

# CENTERPIECE

**INSIDE**

The JCC looks to hire 100 people during the summer.

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## New JCC Entrance Ramp Construction to Begin March 2



A rendering of the new ramp entrance at the JCC.

by Shiela Steinman Wallace

The Jewish Community Center is abuzz. This year, as it celebrates its 125th anniversary, the agency is clearly looking forward to its next 125 years.

New programs abound across the board. The fitness area is crowded with people taking advantage of a wide variety of classes and working out on brand new equipment. CenterStage, marking its 100th year, is drawing sell-out crowds to almost every performance. BBOY and Teen Connection are thriving, and a new

group, the J Forty Fivers, has been started for fourth- and fifth-graders.

The Early Learning Center welcomed a new director this week; there are expanded cultural arts programs and high quality programming for seniors is the norm.

There have also been significant improvements to the facility itself, providing members and guests with a better experience and greater security. The locker rooms have been remodeled; new chairs have been ordered for the auditorium and a new climbing area is

planned.

The next major project is renovating the main entrance to make the building more accessible for all. The project will include a new ADA-compliant, handicap- and stroller-friendly ramp to the main entrance in addition to new stairs. A second ramp will provide an emergency exit from the lower level. The new entrance will also enhance building security.

During the construction, which will begin on Monday, March 2, your safety as you continue to use the building is of primary importance, so the plaza in front of the main entrance to the JCC will be closed. Please enter the building through the doors closest to Dutchmans Lane, then, check in at the front desk as usual. The elevator will continue to be available for those who need it.

"Please pardon our dust during the 4-6 weeks of construction," said Senior Director of Membership and Wellness Tom Wissinger, "and join us in looking forward to a brand new main entrance which should be completed in mid-April."

All programs, activities, shows and classes will continue as scheduled during construction.

Funds from the Meet the Challenge Campaign and the Jewish Heritage Fund for Excellence helped make this project possible.

If you have any questions about the new ramp or construction, please contact Tom Wissinger at 502-238-2740 or [twissinger@jewishlouisville.org](mailto:twissinger@jewishlouisville.org).

## New Free Group Fitness Options at the JCC

How Spring you're ready for it with some new fitness classes for all levels at the Jewish Community Center. Need to lose weight, increase muscle or boost cardio fitness? The JCC has several new options available to ensure you'll never get bored with fitness.

**Tabata Basic:** This class, based on the work of Japanese scientist Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo, includes basic movement patterns with an interval of 20 seconds' work and 10 seconds' recovery. The workout creates an effective way to increase cardiovascular and muscular fitness in a 30-minute class.

**Boxing:** Boxers always have the most-toned bodies, so why shouldn't everyone else have the same results without getting punched? There will be no actual combat in this class, but participants will use boxing training to improve agility, speed, reflexes and endurance. Learn proper boxing technique while training on a heavy bag, speed bag, jump rope and double-end bag.

**P.Y.S.B. (Pilates, Yoga, Stretch and Barre):** Increase flexibility, strengthen and tone your muscles, enhance posture and body alignment and relieve your day-to-day stress by combining these exercises focused on stability and movement. This is the perfect workout to boost energy.

**Strength Basic:** Basic strength exercises using bands, Swiss balls, weights, and mat work help create a toned, lean body in 30 minutes.

**Your Own HIIT:** This high-intensity interval training workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. Through intense or modified movement, new or seasoned exercisers can work at their own levels and enjoy a uniquely challenging and calorie-burning workout.

All classes are open to members ages 14 and older. Call the JCC at 502-459-0660 for more information on these exciting new ways to increase your fitness levels, have fun while working out and show Old Man Winter who is boss!

## CenterStage's New Season Will Be Your Ticket to Broadway

CenterStage at the Jewish Community Center, the oldest continuously operating community theater in Kentucky, will embark on a diverse seven-show season that promises something for everyone. CenterStage's 2015-16 season will bring a perfect mix of new Broadway smash hits never performed in Louisville and popular traditional classics.

The season starts with the explosive rock musical, *The Who's Tommy*, celebrating The Who's 50th anniversary. Next, working its way to the stage will be Dolly Parton's hot new musical based on the popular film, *9 to 5: the Musical*. Then London comes to life on stage with the heartwarming musical classic, *Oliver!*

Next year will start by dreaming big as CenterStage presents, direct from Broadway, Andrew Lippa's heartwarming musical, *Big Fish*. Based on the popular novel and film, this beautiful musical fable will unleash your imagination and leave your hearts soaring. In spring 2016, CenterStage will dance its way up the corporate ladder with the hilarious toe-tapping classic *How to Succeed in Business Without Really Trying*. The sea-

son will end with something brand new – two hit shows running at the same time. Everyone will yell "yee haw!" as Melissa Kenney Shepherd two-steps her way back to the stage for the third encore of her smash hit, *Patsy Cline: A Life in Concert*. Joining her will be Mike Fryman, one of best honky-tonk singers this side of the Mississippi. Running simultaneously will be the cult classic, audience favorite based on the popular film, *The Rocky Horror Show*. Sing along as all your favorite characters come to life on stage in this live stage adaptation hailing direct from Broadway as the perfect finale to the 2015-16 season.

"We spend a great deal of time when considering shows for our upcoming season. We consider our audience, our actors, our mission to name a few and then work to create a balance between new and classic, comedy and drama, family and adult," said John R. Leffert, CenterStage artistic director. "I feel we have done an excellent job with our 2015-16 season. We have chosen an exciting, fresh season with some amazing classics mixed in. There is indeed something for everyone. I feel part of my job

is to produce new works and challenge our audiences. If we do not do this, these pieces will never be seen. Fitting that bill in the new season is 'Big Fish.' I saw it on Broadway and was moved beyond belief. I knew I wanted to bring it home to CenterStage and to our audiences."

There will be a free season kick-off on June 27, at which CenterStage actors will perform songs and scenes from the new season.

Season subscriptions include your choice of 5-7 shows and cost \$85-112. Season subscribers receive reserved seating up to 15 minutes prior to curtain, save 30 percent on the price of tickets and receive backstage passes to witness how the magic happens through the rehearsal process. JCC members receive \$4 off of ticket prices during select shows. Subscribe today by contacting Anne Ensign at 502-238-2773 or [aensign@jewishlouisville.org](mailto:aensign@jewishlouisville.org).

### CENTERSTAGE 2015-16 SEASON

The Who's Tommy .....	July 9-19, 2015
9 to 5 the Musical .....	Aug. 20-30, 2015
Oliver! .....	Oct. 22-Nov. 8, 2015
Big Fish .....	Jan. 28-Feb. 14, 2016
How to Succeed in Business Without Really Trying .....	March 31-April 10, 2016
Patsy Cline: A Life in Concert .....	May 11-22, 2016
The Rocky Horror Show .....	May 12-21, 2016

Season subscriptions range from 5-7 shows and include your choice of shows. Subscriptions cost \$85-\$112 per seat, a savings of up to 30% per ticket. Season passes include priority seating up to 15 minutes before curtain. VIP Season Subscribers receive first priority seating and reserved seating up to 15 minutes before curtain, complimentary concessions and recognition in the playbill. To purchase season tickets and read show descriptions, visit [www.CenterStageJCC.org](http://www.CenterStageJCC.org) or call 502-238-2773.



Bricks for Kids - A Pirate's Quest



**LEGO FUN**

Grades 1-3  
Sundays,  
February 22-March 22  
1 - 2 p.m.

FEE: \$60, JCC Members \$50

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**Exploring Art** with Gina Beirne

Grades 4-6

Sundays,  
March 8-29  
1 - 2 p.m.

Explore the arts with this four week class. We will make string sculptures, mobiles, printmaking and drawing.

FEE: \$70, JCC Members \$60

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Lunch options available, Fee: \$32 | JCC Members: \$20  
To register, contact Mary Dooley at 502-238-2718 or [mdooley@jewishlouisville.org](mailto:mdooley@jewishlouisville.org)  
Register Online Today: [www.jccoflouisville.org](http://www.jccoflouisville.org)

## Parents Learn About Toddler Nutrition

By Jennifer Tuvlin  
PJ Library Director

Eating a balanced, healthy diet is a challenge at any age but especially hard when you are two! Who wants to eat carrots when your parents let you taste chicken nuggets for the first time? Food plays such an important role in children's lives. It has moved beyond simple nourishment to being used as a reward or for control. To help young families navigate the difficulties with teaching children to eat properly, the JCC and JFCS teamed up for the first in a series of free parenting seminars.

On Sunday January 18, the JCC provided free babysitting so that parents could learn from Nancy C. Kupperstih, Nutritionist for the Department of Family and Geriatric Medicine at the University of Louisville and Lauren Kehr, LCSW Therapist for JFCS. They led a stimulating discussion on intuitive eating, or only eating when your body needs to eat rather than when you are told to eat (or bored). Their message was to trust children whose bodies will teach them when they've had enough to eat. Participants learned that each meal is not important but rather the focus should be on the entirety of what children are eating and learning how to balance it over a period of time.

Feed back has been incredible. One young parent has already seen success and emailed, "my husband and I learned a substantial amount. It was

## Summer Job Fair Aims to Hire 100 People

Now someone looking for a summer job who would like to make a difference in the lives of children? The JCC has more than 100 job opportunities this summer.

Lifeguards, lifeguard supervisors, swim instructors, Dive-in Diner staff, camp counselors, special needs advocates and Early Learning Center teachers are all needed for the summer at the JCC. A job fair will be held March 2 3:30-7 p.m. at the JCC. Applicants must be at least 16 years old, bring a resume and be prepared for an interview.

Tara Stone, assistant director of membership and wellness, said those who can't make the hiring fair may stop by the JCC and fill out an application or e-mail a resume to the hiring supervisor.

"It's a great place to start for a first-time job. The schedule offers some flexibility, you get to be outdoors and get some good experience," Stone said.

Camp counselors are especially needed with specialty skills in a variety of ar-

eas. Apply if you have interest in sharing a love of science, nature, music, dance, drama, gardening or other topics.

Jefferson County Public Schools teachers and teaching assistants are encouraged to apply as lead teachers for kindergarten groups. Candidates with a Child Development Association Credential or Kentucky Teaching Certification are preferred.

The JCC Camp program also needs people with experience working with children with special needs. The children in the Yachad program may be developmentally delayed, on the autism spectrum, have attention deficit disorder or any other number of challenges.

"We are seeking college age students or older looking for a rewarding summer making a difference in the life of a child with special needs," said Angie Hiland, Yachad director. College students in fields such as education or social work may even work out an internship, Hiland said.


also nice to be able to talk one on one after the class regarding our son's eating habits. Since the class, my husband and I have changed our son's eating habits and meal time seems to go a lot smoother. They aren't near as stressful anymore and it's nice to not put so much pressure on our son."

The JCC and JFCS are will continue this parenting forum series. Future topics will include discipline and toilet training. For more information please contact Jennifer Tuvlin at [jtuvlin@jewishlouisville.org](mailto:jtuvlin@jewishlouisville.org).



**TEEN CONNECTION** JEWISH YOUTH GRADES 6-8

**PAINT NIGHT**



**GAME CRAZE**

March 14 | 6-11:30 p.m.  
Fee: \$30,  
\$25 JCC Members

We'll start this fun-packed evening with dinner and a Havdallah Service to celebrate the end of Shabbat. Contact Glenn Sadle [gsadle@jewishlouisville.org](mailto:gsadle@jewishlouisville.org) or 502-238-2701.

**Family Movie Night**



**March 3**  
**6:15 p.m.**  
**FREE!**

★ 2015  
**JCC Louisville SUMMER CAMP**



**WHERE ALL CHILDREN CAN MAKE A FRIEND AND BE SUCCESSFUL.**

**REGISTRATION OPEN**  
**SESSIONS FROM JUNE 8-AUGUST 7**

General Camp for Ages 2 Years-Grade 9.  
Specialty camps include Swimming, Art, LEGO®, Theatre, Dance, Sports and much more!

For more information call 502-459-0660 or visit [www.jccloouisvillecamp.org](http://www.jccloouisvillecamp.org)

**REGISTER ONLINE**  
[www.jccloouisvillecamp.org](http://www.jccloouisvillecamp.org)

**CAMP OPEN HOUSE**  
Sunday, February 22 | 1-4 p.m.



# CenterStage Celebrates 100 Years of Tradition with *Fiddler on the Roof*

By Lisa Hornung  
Communication Specialist

Direct from Broadway's Golden Age of musical theater, *Fiddler on the Roof* returns to CenterStage, not only as a perfect finale to their 100th anniversary season, but also as a fitting opening celebration of the Jewish Community Center of Louisville's 125th Anniversary. With themes of tradition, family and community, there is no better way to honor the traditions of the past while looking forward to the future of these two well-known Louisville institutions than with this timeless classic.

The show runs March 12-29, and tickets are \$20 in advance, \$22 at the door for adults and \$16 in advance and \$18 at the door for children (10 and younger).

*Fiddler on the Roof* recently celebrated its 50th anniversary proving that, although the show is inherently Jewish, it appeals to all with its timeless and universal themes. *Fiddler* is a celebration of life and its constant challenges.

In a small Ukrainian village around 1910, we meet Tevye, a poor dairyman, with a wife and five daughters. While trying to balance life – like a fiddler on a roof, he attempts to hold onto his

traditions despite the social changes challenging his traditional values and threatening the community he loves. While theatergoers may view *Fiddler* as a show for the older generation, the show's relevance in today's world cannot be ignored.

The musical will star Monroe Fields Jr., who will be reprising his role as Tevye from CenterStage's 2006 production. Though this will be Fields' second time at CenterStage playing the lead role, this will mark his first time since becoming a father. "*Fiddler* has always played an important role in my life, having met my wife, Emily, during another local production, and also playing Tevye during my senior year at New Albany High School." Fields continues, "Having children puts a nice new perspective on Tevye. I'm coming at it from a very different place now."

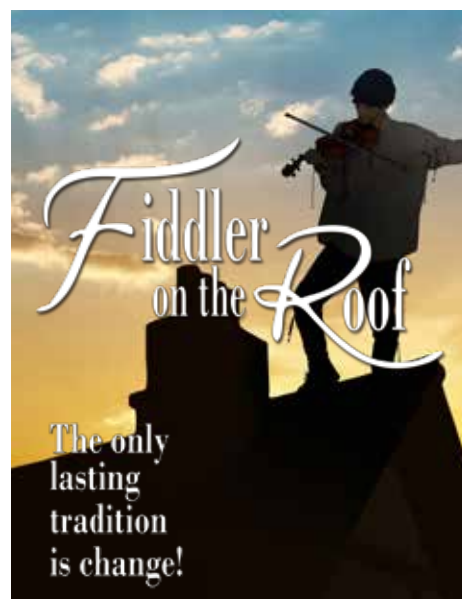
Based on Sholom Alechem's story, *Tevye and his Daughters*, with a book by Joseph Stein, music by Jerry Bock and lyrics by Sheldon Harnick, *Fiddler on the Roof* first appeared on Broadway in 1964. It swept the Tony Awards with nine Bests, including Best Musical for a score that features the now classic songs, *Matchmaker*, *Matchmaker*, *If I were a Rich Man*, *Sunrise*, *Sunset* and *Do*

*You Love Me*. The 1971 film adaptation garnered three Academy Awards and a Golden Globe for Best Picture.

"This is my eighth time being a part of this brilliant musical. And though I have directed it five times and acted in it twice, each time I find new things," said Artistic Director John R. Leffert. "Whether it is a recently discovered piece of history or culture or new insights into one of the characters, there is always something to make each production fresh. Being able to direct it for the Jewish Community Center on this landmark anniversary makes an already special show all the more precious."

A special celebration is scheduled at 1 p.m. on March 29, marking the end of CenterStage's 100th anniversary season and embarking on a year-long celebration of the JCC's 125 years of tradition in Louisville. This will include a performance by The Lost Tribe Klezmer Band, birthday cake for all and the closing performance of *Fiddler on the Roof*. If past traditions and current ticket sales are any indication, *Fiddler* will sell out every performance. Reserve your tickets today. Don't miss your chance to be a part of history.

To purchase tickets, call 502-238-2709, CenterStageJCC.org.



## FIDDLER ON THE ROOF

Thurs., March 12 .....	7:30 p.m.
Sat., March 14 .....	7:30 p.m.
Sun., March 15 .....	2 p.m.
Thurs., March 19 .....	7:30 p.m.
Sat., March 21 .....	7:30 p.m.
Sun., March 22 .....	2 p.m.
Mon., March 23 .....	7:30 p.m.
Thurs., March 26 .....	7:30 p.m.
Sat., March 28 .....	7:30 p.m.
Sun., March 29 .....	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](http://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. JCC Members save an additional \$4 for Opening Night, Thursday, March 12.

## ELC Purim Parade

Thursday, March 5, 4-5:30 p.m.



## BURPEES & BEER EXERCISE PROGRAM

March 1-22, 2015  
Sundays 2-3 p.m.

Enjoy group-based exercises and a social gathering with beer tasting after training with group leader Ryan Perryman and the Brew Master from the New Albanian Brewing Company David Pierce.

**INSTRUCTOR ::** Ryan Perryman  
**FEE ::** \$72, JCC Members Only  
To register, visit [www.jccoflouisville.org](http://www.jccoflouisville.org)  
or call 502-238-2727.



## WINE & Unwind



TUESDAYS, MARCH 3-24  
JCC DANCE STUDIO | 6-7 P.M.  
FEE: \$90, \$72 JCC MEMBERS  
with Michelle Mardis

Enjoy the benefits of body relaxation and stress relief, in a communal experience. Wine and Unwind begins our journey with yoga to relax the mind and body. Then we will cultivate the craft of wine tasting, using our individual pallets to discern the delectable flavors and aromas.

Register by calling 502-238-2727.



# JCC offers New Specialty Classes to Boost Your Fitness this Spring

by Lisa Hornung  
*Communication Specialist*

For those who want to take their fitness to the next level or just make getting in shape more fun, the JCC has three new specialty classes available this spring.

**Burpees and Beer:** Trainer Ryan Perryman is back! Riding on the success of Barbells and Bourbon, he will host Burpees and Beer in March, featuring local craft beers from New Albanian Brewing Co. Participants will learn about and sample craft beer from New Albanian Brewing Co. brewmaster David Pierce. Don't worry, the class won't be all burpees, which usually bring terror to the hearts of exercisers everywhere. Ryan will change the exercises each week and the class will be tailored to participants, so that all fitness levels can participate. This class is for those who love beer, being social and exercising together. Class is 2-3 p.m. Sundays. Must be 21 or older.

**Bridal Boot Camp:** Are you getting married, a bridesmaid or just going to a wedding and want to look fabulous? This is the class for you. Trainer Greta Coomes will not only work you hard, she'll work you smart and give you all the help you need to prepare for the big day. Exercise will not only sculpt your body, it will help you mentally prepare by relieving the stress of wedding planning. Class is 5:30-6:30 p.m. Mondays.

**Functional Movement:** This Functional Movement Screen (FMS) class, taught by trainer Collin Fitzsimmons, identifies the body's functional limitations and asymmetries. These are issues that can reduce the effects of training and physical conditioning and distort body awareness. The screening process generates the Functional Movement Screen Score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Fitzsimmons will monitor the FMS score of each individual, track progress and identify those exercises that will be most effective to restore proper movement and build strength in each individual. The FMS can be applied at any fitness level, simplifying corrective strategies of a wide array of movement issues.

Fitzsimmons is the JCC's only certified FMS instructor, and this class gives participants the opportunity to receive professional screening just like collegiate and professional athletes as well as learn the best exercises to correct issues and progress on workout goals. Class is 5-6 p.m. Tuesdays.

Cost for these classes is \$72 for four classes for members, \$90 for non-members.

For more information, visit [www.jccoflouisville.org](http://www.jccoflouisville.org).

## SPRING 2015 ADULT EXPERIENCES

JEWELRY BASICS - WIRE WRAP  
FEB. 25-MARCH 18  
WEDNESDAYS, 6:30-7:45 P.M.

IPHONE & IPAD BEGINNER  
MARCH 17-APRIL 21  
TUESDAYS, 6:30-7:45 P.M.



## SENIOR CALENDAR

### FEBRUARY 22

**Jewish Film Festival - "The Jewish Cardinal," 2 p.m. at Village 8 Theater**

A drama based on the amazing story of Jean-Marie Lustiger, the son of Polish Jewish immigrants who maintained his cultural identity as a Jew while converting to Catholicism as at a young age and later joining the priesthood. French with English Subtitles Cost: JCC/Club Members: \$10, \$18/NM

### FEBRUARY 24

**Bingo, 12:45 p.m.**

### MARCH 3

**Purim Celebration, Noon**

Join us for a special luncheon followed by "Fiddler on the Roof" trivia with Sara Robinson. We will have prizes for the winners.



### MARCH 10

**Senior Retirees Meeting, 12:45 p.m.**

Police Chief Steve Conrad from LMPD will be the guest speaker. Refreshments will be served.

### MARCH 16

**Mammogram Screenings, 8:30 a.m.-3:30 p.m.**

Breast Cancer Screenings for Women 40+. No cost for program eligible women without insurance. If you have Insurance, Medicare or Medicaid, Uof L Hospital will bill that agency. Call 502-238-2749 to schedule your appointment.

**Senior Retirees Meeting, 12:45 p.m.**

Lisa LaReau, Senior Concierge Outreach from JFCS will be the guest speaker. She will discuss services available to seniors including in home care. Refreshments will be served.

**Gourmet Dining Club, 5:30 p.m.**

Join us for dinner at Mimi's Café on Hurstbourne Parkway.

Cost of transportation: \$6/M, \$8/NM.

### MARCH 17

**Joyful Melodies Program by ComForcare Home Care Agency, 12:45 p.m.**

Sing-along to some of your favorite songs from the 40's & 50's! Some trivia questions and facts about the songs will be included. We will also celebrate March birthdays and anniversaries.

Refreshments will be served.

### MARCH 24

**Bingo, 12:45 p.m.**

### MARCH 29

**Lunch & Show-Fiddler on the Roof: Lunch, 12:15 p.m., Show, 2 p.m.**

Join us as CenterStage celebrates 100 years and the JCC 125 years!

We will first have lunch catered by Gerry Burns followed by the wonderful musical Fiddler on the Roof.

Reservations and payment due by Friday, March 20!

Cost of lunch & ticket: \$25/JCC & ASCM, \$32/NM, lunch only \$12

### MARCH 31

**Bingo, 12:45 p.m.**

### APRIL 1

**Intergenerational, Interfaith Model Seder, 4:30-7 p.m.**

Cantor Hordes from Keneseth Israel and the Hebrew School students will join us for this annual event.

After the service, dinner will be served. This annual event is sponsored by the Judith Bensinger Senior Adult Fund & the Bensinger family in memory of Judith Bensinger.

Cost: \$7

Reservation & Payment Deadline: Wednesday, March 25.



## FUNCTIONAL MOVEMENT EXERCISE PROGRAM

MARCH 3-24, 2015  
TUESDAYS 5-6 P.M.  
INSTRUCTOR:  
COLLIN FITZIMMONS

FEE: \$72  
JCC MEMBERS ONLY  
502-238-2727

MARCH 2-23  
5:30-6:30 p.m.

Instructor:  
Greta Coomes

## BRIDAL BOOTCAMP

For brides, bridesmaids, friends and family  
Fee: \$72, JCC Members Only