

CENTERPIECE

INSIDE

JCC ELC learns about stranger safety and rides on a fire truck.

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Earning the Feast


 by Tamara Ikenberg
Public Relations Specialist

Imagine sitting down to your Thanksgiving meal knowing you've earned the right to gobble up every sweet and savory calorie.

Get that guilt-free feeling by taking advantage of the JCC's Pre-Feast Fitness Fest on Thursday, November 26, from 8-10:15 a.m.

The Fest is a sampler platter of the JCC's five most popular group fitness classes served up in back-to-back 30-minute portions for two hours straight. How many servings you consume is up to you.

You could take the same class four times in a row, try four different classes,

or just take in one or two half-hour workouts.

The classes comprising the Fitness Fest are Body Pump Express, a barbell workout set to fast-paced music; Cycle, a challenging stationary bicycle class; Boot Camp, an assortment of military exercises; J-Barre, a strength and flexibility-building fusion of yoga, dance and Pilates; and Yoga, a more low-key workout which mixes physical postures, or asanas, and breathing exercises.

If you invest in your fitness early Thanksgiving morning, your efforts will pay off all day long, according to JCC Fitness Director Ron Peacock.

"Not only does exercise help control hunger during holiday meals but resistance training can help the body actu-

ally burn more calories in a 24-hour period," Peacock said. "Start off your day with a good workout and you'll be ready to spend the day with family and friends enjoying good food and good times."

Those who attend four different classes will be entered in a special Thanksgiving drawing. Donations of canned goods for the JFCS Food Pantry will also be accepted at the event.

The Feast is free for JCC members. Half-price guest passes for friends of JCC members are \$4 for adults (ages 12 and up) and \$2 for kids (ages 3-12). Regular cost for non-members is \$8 for adults and \$4 for kids.

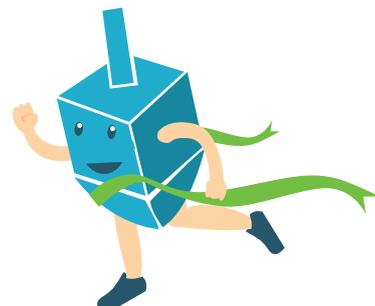
Reserve your spot by calling 502-238-2727. The JCC will be open on Thanksgiving 7 a.m.-7 p.m.

Dreidel Dash to Challenge Runners in December

Folks of all faiths and fitness levels are invited to usher in the first evening of Chanukah at the JCC's inaugural Dreidel Dash 5K on Sunday, December 6, at 1:15 p.m.

"A short, invigorating race is great for this time of year, and a healthy and fun way to celebrate the JCC's 125th anniversary," said JCC Healthy Living and Member Experience Director Tara Stone. "The Dreidel Dash is also a wonderful way to start Chanukah and introduce new faces to the JCC. We hope to make it an annual event."

The Dash is for runners and walkers ages 10 and over. It will be followed by a one-mile Family Fun Run for everyone and an awesome after party with games, music, Chanukah snacks and a menorah-lighting at sundown.



The entire community is encouraged to cheer on the racers, enjoy the after party and bring canned goods for the Jewish Family & Career Services Food Pantry.

A Jewish Community Center staff member dressed as a dreidel will help psyche 5K participants up at the starting line. The race route begins in front of the JCC, heads up Dutchmans Lane, and then south onto Taylorsville Road before turning around at Keneseth Israel synagogue and concluding back at the JCC. Winners in different age groups will get medals.

All 5K participants will receive a swag bag containing a dreidel, event T-shirt, Chanukah gelt and more goodies.

Following the 5K, at 2:15, is the one-mile Family Fun Run for all ages. Parents can even push their children in strollers during this casual exercise on the JCC grounds.

After the runs are done, the party starts in the JCC's upper gym. Partiers can play dreidel and other games, groove to the tunes of DJ Mike Ballard, sample savory and sweet Chanukah treats like latkes and donuts, pose for pictures in a Magnolia Photo Booth, and welcome the first evening of Chanukah at the menorah lighting which will complete the festivities at 5 p.m.

Dreidel Dash sponsors include Kentucky One Health and Today's Woman magazine.

Registration fee is \$25 prior to Friday, November 27, and \$35 thereafter. Register at <https://jewishlouisville.org/dreiddash/> or by calling Tara Stone at 502-238-2727.

JCC Winter Camp Hunts for Treasure

 by Tamara Ikenberg
Public Relations Specialist

At JCC Winter Camp, from December 21-December 31, kids can spend two weeks hunting for treasure instead of camping out in front of the TV.

"This is a structured, very well staffed camp with lots of fun activities that don't involve your couch," said Sr. Director of Camping and Youth Services Betsy Schwartz.

Winter Camp is divided into sessions for preschool kids (ELC) and K-6 campers (Keff Unit), and takes place Monday-Thursday both weeks of winter break. This year's theme is Treasure Hunt.

Each day, all campers will seek precious prizes including a pot of gold, dinosaur bones and pirate booty.

Keff Unit also includes daily arts and crafts projects tied to the theme, swimming, activities in the gym, and two field trips. Campers need to bring lunch and a towel every day.

On Wednesday, December 23, Keff Unit will head to Iceland Sports Complex to play Broom Ball and search for

"Fool's Gold," and on Wednesday, December 30, they'll visit The Parklands of Floyd's Fork for a time capsule activity.

The ELC Winter Campers will take part in the JCC's regular preschool day with fun age-appropriate treasure hunt activities and games mixed in.

"They learn through play," Schwartz said. "When children are playing they're learning team-building skills and more."

There will be no field trips for The ELC Camp, and space is very limited.

For more information and to register, contact Betsy Schwartz at bschwartz@jewishlouisville.org visit www.jewishlouisville.org/wintercamp



Are you a wondering Jew?
Don't get lost in translation.

 the florence melton school
of adult jewish learning
A PROJECT OF THE HEBREW UNIVERSITY OF JERUSALEM

Registration is now open for classes starting in January!

All courses take place at Adath Jeshurun. **Scholarships** are available for all classes. Register online at www.jewishlouisville.org/melton or by phone at 502-459-0660. For scholarships and all course information, contact Melton Director Deborah Slosberg at dslosberg@adathjeshurun.com or 502-458-5359.

Genesis II

Thurs. Mornings 9:30-10:40 a.m.
Jan.14-March 17 | \$125

Through study of 70 different Torah passages, students encounter the development of varying interpretations, the influences of existing historical realities at the time of their composition and the contemporary implications of these perspectives on their own lives. Genesis will cover Bereshit I: From Adam to Abraham: The First 20 Generations and Bereshit II: The Story of the First Jewish Family.

Mysticism and Kabbalah: Secret Knowledge in Judaism

Tues. Evening 6:30 p.m.
Thurs. Mornings 10:50-noon
Jan.14-March 17 | \$125

Despite the public chatter about Kabbalah, for many, this important aspect of the Jewish tradition remains a "closed book." This course presents the rich history of Jewish mysticism, along with understandings of many of the texts that have been so central to that tradition, speaking to the deepest mysteries of human existence and many of life's eternal universal questions.

Israeli Literature as a Window to Israeli Society

Tues. Evening 7:50-9 p.m.
Jan. 12-March 15 | \$125

This course offers a fresh and fascinating examination of Israeli society since the birth of the State in 1948. Participants encounter an Israeli society that is original, contemporary, honest and proud. Reflections of the mythic Israel are matched by poetry and prose that are challenging and self-critical, and offer profound insight into the Israeli national psyche.

Black Friday. Cyber Monday. #GivingTuesday?

by Lenae McKee Price
JCC Development and Special Events Director



Lenae McKee Price

Next week, most of us will run around like chickens, sorry- turkeys with our heads cut off preparing to be thankful for all that we have. Then, the next day, we will run out and buy more.

You know all about Black Friday, the day after Thanksgiving and the real "feast" for the shopaholics we all know and love. Crazy deals, long lines, general chaos and exhausted retail clerks are the trademarks of this "holiday."

Then, for those less committed shoppers, there is Cyber Monday. You can fill your carts online from the comfort of your desk chair. Seriously, does anyone do any actual work on Cyber Monday?

This year, I'm planning to skip Black Friday, actually work on Cyber Monday and focus my real attention on #GivingTuesday. Have you heard of it?

#GivingTuesday is Tuesday, December 1, a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide.

Like so many other brilliant programs, #GivingTuesday originated at The 92nd Street Y (92Y) in 2012. "As a proudly Jewish organization," 92Y, like our JCC, "enthusiastically welcomes and reaches out to people of all ages, races, faiths and backgrounds while embracing Jewish values like learning and self-improvement, the importance of family, the joy of life and giving back to our wonderfully diverse and growing community."

This year, the JCC will be joining the #GivingTuesday movement. Rather than spending \$36 on a sweater your loved one may not even like, make a gift in their name to send a child to camp.

I've had the great honor of asking

Cycle for Good Returns for Another Year of Sweaty Tzedakah



by Tamara Ikenberg
Public Relations Specialist

You'll do good on so many levels if you make plans to pedal at Cycle for Good on Sunday, December 13, from 9 a.m.-1 p.m. at the JCC.

JCC members and visitors across North America will spin on stationary bikes to benefit a variety of charities. The JCC of Louisville's cause of choice is Special Olympics Kentucky, and some Special Olympians will be at the event to inspire the cyclists.

At Cycle for Good, you won't just be strengthening Special Olympics. You'll also benefit your own body.

"Cycling is a great form of exercise. It improves your cardiovascular health, tones and shapes your legs and builds your abdominal and mental strength," said JCC Fitness Director Ron Peacock. "Why not get a wonderful workout and contribute to a good cause at the same time?"

Here's how Cycle for Good translates into funds for Special Olympics: cyclists

rent a bike for \$25 an hour and take up to four back-to-back hour-long cycling classes.

To show her commitment to cycling and Special Olympics, JCC Healthy Living and Member Experience Director Tara Stone will be riding a stationary bike in the JCC lobby for the entire four hours.

"Members usually bring me water and talk to me during the hours on the bike," Stone said. "It's a lot of fun and so rewarding to be helping such a worthy cause."

Non-cycling fitness options will be offered in the Aerobics Studio. There will be a Cardio Jam class from 9:30-10:30 a.m., and a Yoga Jam session from 12-1 p.m.

Donations are not required for either of these classes, but some contribution to Special Olympics would be greatly appreciated.

Non-members will be able to visit the JCC December 13 with free guest passes. For more information, call the Health and Wellness Desk at 502-238-2727.

many Jews to describe their favorite childhood memory. You can probably guess the most common response. Camp is the tie that binds our community together. Personally, I never had the opportunity to experience camp. But, I know the joy well. I see it on my daughter's face at the end of each summer day.

This year, please join me and give the gift of joy.

All donations made to the JCC on #GivingTuesday, December 1, will support the JCC Camp Scholarship fund. \$250 will send a child to camp for a week. Gifts of all sizes are appreciated and can be made online at www.jewishlouisville.org/donate, over the phone by calling 502-238-2768 or at the front desk at the JCC.

2015 JCC Louisville WINTER CAMP

YOUR CHANCE TO EXPERIENCE SUMMER CAMP IN THE WINTER!!

FOR MORE INFORMATION AND TO REGISTER

For more information or questions please call 238-2718.
Register online at www.jewishlouisville.org/wintercamp.

Learning About Safety at the JCC ELC

by Tamara Ikenberg
Public Relations Specialist

Jewish Community Center Early Learning Center students from the Barley classroom waved at pumpkins and pets during an invigorating, bumpy ride on a vintage fire truck on Friday, October 30; and on Monday, October 26, the JCC ELC's Prekindergarten Pomegranate students began the school-wide Stranger Danger unit with the help of Early Learning Center Director Norma Cahen and Senior Program and Operations Director Tom Wissinger. Retired fire chief Rick Albers took several truckloads of children for spins around Almara Circle right next to the JCC, as part of Community Helper Week.

"We've been working on fire safety, we've had police officers come visit," said JCC Early Childhood Assistant Director Mindye Mannel, who accompanied the kids on the rides. "The kids are having a blast on the fire truck."

Albers, who retired in 2011 after 44 years fighting fires, has just as much fun as the kids during the rides. He

owns four antique fire trucks, and co-owns another. One is a ladder truck, and the other three, including the one he brought to the JCC, are pumpers.

"Pumpers are the ones that carry the hose and hook to the hydrant," he explained.

The particular pumper Albers shared with the ELC students is one of his most prized possessions. It's a 1963 Seagrave model from the St. Matthews Fire Department that he found on eBay.

It also happens to be the same truck in which a 16-year-old Albers made his first ever fire run. It's not just the same model. It's the actual truck.

"Some guy up in southern Ohio near Ashland, KY, had it. When I saw it I said

'I know that truck!' and I started bidding on it," Albers said. "I've got a sentimental attachment to it."

Albers uses his truck collection to enrich the community. In addition to giving kids the experience of riding on an authentic antique fire truck, he drives the vehicles in parades including the Pegasus Parade and The Highlands Louisville Halloween Parade, formerly known as The Caulfield's Halloween Parade.

Mannel met Albers years ago through his parade work. This is the first year Al-



bers has taken the JCC ELC children on a ride.

Albers, who began his career as a volunteer for the St. Matthews Fire Department in 1971, feels the memories of his long, distinguished fireman's life flood back whenever he takes the 1963 Seagrave out on a field trip and passes familiar places where he came to the rescue.

"It's like going back 40 years," he said.

Stranger Danger

In the Stranger Danger program, Cahen introduced Wissinger as her friend and they both spoke to the children about what a stranger is. The pair also told them it is safe to interact with anyone in the facilities wearing a JCC badge.

After answering a slew of questions, Cahen and Wissinger exited the classroom. Wissinger then came back in alone without his badge and asked the children if they knew whom he was, and if he was a stranger or a friend. Cahen then came back into the classroom and she and Wissinger re-emphasized that if the kids are in the building and need help, someone wearing a JCC badge would be the person to assist them.



DECEMBER 5, 2015

Light Up CENTERSTAGE

7 p.m.

Open Bar • Hors d'oeuvres • Silent & Live Auctions
Dessert Buffet • Original Broadway Revue

\$108 per person
\$900 per table (10 people)
RSVP to Joanna Blieden at
502-238-2763 by November 27, 2015
Jewish Community Center • 3600 Dutchmans Lane

All proceeds benefit CenterStage Acting Out,
an arts education program "Opening Minds, One Act at a Time."

Preview Party
Sat. 11/21 | 7-9 p.m.

One Stop
Holiday Shop
Sun. 11/22 | 11-3 p.m.

JCC Louisville
Snowflake Shoppe

Vendor items include:
Leather goods, candles, customized wreaths, monogrammed gifts, hand-painted glassware, wine accessories, handmade local and nationally known jewelry vendors, health & skin care products, locally handcrafted soaps, pet items, toys, books, woman & children's clothing and accessories, home decor, Kentucky Proud items and more!

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

JCC Louisville
Early Learning Center

For more information, contact Mindye Mannel at
502-238-2716 or mmannel@jewishlouisville.org

SENIOR CALENDAR

The JCC Nutrition Site will be closed Thursday, November 26, Friday, November 27, Thursday, December 24 and Friday December 25

NOVEMBER 23

Gourmet Dining, 5:30 p.m.

Join us for dinner at Shogun Japanese Steakhouse on Taylorsville Road.

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

NOVEMBER 24, DECEMBER 1

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 conduct the program.

DECEMBER 8

Chanukah Celebration, Noon

Join us for a special luncheon with Cantor Sharon Hordes as our special guest.

Refreshments will be served.

DECEMBER 15

Bingo, 12:45 p.m.

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).

Fabulous door prizes & delicious food awaits you.

Cost: \$20/JCCM and ASCM, \$30/NM. Transportation available for an additional \$3.00! Reservation and Payment

Deadline: Friday, December 11.

DECEMBER 29

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 the program. Refreshments will be served.

Family Movie Night



December 1, 2015 at 6:15 p.m.
Located in the Upper Gym

Kaplin Finds Joy and Growth at JCC Senior Department

by Tamara Ikenberg
Public Relations Specialist

After a high-rolling romp at French Lick Casino with the JCC Senior Adult Program on Thursday, November 12, Rosita Kaplin felt tired and triumphant. "It was great," she said. "We gambled and I won 10 dollars and 60 cents on the slot machines, so that wasn't bad."

The visit to French Lick is one of several exhilarating journeys Kaplin, a longtime JCC member and volunteer, has taken with the senior program. She has also journeyed to Atlanta, Nashville, Frankfort, Cincinnati and Washington D.C.

But on an average day, Kaplin, 86, isn't jet setting around the country. She's volunteering, learning and working out at the JCC to keep herself social, fit and sharp.

"The JCC is like my second home," Kaplin said. "I enjoy being there and I have made a lot of good friends."

The community formally recognized Kaplin's dedication to the JCC last June when she received the Elsie P. Judah Award

Four days a week, Kaplin arrives at the JCC a little before 9 a.m. and begins her routine. She starts by setting tables for senior lunch, and then participates in senior fitness classes including light weights and chair exercise. After her workout, she sits down to a tasty kosher lunch with friends.

"Garry's a good cook," she said of the JCC's chef.

On some days, Kaplin tends to her creative side at a stimulating senior program class.

"On Tuesdays we have a beading class where we make jewelry," Kaplin said. "I have made necklaces, earrings and bracelets."

The staff members Kaplin interacts with enhance the time she spends at the JCC.

Kaplin is a big admirer of JCC Senior Adult Director Diane Sadle and Senior Adult Programming and Cultural Activities Director Slava Nelson.

The feeling is mutual.

"Rosita is a very dedicated and dependable volunteer, always willing to lend her support," Sadle said.

Jewish Community Centers have been a source of support and strength for Kaplin since she relocated to the US from Havana, Cuba in 1944.

The daughter of Russian Jews who immigrated to Cuba, Kaplin moved to the United States with her mother shortly after the death of her father.

Kaplin was 15 at the time. "I couldn't speak English," Kaplin recalled. "I spoke Yiddish and Spanish."

When Kaplin and her mother disembarked from the plane that brought them from Havana to Key West, FL, and set foot on American soil for the first time, they discovered they already had friends in their new home country.

"There was somebody there from the JCC there to take care of us and arrange a train trip from Key West to Louisville," Kaplin remembered.

Kaplin's aunt and uncle already lived in Louisville and sponsored her and her mother's relocation.

Kaplin has shared her family's fascinating globe-spanning story with Jefferson County Public School's Teenage Parent Program's Women's Oral History Quilt and Theatre Project.

"Once I was in Louisville, I wanted to be with Jewish people," Kaplin said. She started going to the JCC, which was then located on Second Street and called the YMHA.



Kaplin met her husband Phil "Pinky" Kaplin at the YMHA. Pinky was his nickname because his given first name is Pinchas.

Phil worked in wholesale jewelry for a while and also had a collection agency. Rosita tutored Eliahu Academy students and also worked with four-year-olds at the Keneseth Israel Preschool.

The couple had two children: Jackie and Cary.

Phil passed away three years ago, but Kaplin is still surrounded by family. Cary, Jackie and Kaplin's four grandchildren and two great-grandchildren all reside in Louisville.

Kaplin's extended JCC family is also precious to her, and she wants it to keep growing.

"I wish more Jewish people my age and younger would come and support us," she said.

To help the JCC Senior program support Rosita and others like her, make a tax-deductible donation today by calling Lenae Price at 502-238-2768. For more information about the JCC's senior programs, visit <https://jewishlouisville.org/seniors> or call 502- 238-2749.

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.

Thanksgiving Celebration

November 25 | 9 a.m. - 4 p.m.



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

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

PARENTS NIGHT OUT

For ages 2 years-6th grade.
Snacks will be provided,
bring your own dinner.

December 12

Theme: Chanukah
5:30-9:30 p.m.

Fee: \$30, + \$10 per additional child*
JCC Member Fee: \$20, + \$10 per additional child*
* Children must be from the same household.

ACTIVITIES

Swimming for K-6
Movie • Crafts
Ga-ga