

CENTERPIECE

INSIDE

 Music and fun at
JCC ELC Spring
Sing

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THE J OUTDOOR LAP POOL

It is the first sign of summer! The J Outdoor Lap Pool will open for the season on April 3. The pool will be open from noon-6:30 p.m. daily when the air temperature is above 60 degrees. Please enter through the outdoor locker room. The Family and Wading Pools will open Memorial Day Weekend with extended weekend hours.

OUTDOOR LAP POOL

Monday-Sunday Noon-6:30 p.m.
April 3-May 28.

PASSOVER HOURS

Friday, April 22 Close at 7 p.m.
Saturday, April 23 Closed
Thursday, April 28 Close at 7 p.m.
Friday, April 29 Closed

Blood Sweat and Tears Frontman to Perform

by Shiela Steinman Wallace
Editor

Rock and roll legend, Steve Katz, founding member of The Blues Project and Blood Sweat and Tears will speak on Saturday, April 16, at 6:30 p.m., at Standard Club, 8208 Brownsboro Rd., in The J's Arts and Ideas series.

He will share memorable stories from his celebrated music career and best-selling autobiography, *Blood Sweat and Tears* and *My Rock and Roll Years: Is Steve Katz a Rock Star?*, but he will also perform some of his well-known hits.

To make this night even more special, the evening will start with a cash bar cocktail hour followed by an elegant three course catered dinner with wine by Anoosh Bistro, whose name is synonymous with superb dining.

Chef Anoosh Shariat's dazzling talents and eclectic menu of contemporary American cuisine fused with Contemporary European cuisine have given Anoosh Bistro a reputation as one of Louisville's best restaurants.

The cost of the event, which includes the dinner, concert and book signing, is \$54 in advance or \$64 at the door. A Vaad approved option is available if requested prior to April 7.

From the Monterey Pop Festival with the legendary Blues Project, Woodstock with Blood, Sweat & Tears, and even producing albums with the incomparable Lou Reed, Katz is definitely a rock star.

Following Katz's intimate concert, you will have the opportunity to meet the legend and have him autograph your personal copy of his biography. Books will be available for purchase that night.

While Katz never had a solo career, his career as a recording artist spans decades and a variety of genres. He got his start while still in high school on a local upstate New York television show, "Teenage Barn." Already an accom-

plished guitarist, he performed covers of 50's teen pop hits.

He continued to hone his craft and became part of the Greenwich Village folk music and blues scene. He landed a spot in the Danny Kalb Quartet and as the group evolved with the addition of All Kooper, became the Blues Project.

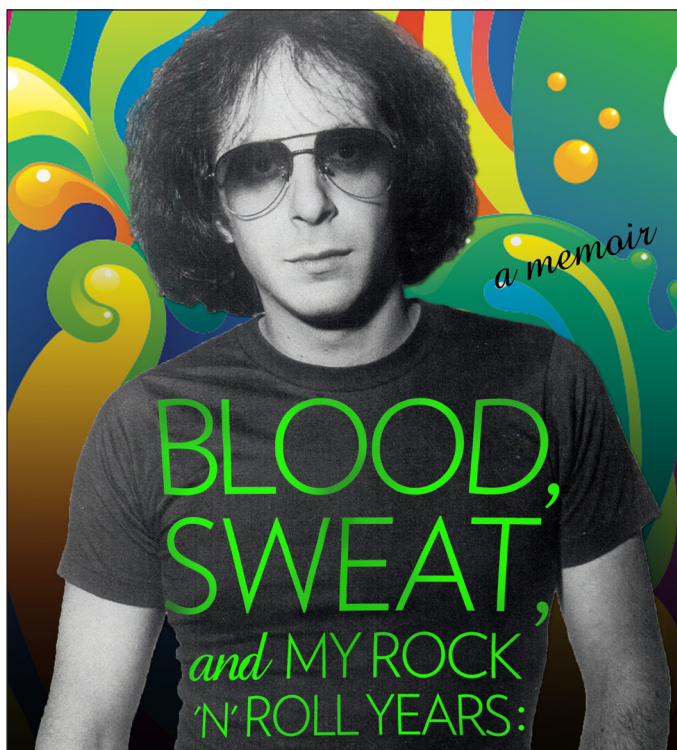
The original lineup of musicians in the Blues Project didn't last long as its talented musicians were recruited by other groups, and in 1967 Katz and others reconnected with Kooper. As a result, Blood, Sweat & Tears was formed and their seminal album, *Child Is Father to the Man* was released.

Nothing lasts forever and Katz moved on. Over the years, he continued to perform with a variety of bands and was often engaged for specific projects involving both performance and production.

Editor's note: Arts & Ideas Director John Leffert contributed to this article, and background information came from a biography by Bruce Elder.

The J's Arts & Ideas series will continue on Saturday, May 14 with "Old Jews Telling Jokes" at 7 p.m. at Standard Club and on Tuesday, June 28, with Israeli news anchor, reporter and television host Lucy Aharish at the Jewish Community Center.

With limited seating available, these events are sure to sell out quickly. Make your reservation today by calling 502-459-0660 or going to <https://jewishlouisville.org/artsideas>.



Find Motivation with JCC Fitness Challenges

Ben Goldenberg
Marketing Director

The weather is starting to warm up, which means pool season is right around the corner. Don't lose track of your New Year's resolutions. Two new JCC challenges can give you a boost. Starting March 28, join other JCC Members in the Group Fitness Challenge and Precor Preva Promo.

The JCC Group Fitness Challenge is a 10-week program. Simply take at least two group fitness classes at the JCC each week between March 28 and June 4. If you complete the challenge, you will be entered to win one of five free 30-minute personal training sessions. Just check in with the Health and Wellness Desk either before or after your class for credit!

"Working out with a friend or group helps keep your motivation high," said Ron Peacock, JCC fitness director. "The JCC offers more than 80 group fitness classes per week, so you are bound to find one that you love!"

If you prefer working out on cardio equipment, the JCC still has a challenge for you. The new Precor Preva cardio machines are linked to the web so you can always track your workouts online or via the Preva App. Creating a log in is simple from any machine and you can set alerts, goals and even repeat a custom workout, tracking your success.

From March 28 through April 30, if you use a cardio machine 10 times, you will be entered to win one of five free 30-minute personal training sessions.

For more information on either the Group Fitness Challenge or the Precor Preva Promo, contact Fitness Director Ron Peacock at 502-238-2792 or rpeacock@jewishlouisville.org.



Songs and Fun at JCC ELC Spring Sing

by Mindye Mannel
ELC Assistant Director

More than 250 people attended this year's JCC Early Learning Center Spring Sing on March 10 to watch as the students performed songs. The Pomegranates, Olives, Wheat and Barley classes each sang two songs and then combined for three more numbers showcasing the whole

program. Despite some nervousness, all children did a great job performing for their families! The event was chaired by Keren Benabou and Robin Rueff.

This year's Spring Sing also included the annual silent auction, raising money for the ELC program. Many generous vendors donated items to the auction, thanks to Nikki Grizzle. More than 75 baskets were up for auction as well as four grand raffles. Each raffle was valued at more than \$500 and were themed



Sunday Family Soccer

May 1-24 from 2:15-3:15 p.m. | Fee: \$50, \$45 JCC Member

Grab the whole family and play in The J's new soccer program during the month of May. For Kids K-3 and their parents.

For more information, please contact Betsy Schwartz at bschwartz@jewishlouisville.org.

"His and Hers," "Local Louisville," "Cheers" and "All Gift Cards."

While perusing the auction, parents and families noshed on appetizers and desserts from local caterers and restaurants. All money raised from the event will go towards tuition assistance and enhancing the playgrounds with more age and developmentally appropriate equipment.



Weather is Not a Concern for The J Spring Camp

Introducing Mother Nature!

The J will help children learn about all different kinds of weather during Spring Camp, Monday-Friday, April 4-8. Children Pre-K through 6th grade will have fun making sun catchers and rain sticks, learning about tornadoes while we catch one in a bottle and create icy sculptures.

JCC Spring Camp runs from 9 a.m.-4 p.m. with extended day options available. Campers in grades K-6 will swim daily. Registration is available online at www.jewishlouisville.org/springcamp

JCC ELC will also have additional space during Spring Break. 8:30 a.m.-4 p.m. and 7:30 a.m.-6 p.m. options are available. Please contact Norma Cahen, JCC ELC Director for more information at ncahen@jewishlouisville.org.

The Long Road to Cancer Recovery is Shortened with Exercise

by Ben Goldenberg
Marketing Director

Surviving cancer is a momentous achievement. But for many, the fight is not over when treatment ends. Returning to functionality is a long process that involves both the mind and the body. Stronger Ever After, a new program designed by The J specifically for cancer survivors can help with both aspects at the same time.

"We created a holistic program, specifically geared towards cancer survivors," said Jeff Levy, certified personal trainer at the JCC. "The program will help develop strength in the body and in the mind for taking the next steps on the road to recovery."

Current research shows that physical activity can play a role during and after cancer treatment, as long as the patient has the energy for the exercise. One study, by Macmillan Cancer Support in the UK, showed that two and a half hours of exercise a week could lower a breast cancer patient's risk of dying or cancer recurrence by 40 percent.

The American College of Sports Medicine developed guidelines for cancer survivors that are very similar to their guidelines for average Americans. They concluded that benefits from regular exercise can be found in breast, prostate and hematologic cancer survivors.

Levy himself is a cancer survivor. Af-



ter completing chemotherapy in 2014, he decided to earn certification as a health coach in order to take what he learned and use it to help fellow cancer survivors on their own journeys.

In his career as a personal trainer, Levy has trained a wide range of clients, from beginning exercisers to Olympic-level athletes. He is trained in Mindfulness-based Stress Reduction and is currently pursuing graduate studies in Exercise Physiology, with a focus on Mindful Exercise.

"After receiving such great care from my physicians and so much encouragement from the membership in the JCC weight room this year, I'm really looking forward to being able to give back to the community," said Levy.

Stronger Ever After will meet on Mondays and Thursdays, April 4-28, from noon-1 p.m. For more information or to register, visit www.jewishlouisville.org/strongereverafter or call 502-238-2727.



Plyometrics

Mondays • April 4-25 • 6-7 p.m.

This class is designed to help athletes take their game to the next level. We will focus on your vertical leap and overall quickness by using a combination of powerful, explosive movements and agility training.

INSTRUCTOR: Nate Presley

FEE: \$90, \$72 JCC Members

REGISTER ONLINE AT
<https://jewishlouisville.org/plyometrics>
or call the Health and Wellness Desk at 502-238-2727.

CenterStage Presents Rags to Riches Story *How To Succeed in Business Without Really Trying*

Ben Goldenberg
Marketing Director

How to Succeed in Business Without Really Trying, presented by CenterStage and Hilliard Lyons, will shine the spotlight on the business world, as a young window-washer rises from the mail room to Vice President of Advertising at World Wide Wicket Company.

This heart and humor-filled saga, perfect for the whole family, runs Thursday, March 31 through Sunday, April 10, at the Jewish Community Center of Louisville's Linker Auditorium.

The show is based on Shepherd Mead's 1952 satirical book of the same name and the revival on Broadway in 2011 starring Daniel Radcliff as J. Pierrepont Finch. Upon following the book's advice, Finch lands a job in the mailroom, but he does not stay long. He quickly climbs the corporate ladder, rising from the mailroom to the head of plans and systems and ultimately all the way to vice-president of advertising.

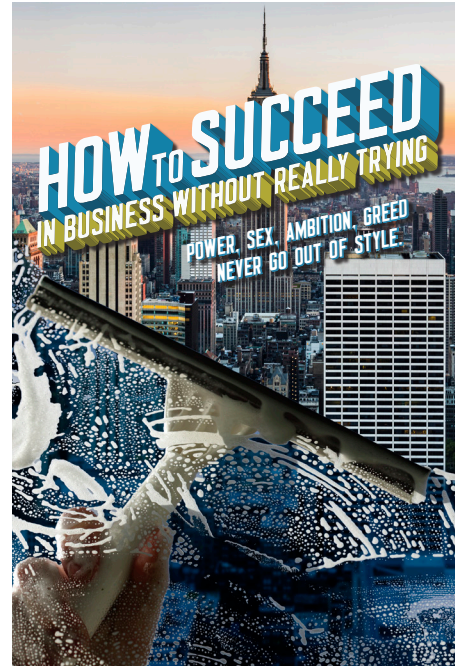
"How to Succeed" is musical comedy at its best; with amazing music, hilarious stock characters, exciting dances. Not to mention a "rags to riches" story where the "little" guy beats the system," stated

John R. Leffert, CenterStage artistic director. "You are sure to leave the theatre with a smile on your face and a song in your heart."

The Pulitzer Prize winning musical opened on Broadway in 1961, adding seven Tony Awards and the New York Drama Critics Circle Award to its accolades. It was revived in 1995 starring Matthew Broderick and Megan Mullally and again in 2011 starring Daniel Radcliff. Music and lyrics were written by Frank Loesser (*Guys and Dolls*) and the book by Abe Burrows, Jack Winstock and Willie Gilbert. *How to Succeed* is classic Broadway at its best.

How to Succeed in Business Without Really Trying is a delightfully irreverent musical poking fun at big business and all that it holds sacred. The musical score includes hit standards "I Believe in You," "Happy to Keep His Dinner Warm," "The Company of Men," "Been a Long Day," "Rosemary" and "Brotherhood of Man."

CenterStage and Hilliard Lyons's production of *How to Succeed in Business Without Really Trying* opens on Thursday, March 31, and runs through Sunday, April 10. Tickets cost \$20 in advance or \$22 at the door and can be purchased over the phone by calling 502-238-2709 or online at www.CenterStageJCC.org.



HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING

Presented by Hilliard Lyons

Thursday, March 31 7:30 p.m.
Saturday, April 2 7:30 p.m.
Sunday, April 3 2 p.m.
Sunday, April 3 7 p.m.
Monday, April 4 7:30 p.m.
Tuesday, April 5 7:30 p.m.
Thursday, April 7 7:30 p.m.
Saturday, April 9 7:30 p.m.
Sunday, April 10 2 p.m.
Sunday, April 10 7 p.m.

Tickets cost \$20 in advance and \$22 at the door and can be purchased at CenterStageJCC.org or by calling 502-238-2709. JCC Member Night at CenterStage is Thursday, March 31. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

CenterStage Academy Shows Impress

by Shiela Steinman Wallace
Editor

I have to admit, I'm a bit jaded when it comes to theater and the entire cast consists of child actors. I consider it a victory when they get their lines out in a reasonably timely fashion and I can hear half the words. CenterStage Academy's productions of Disney's *Winnie the Pooh Kids* and *Shrek the Musical Jr.* made it obvious that these stereotypes just don't stand up when it comes to this youth theater program.

When the youngest CenterStage Academy students took the stage, they were focused on what they were doing and they did a credible job with this classic *Winnie the Pooh* tale. While it was sometimes a bit of a strain to hear their small voices, they made a real effort to project and captivated the audience with good performances as Pooh, Piglet, Tigger, Owl, Rabbit, Kanga, Roo and company searched for the "backson" in Christopher Robin's note.

The narrators did a good job of weaving the story together and helping the audience, with the assistance of the residents of the Hundred Acre Wood, and search for the "backson" only to discover when Christopher Robin showed up that he had really written the words "back soon."

The actors in *Shrek Jr.* were a bit old-

er and definitely more polished. In fact, *Shrek Jr.* was so good that it would have held its own for any audience. It was obvious that these talented young people were the students of veteran CenterStage Academy instructors.

All the performances were so good, that I'm not sure that professionals could have done better. The set and costumes were spectacular.

CenterStage Academy is a yearlong program that helps aspiring actors acquire performance skills. The instructors and directors were Frank Goodloe III, Kim Hartz, Jordan Price and Andrew Stairs.

Sean Green, the father of nine-year-old Olivia Green who played the bishop in *Shrek Jr.* explained that his daughter had been in a couple of other small productions, but *Shrek Jr.* was her first show with CenterStage Academy.

"She's just starting [acting]," he said, "but she's had a great experience. All her coaches were terrific and motivated and it's been fun to see what they've done. It's been impressive. This is probably the nicest set and production" the young thespian has worked with to date.

Green liked the instruction Olivia got throughout the year, giving her the opportunity to develop different skills – sometimes as a group with the other young actors and sometimes individually. He is pleased that "she gets to learn from other people who've done it longer."





The Three Little Wolves and the Big Bad Pig

PRICE
\$7 Children
(10 and under)
\$12 Adults

INCLUDES:
2 Shows/Art Activity
Snack Included

Acting Out Public Performance
Sunday, April 17 & Sunday, May 15 2 p.m.

502-238-2709 | CenterStageJCC.org

Family Movie Night

April 5 | 6:15 p.m.

Enjoy a movie in the upper gym with free popcorn. Bring a picnic style dinner, some blankets, and pillows to relax with your family and watch the movie! Beverages will be available for purchase.

Located in the Upper Gym



Artistic Bond for Two Sisters

by Ben Goldenberg
Marketing Director

The JCC Patio Gallery is proud to present work by two sister artists, Stephanie Baldyga-Stagg and Julie Baldyga. While they share familial blood, beyond that, they differ. Two Sisters will open on April 3 with a reception from 2-4 p.m.

Julie Baldyga's work often features a figure working on complicated machinery set against a colorful backdrop of flowers, representing heaven. Her fascination with the human form, and especially hands can be seen in her artwork. "I just do like hands," she says. "They are interesting parts of people. All of my paintings have big, strong hands."

Where Julie works with physical people, Stephanie prefers physical manipulation of materials and natural forms. Her work starts with abstract strokes, layered on top of each other. The pieces grow organically as textures that contrast the fluidity of the paint with the flatness of the shapes. These shapes often take on surreal qualities that generate more geometric shapes.

"I particularly like this interplay between color and form as unexpected relationships occur," says Stephanie.

It is not unexpected that two sisters, from an artistic family, both followed their passions to art. However, their journey into art took two very different paths.

Stephanie Baldyga-Stagg's art comes from a classical training, with a BA in Fine Arts and an MA in painting from the University of Louisville. Later, she went on to teach at Presentation Academy, Spalding University and UofL.

Her sister, Julie Baldyga, grew up in the same creative family, but did not pursue the classical training. Instead, as an adult with developmental disabilities, she found StudioWorks and taught herself her craft. But the lack of classical training was never an issue, with a number of her works proudly displayed in private and corporate collections.

Two Sisters by Julie Baldyga and Stephanie Baldyga-Stagg will be on display at the JCC Patio Gallery April 3-May 3.

Life is Still Beautiful

JCC Patio Gallery Showcase will also present Life is Still Beautiful: works by Luci Mistratov's students April 3-May 3. Mistratov's students are retirees living at Access Health Day Care Center. They come from many different countries - Armenia, Uzbekistan, Ukraine, Russia and Bhutan. However, they all share one thing in common, never considering themselves artists.

A few years ago, with the help of Mistratov, they began to paint pottery, glass and watercolors. Their art represents a beautiful spirit: everyone has an artistic voice to be heard, shouting about the colorful beauty of the life around us.

Little Free Libraries Painted at J-Serve Event



The new libraries were painted on March 6 and will be housed at the JCC and Gildas Club.

SPRING BREAK 3 ON 3 BASKETBALL TOURNAMENT

SUNDAY, APRIL 10
NOON-4 P.M.
FOR AGES 12-14

Double elimination tournament.
Teams must have 3-5 players.
Team Fee: \$45

For more information or to register, call the Health and Wellness Desk at 502-238-2727.



SENIOR CALENDAR

MARCH 28

Lunch & Conversation with Mayor Greg Fischer, Noon

Join us for a special lunch with Mayor Greg Fischer and conversation about happenings in Louisville. Refreshments will be served.

APRIL 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, 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.

APRIL 10

Lunch & CenterStage Show—"How to Succeed in Business Without Really Trying", 12:15 p.m.-lunch, 2 p.m.-show

Join us for lunch catered by Gerry Burns followed by the musical winner of both Tony Award for best musical & Pulitzer Prize.

Cost of lunch & ticket: \$25/M, \$30/NM

APRIL 12

Bingo, 12:45 p.m.

APRIL 17

Music without Borders-Classics Go to the Movies-Bob Bernhardt, conductor, 3 p.m.

Nothing sets the mood in a contemporary movie like the music of a classic composition. Join the Louisville Orchestra at The Temple as the Orchestra plays soundtrack gems from Handel, Beethoven, Strauss and more. Hear the classical music featured in movies like: *The Godfather*, *Moulin Rouge*, *My Big Fat Greek Wedding* and *Twilight*.

Cost of ticket : \$17/M, \$20/NM.
Transportation will be provided.

Deadline for reservations Thursday, April 7.

APRIL 19

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, 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.

APRIL 20

Intergenerational, Interfaith Model Seder with Hebrew School Students, 4:30-6:30 p.m.

Join us as we celebrate Passover with Cantor Sharon Hordes and the Hebrew School students.

Dinner will be served after the service. This program is sponsored by the Judith Bensinger Senior Adult Fund and the Bensinger family.

Cost: \$5. Transportation will be provided. Reservation & payment deadline is Friday, April 15.

MAY 26

AARP Smart Driver Training Class, 10 a.m.-2 p.m.

Defensive driving techniques, new traffic laws and rules of the road will be covered. Most auto insurance companies will offer a premium discount. Refreshments will be served.

Cost of class: \$15/AARP Member, \$20/NM.

Call 502-238-2749 to make your reservations. Check made out to AARP or cash will be accepted. Please bring your AARP membership card with you.

SAVE THE DATE

Branson Show Trip-Monday, June 6-Friday, June 10

5 days/4 nights
Price includes: Transportation, 4 night lodging/4 breakfast/4 dinners
Admission to 7 fabulous Branson shows
Call Diane Sadle at 502-238-2749 for more information.

PARENT'S NIGHT OUT

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

April 16

**Parting the Red Sea
6-10 p.m.**

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

Register online at www.jewishlouisville.org/pno or call 502-459-0660.

