

CENTERPIECE

INSIDE

Huge turnout for the JCC's First Snowflake Shoppe

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Learn How to Stay Fit This Year

by Tamara Ikenberg

Public Relations Specialist

Start fulfilling your New Year's fitness resolutions at the JCC's New to the Gym class. The four-class series costs \$72 per person for JCC members, and \$90 for the rest of the community. It meets on Wednesdays, January 6, 13, 20 and 27, from 5:30-6:30 p.m., and is designed to help you get the most out of the JCC Fitness Center's vast and often overwhelming space and offerings.

"This is what the New Year is all about," said New to the Gym teacher and JCC Personal Trainer Denise Joseph. "Everyone wants to get in good shape and get healthy. We're here to make sure you do it right. The class is like an orientation, but we take it to the next level."

New to the Gym is not just for new members. Longtime JCC members who haven't figured out how to make the fitness center work for them, or have settled into a fitness routine that needs freshening up, will also benefit.

With dozens of weight and cardio machines, a walk/run track, multiple workout studios, and more than eighty group fitness classes for kids, adults and seniors, the fitness center can be a tad intimidating without an expert to guide you through it and keep you from getting injured, frustrated or discouraged.

New to the Gym breaks it all down into easily digestible pieces. Here is a look at what will be covered:



Week 1:

Students will learn what all the cardio machines, including the elliptical machines, stair climbers, rowing machines, etc. do and how they work. Students will also get a chance to experiment with the machines. "We'll start with 30 minutes of cardio and help the students figure out what they should use and why," Joseph said. Students will also start filling out their personal Training Diary cards to keep track of their progress and ultimately plan their own weekly workout schedule.

Week 2:

Introduction to cardio machines continues, and weight machines will also be discussed and used. "I want everyone to use proper form and get an idea of where to set the weight on the machines," Joseph said. "Most people set it

too high." Joseph will also introduce students to the indoor walk/run track and the JCC's assortment of stationary bikes. "People can use those bikes at any time when there isn't a cycling class," Joseph said. The JCC's group fitness classes will also be addressed. "I want to have a discussion about the huge variety of fitness classes," Joseph said. She is eager to answer inquiries like "What's Zumba? What's Muscle Blast? Why should I take these classes? What do they offer?"

Week 3:

Students will learn about and sample free weights, dumbbells, kettle bells, stability balls, bands and more toning, flexibility-building and strengthening tools.

Week 4:

During the last class, students will put all their newfound knowledge together

JCC HOLIDAY HOURS

Thursday, December 24 7 a.m.-3 p.m.
 Friday, December 25 7 a.m.-3 p.m.
 Thursday, December 31 7 a.m.-3 p.m.
 Friday, January 1 7 a.m.-7 p.m.
 The JCC will follow a special group fitness schedule each day. Please check www.jccoflouisville.org for the schedule.

JCC EMERGENCY NOTIFICATIONS

In case of weather emergencies, the JCC has several ways for our members to receive notifications. Emails will be sent to all members, so please make sure that the Membership Department has your correct email address. Updates will also be posted on the JCC website and social media, so be sure to like the JCC of Louisville on Facebook and follow us on Twitter. The JCC also has a new text alert system. If you would like to enroll, please text the following codes to 71813.

JCC Emergency Alerts JCC
 JCC ELC Alerts ELC
 JCC Pool Alerts Pool

and design their own weekly workout schedules based on their personal fitness goals. Joseph will also lead the class in a series of core-strengthening exercises.

Gym etiquette and rules will also be covered during the class.

To register and for more information, call the Health and Wellness Desk at 502-238-2792 or visit <https://jewishlouisville.org/event/new-to-the-gym/2016-01-06/>

More than 80 Participate in 2015 Dreidel Dash

Marathon man Mark McCullough was the first runner to finish the JCC's inaugural Dreidel Dash 5K on Sunday, December 6.

After he zoomed through the huge blue inflatable arch, McCullough, who has raced in the New York City, Boston and London marathons, wiped his sweaty face with his shirt.

McCullough, the vice president and COO of Humana Pharmacy Solutions, said he runs five days and 45 miles a week. The guy just doesn't stop. Even though he triumphed at the Dash, his Sunday running wasn't even halfway done.

"I'm gonna go run nine more miles," he said. "It's a 12-mile day."

McCullough was one of more than 80 people who came to the 5K on the gorgeous, clear and unseasonably warm winter day.

The race was followed by a one-mile family fun run and a Chanukah party.

Before the runners got going, they were treated to beautiful and heartfelt renditions of the "Star-Spangled Banner" and the Israeli national anthem, "Hatikvah," sung by Kenneth Oeth and Cantor Sharon Hordes respectively.

After the soaring songs, JCC Healthy Living and Member Experience Director Tara Stone gave the athletes their running orders.

"You guys ready?" she asked. "Take your mark and go!"

The theme from *Rocky* boomed from

huge speakers and a dreidel mascot danced as the runners bolted from the grounds of JFCS at the corner of Cannons and Dutchmans Lanes, and set out on a course that took them up Dutchmans Lane and south onto Taylorsville Road before they turned around at Keneseth Israel synagogue and returned to JFCS.

Along the route, volunteers cheered on the runners and offered water.

Runner Maureen Sullivan said she and her running mate Katie Caswell were thrilled that the JCC finally held a race. Sullivan was also delighted by how much the runners got for the \$25 registration fee: a swag bag with a dreidel and other treats, a black sweat-absorbing long-sleeved Tek running shirt featuring the running dreidel mascot, and a party filled with activities, fresh apples, latkes and Chanukah gelt.

"It's a bargain," she said. "We're just happy to be here. This is my first race in at least a year."

After the race and the family fun run, everyone gathered in the first floor basketball court for the casual Chanukah party and medal-distribution ceremony. Winners in each age-group were announced and awarded with medals featuring the running dreidel mascot.

Suzanne Duvall, the first woman to finish the race, was proud of her achievement and already looking forward to another Dreidel Dash.

"I can't believe it. I'm going to be 58 a



month from now," she said. "It was awesome. It was a wonderful inaugural race and I'm going to run it every year."

The 2015 Dreidel Dash was supported by Power Walker Sponsors: Dr. Alan Mauser, Louisville Podiatry PSC and KentuckyOne Health and Walker Level Sponsors: Today's Woman and Girl Scouts of Kentuckiana.



Mark McCullough, Overall Winner-21:21.2



Suzanne Duvall, Overall Female Winner-24:56.5



Huge First Year for the JCC Snowflake Shoppe



by Tamara Ikenberg
Public Relations Specialist

More than 600 savvy shoppers got their holiday gift-hunting done at the JCC's first Snowflake Shoppe bazaar on Saturday, November 21, and Sunday, November 22.

The Shoppe was a fundraiser for the JCC's Early Learning Center.

"It went very well and our vendors and shoppers told us they were surprised this was our first year," said Early Childhood Assistant Director and event co-organizer Mindy Mannel. "We were thrilled to see a line out the door on Sunday."

The Snowflake Shoppe was no kitschy, crafty, holiday happening.

The JCC lobby, coffee shop and Linker Auditorium became a bustling winter mega-boutique filled with stylish, fun and beautifully made clothes, jewelry, candy, bath and body products, toys, home décor, leather goods and so much

more, from local and national vendors including Stella & Dot, Mary Lamb Jewelry, Silpada, Single Barrel Soaps, Designs by Dennis Tapp, Jamberry, Clayton & Crume and Sterling Imprints.

At the Snowflake Shoppe preview party on Saturday night, shoppers socialized, sipped adult beverages and sampled decadent treats. Local bakers and confectioners took part in a dessert competition, and the winner was peanut butter cheesecake from Fleur De Lisa. The triumphant cheesecake's competitors were tiramisu from Sugar Plums, almond and lemon pound cake from Gigi's Cupcakes, homemade pop tarts from Flora Vegan Treats, sandwich cookies from, DelectaBites, dark chocolate popping candy from Cellar Door Chocolates and assorted home-baked cookies from Dad's Cookie Company.

"We are definitely looking forward to next year and already planning on how we can make it even better," Mannel said.



JCC of Louisville Selected to Pilot PJ Our Way National Program

A year ago, PJ Library and the Harold Grinspoon Foundation introduced PJ Our Way to 10 communities nationwide. With more than 3,000 subscribers, this new program for children ages 9 to 11, has successfully been bringing Jewish books into older children's lives as effectively as PJ Library has done with younger children over the last 10 years.

Louisville has now been selected as one of only 24 cities worldwide to continue testing this exciting new program.

Building on the success of PJ Library, which gives the gift of Jewish children's books each month to more than 140,000 children, ages six months to eight years old, in North America, PJ Our Way allows program participants to select one of four books every month, giving them more choice on their journey toward being life-long readers while introducing them to Jewish ideas. PJ Our Way is open to all eligible children even if they did not participate in PJ Library.

As part of the program, PJ Our Way participants can create book trailers, videos, quizzes, author interviews and other media to communicate with peers about the books. A separate PJ Our Way website – www.pjourway.org – provides these new avenues for discussion.

"We believe these stories and their values help shape young people in their understanding of being Jewish, and it's our hope that PJ Our Way will ultimately build a strong community of young Jewish people," said Harold Grinspoon, Founder of PJ Library and PJ Our Way.

Many years of development went into this program. Catriella Freedman, di-

rector of PJ Our Way states, "We've thought a great deal about how to engage older readers by giving them more choice in what they read and then giving them creative platforms to talk to their peers about the books."



Jennifer Tuvlin

PJ Library Director Jennifer Tuvlin states, "We are so fortunate that Louisville has been selected for this program. Jewish children in Louisville can now have access to age (and reading level) appropriate Jewish books to complement what they are already reading. Many of the books come from popular series that kids are already reading such as the Who Was ... biography series with choices including biographies of famous Jews such as Harry Houdini."

PJ Our Way had its kick off event in conjunction with the Kadima (formerly J Forty-Fiver) participants on Friday November, 20. They and their families enjoyed a Shabbat dinner, learned about PJ Our Way and were able to register on site. The evening also included a Bricks 4 Kids Lego extravaganza.

If you were unable to make the kick-off event, you can register your child at www.pjourway.org.

The PJ Our Way program is supported by the Harold Grinspoon Foundation based in Agawam, MA.



USA Fencing
Thursdays, Jan. 7-Feb. 25
5-6 p.m. in the Dance Studio

JCC Louisville GATORS
Winter Swim Team
Starts January 4

PARENTS NIGHT OUT



Winter Wonderland
January 9 | 5:30-9:30 p.m.
www.jewishlouisville.org/pno

Catch *Big Fish* While You Can at CenterStage

by Tamara Ikenberg
Public Relations Specialist

Big Fish: The Musical, presented by CenterStage and Platinum Travel, is a magical whopper of a tale about a father and son's complicated life journey, the incredible power of storytelling and the unending strength of unconditional love.

The heart and humor-filled saga, perfect for the whole family, runs Thursday, Jan. 28, through Sunday, Feb. 14, at the Jewish Community Center of Louisville's Linker Auditorium.

Based on the 1998, Daniel Wallace novel *Big Fish: A Novel of Mythic Proportions* and the 2003 Tim Burton-directed and Academy Award-nominated film adaptation, this new musical focuses on the tumultuous relationship of father and son Edward and Will Bloom.

Edward, a jovial traveling salesman from a small Alabama town, is perhaps best known and loved for regaling his life journey with incredible tales filled with fantastic characters such as witches, giants and mermaids. Edward, with his devoted wife Sandra always beside him, mesmerizes all who cross his path. All, that is, but his cynical son Will.

As his father nears the end of his life, and the birth of his son quickly approaches, Will sets out to learn what is real and what is not in regards to Edward's tales. His research into his father's tales leads him down a path to self-discovery and ultimately to learning who his father really is.

The story flashes back and forth from

the present to the past, and is full of stunning storybook-like sequences. *Big Fish* has been compared to such legendary works as *The Wizard of Oz* and *The Odyssey*.

CenterStage Artistic Director John R. Leffert was enchanted by the show when he saw it on Broadway. "Having recently lost my father, I was moved beyond belief when I saw this musical on Broadway. It is storytelling at its best. Each character is complex. Each word is perfect and carefully chosen. Each note and melody strike the perfect emotional chord," stated Leffert. "I knew I had to direct this piece and couldn't wait to bring it to our CenterStage audiences."

The musical premiered on Broadway in 2013. Tony nominee, Andrew Lippa, (*The Wild Party*, *Addams Family*) composed the music and lyrics, and the book is by John August, who also wrote the screenplay for the film adaptation.

Big Fish: The Musical is an unconventional story of life, love, hope, dreams, truth and family. Its soaring, heart-tugging score is brimming with gorgeous love songs- "Daffodils," "Closer to Her"- powerful anthems- "Be the Hero," "Fight The Dragons"- and magical, fantasy sequences - "I Know What You Want," "Red, White and True."

CenterStage's production stars Pete Lay as Edward, Mitch Donahue as Will, Melissa Shepherd as Edward's wife,



BIG FISH

Presented by Platinum Travel

Thursday, January 28 7:30 p.m.
Saturday, January 30 7:30 p.m.
Sunday, January 31 2 p.m.
Monday, February 1 7:30 p.m.
Thursday, February 4 7:30 p.m.
Saturday, February 6 7:30 p.m.
Sunday, February 7 2 p.m.
Monday, February 8 7:30 p.m.
Thursday, February 11 7:30 p.m.
Saturday, February 13 7:30 p.m.
Sunday, February 14 2 p.m.

Tickets cost \$20 in advance and \$22 at the door and can be purchased at CenterStageJCC.org or by calling 502-23-2709. JCC Member Night at CenterStage is Thursday, January 28, members get an extra \$4 discount when ordering your tickets at the front desk or over the phone.

Sandra, Margo Wooldridge as Will's fiancée, Josephine, Frank Goodloe III and Jason Cooper as Edward's pals, Karl and Amos, Jessica Adamson as The Witch, and Jennifer Poliskie as Edward's childhood girlfriend, Jenny Hill.

Don't miss your chance to be swept away by *Big Fish: The Musical* as you journey alongside Edward's through his musical, mythic journey. This modern classic is perfect for the entire family!

Family Movie Night

SHREK

Jan. 5 | 6:15 p.m.

JCC Upper Gym

Free



Bucket List Trip to Israel

All the "Must Go" Israeli sites on ONE trip.

- ☐ Purim Party in Israel
- ☐ The Old City in Jerusalem
- ☐ The Western Wall
- ☐ Yad VaShem Masada
- ☐ The Dead Sea
- ☐ Kibbutz
- ☐ Tel Aviv



Information Meeting
Jan. 10 | 11 a.m.

The J is going to Israel,
March 8-19, 2017!

RSVP online at jewishlouisville.org/Israel-2017 or to Slava Nelson at 502-238-2760 or snelson@jewishlouisville.org.



RACQUETBALL LEAGUE

10-week doubles league
begins the week of January 3

Individual Fee: \$50, \$35 JCC Members
Doubles Fee: \$85, \$65 JCC Members

Doubles format.
Players will decide a time for their game each week, reporting scores to the Health and Wellness Desk. Standings will be posted on the JCC website.

Register online at jewishlouisville.org/racquetball or 502-238-2727.

SENIOR CALENDAR

The JCC Nutrition Site will be closed Thursday, December 24, Friday December 25 and Friday, January 1.

DECEMBER 20

Annual Holiday Party, 1-3:30 p.m.

Join us as we celebrate the New Year with the sensational Jazz Duo-Two of Diamonds (Ann Waterman & Beth Olliges).

DECEMBER 22

Jeanne Robertson Being Fabulously Funny, 12:45 p.m.

Join us as we watch excerpts from award winning humorist Jeanne Robertson's new DVD. Refreshments will be served.

DECEMBER 29 AND JANUARY 5

Musical Memories, 12:45 P.M.

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

JANUARY 12

Bingo, 12: 45 p.m.

JANUARY 18

Gourmet Dining Club, 5:30 p.m.

Join us at Macaroni Grill on Hurstbourne Parkway for dinner.

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

JANUARY 21

Lunch & Movies, 11 a.m.

We will first go to lunch at Golden Corral followed by a movie (TBA) at Stonybrook 20.

Cost for lunch, movie ticket & transportation: \$15/JCCM, ASCM, \$25/NM

Senior Department Stays Active

by Shiela Steinman Wallace
Community Editor

The Senior Adult Department has been very busy.

For a long time, participants in the Senior Adult Program have been asking staff to organize a day trip to French Lick and West Baden, IN. On November 12, their wish was granted and 40 people took advantage of the opportunity.

Some of the participants hadn't been to the area in more than 30 years, and they were delighted to see how beautiful it is. With a lot of free time and a convenient shuttle, the seniors enjoyed the great weather, visited the hotel, enjoyed lunch and ice cream and even a bit of gambling.

"Thanksgiving was really amazing," said Senior Adult Programming and Cultural Arts Director Slava Nelson. About 100 people enjoyed a traditional meal, wonderful decorations and the camaraderie. They were also treated to a concert by Jennifer Diamond. Seniors were joined by a number of JCC staff members.

At the celebration, the Senior Adult Department also honored John Sacks

upon his retirement. He served as a driver for the department for 12 years.

The Chanukah party on December 8, drew over 60 people, including about 10 people from the Chavurat Shalom program. At the Chanukah lunch, the seniors honored Senior Adult Director Diane Sadle, Slava Nelson and Nutrition Site Manager Natalie Kusyo, Mary Adams, Gerry Burns, Bill Doherty, Pat Gregg, Denise Joseph, Susan Kwasny, Frank Lichtefeld, Michele Mardis, Ron Peacock and John Thomas.

The department's big annual holiday party is Sunday, December 20.



Rayma Shuster, Queen Ester Rucker and Emily Podgursky enjoy Thanksgiving in the Senior Adult Department



Eunice McGuire and Joyce Swansey



John Sacks on his retirement day.



Roselyn Donnell and Sy Wolf

Cycle for Good Continues Tradition of Tzedakah

by Tamara Ikenberg
Public Relations Specialist

After riding a stationary bike in the JCC lobby for four hours straight at the Cycle for Good fundraiser for Special Olympics Kentucky on Sunday, December 13, JCC Healthy Living and Member Experience Director Tara Stone stepped off the bike gingerly and steadied herself before digging into a small stack of fresh, hot, well-deserved latkes.

Her pedaling persistence paid off. Stone's long ride raised more than \$200 in donations for Special Olympics Kentucky. A total of \$700 was raised at the event.

Tired, yet surprisingly un-sweaty, due to her special perspiration-absorbing headband and t-shirt, Stone said she felt great about raising awareness and cash for such a worthy cause.

Four hour-long spinning classes were held from 9 a.m. to 1 p.m. and participants donated \$25 per hour to "rent" a

bike.

Non-cycling gym-goers who came to the JCC on the day of the event also made donations.

Hailey Zortman, 12, and Aiden Hester, 12, both members of the Louisville Royals Special Olympics team, took part in the final cycling class of the fundraiser, which was led by Jenn Hay.

Hay kicked off the class with some stretches and interval training. Zortman, Hester and the rest of the cyclists alternated between several seconds of slow and fast-paced pedaling.

Zortman and Hester's moms, Ashley Zortman and Michelle Hester, said neither one of the kids can ride a standard bicycle, so Cycle for Good is a great opportunity for them to experience what bike riding feels like.

Louisville Royals Coach Cathy Derringer came to encourage her athletes, and also did some cycling for good. She said she was lured by the oldies, like Simon and Garfunkel's "Cecilia," that were played during the 11 a.m. session.



Tara Stone, JCC healthy living and member experience director, laughs during her four-hour ride.

Cycle for Good is a nationwide JCC event, and each individual JCC chooses a charity to benefit.

Derringer said she and her athletes are very grateful that the JCC selected Special Olympics.

"We love it," she said. "These kids always want to try something new."



SCHOOLS OUT DAYS

When Jefferson County Public Schools are closed, send your children to the **JCC** to learn and play! School's out Days are 9 a.m. - 4 p.m. with optional early drop off and late pick up services. Contact **Betsy Schwartz**, Sr. Director of Youth and Camping, for more information at 502-238-2708 or bschwartz@jewishlouisville.org.

Witches & Wizards
January 18 | 9 a.m. - 4 p.m.

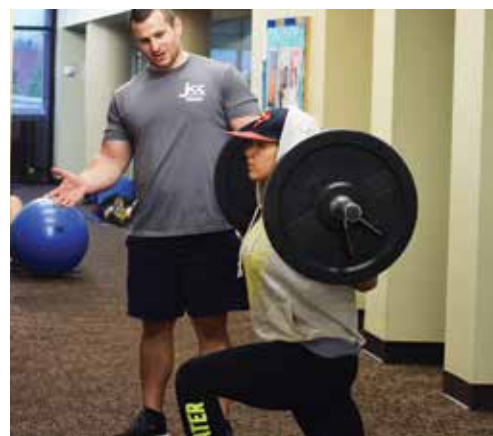


Fee: \$65, JCC Member: \$45

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

BLT

(BUTT, LEGS AND THIGHS)



TUESDAYS,

JAN. 5-26

6-7 P.M.

www.jewishlouisville.org/blt

502-238-2727