC members. Get Up Gang and Stay N Play options are available. Register online at www.jewishlouisville.org/sod or call 502-238-2718 for a form.



JCC Patio Gallery Presents MAZIN ANNUAL ART EXHIBITION

November 23, 2014-January 6, 2015

Opening Reception
Sunday, Nov. 23, 2-4 p.m. Largest show ever!
First prize \$1000

SCHOOLS OUT DAYS



Land and Sea

November 3 | 9 a.m. - 3 p.m.



Land and Sea

November 4 | 9 a.m. - 3 p.m.



Thanksgiving Celebration

November 26 | 9 a.m. - 3 p.m.

Register online at
www.jewishlouisville.org/SOD
or call 502-238-2718 for a registration form.



WOMEN'S BOXING

Instructor: Rebecca Bell

JEWISHLouisville.org/WOMENS-BOXING/

Nov. 5-26
WEDNESDAYS
AT 5 P.M.