

CENTERPIECE

INSIDEWest Side
Story opens the
CenterStage 16/17
season.**PAGE 3**

Celebrate Independence Day at The J

by Alexandra Ramsey
Public Relations Specialist

Red, white and blue, sparklers and celebrating our nation's birthday. Isn't that what the 4th of July is all about? Celebrate with The J at the annual 4th of July party on Monday, July 4, from 11 a.m. to 4 p.m.

Bring your family and grab a spot by the pool for the day and celebrate. The J will have live music, plenty of games and free snacks.

Pick up some popcorn and grab a snow cone at the snow cone stand and soak up the sun. There will be competitions for the children to participate in as well.

Staff will clear the pool and bring out the rafts for a big raft race! At the end of the day, perhaps the most fun competition for the children will be the biggest splash competition. You know all those cannon balls the children have been

practicing had to come in handy, right?

In addition to water competitions and games, trainers will be leading fitness demos outside.

Children will get to participate in the fitness classes outside, just like mom and dad. Trainers will talk with the children about living a healthy lifestyle and being fit.

Matt Vamvas, membership director, said the day is going to be one you won't want to miss.

"The 4th of July party at The J is always so much fun. It's an awesome way to spend the holiday with friends and family and to enjoy all of the amenities," Vamvas said.

So what more could you ask for? Join all of The J members and celebrate the 4th of July. Don't worry, you'll have plenty of time to get home and catch the fireworks!

The event is free for members. Community members are welcome but must be a guest of a JCC Member. For more



information, contact Matt Vamvas at 502-459-0691.

Members Have a Blast at Summer Fitness Fest

More than 140 people participated in the second annual Summer Fitness Fest. There were 16 different classes offered over the course of two hours, on Sunday, June 5. Members loved getting the chance to try something new, from PYSB (Pilates, Yoga, Stretch and Barre) to Aqua Zumba. There were also standard favorites including Cycle and Yoga.

Even with a normal schedule, The J offers more than 90 group fitness classes per week. For more information, visit jccoflouisville.org.



The J Summer Camp Does More than Imagine a Great Start to the Summer



Theatre, Food and Friends in Branson, MO

by Alexandra Ramsey
Public Relations Specialist

What do Elvis and 39 siblings have to do with each other?

They all perform shows on stage in the theatrical city of Branson, MO. The J's seniors took a trip to that famous city on June 6-10, and got to see a number of fantastic performances.

On Monday, June 6, the 46 seniors hopped on buses for the trek to Branson. In the course of their five-day trip, they saw seven different shows, from "Puttin' on the Ritz" to "The Irish Tenors."

An Elvis Presley impersonator paraded on stage and swung his hips in the "Legends in Concert" show. More than 50 members of the Hughes clan showcased their musical gifts on stage in the "It" show and disco music returned at the "70s Music Celebration" show. The family members danced and sang everything from Broadway to country to comedy to rock-n-roll.

Suzanne Eveslage heard about the trip in her weekly line dancing class she takes at The J and said she was a little apprehensive about her first senior trip but that it was absolutely amazing.

"Let me tell you, I loved it. I've never been on a trip where I felt like royalty in my life. Everyone got along and we talked and laughed. I didn't have to try to navigate, we were just dropped off at the spectacular shows. I mean it couldn't have gone any smoother," she said.

"Oh I loved all of the shows. But if I had to pick one, it would be the "It" \ show, Margaret Mazanec said. "One of the performers was 9 months pregnant and due any day but was dancing up a storm!"

Mazanec has gone on several of The

J's senior trips and said this trip was at the top. "We walked around Historic Downtown Branson and ate at Dick's 5 & 10. It was a great time with my friends," she said.

Mazanec's good friend, Dolores Levy, joined her on the trip and said it's the group that keeps her coming back. "The people on the trip, some that I knew and some that I didn't, were all wonderful and made it worthwhile. I came away with so many new friends," Levy said.

The seniors stayed busy on the trip, sometimes seeing three shows in one day.

"Everybody came back too tired," Levy joked.

But each of the ladies agreed on the same thing—they can't wait to sign up for the next trip once Senior Adult Director Diane Sadle gets one planned. Levy said "We have a senior group and that's all that matters."

The seniors who went on the Branson trip were Martha Bennett, Betty Braden, Marcy Beyer, Yvonne Brown, Sammi Brown, Carol Campbell, Suzanne Eveslage, Roy Frye, Evelyn Goler, Charlene Gordon, Ruby Gordon, Pat Gregg, Hardin Gregg, Carol Halbleib, Cookie Honigberg, Irene Kelton, Gary Kelton, Betty Kremer and Deanna Kremer.

Also, Dolores Levy, Colleen Lewis, Frank Lichtefeld, Bonnie Lichtefeld, Thelma Marx, Margaret Mazanec, Eunice McGuire, Sally Merritt, Don Miller, Alan Moskowitz, Vicki Moskowitz, Betty Oetken, Jim Oetken, Shirley Paul, Phyllis Richardson, Sara Robinson, Ilean Rowe, Elliott Sadle, Joyce Swansey, Evelyn Watkins, Patsy Weber, Paula Weinshenker, Barry Weinshenker, Linda Williams and Si Wolf.

Slava Nelson and Diane Sadle organized the trip, traveled with the group and ensured that everything went smoothly.



Deanna Kremer and Phyllis Richardson



Vicki and Allen Moskowitz



Above: Joyce Swansey and Eunice McGuire

Left: Sara Robinson and Ilean Rowe

Photos by Marget Mazanec

New J-Play+ Summer Hours

Monday-Wednesday
4:30-7:30 p.m.
Kindergarden-Grade 5

Israeli Performers Provide Free Concert

A group of Israeli teenagers travel all around the United States each year singing beloved songs in Hebrew, Yiddish and English and the Tzofim (Israeli Scouts) will be stopping in Louisville for a free concert on Sunday, July 24, at 11 a.m. Bring your family and celebrate Israel with these young people at this special concert right before the final performance of *West Side Story* at The J.

The Israeli caravan generates infectious fun as they dance and sing and and before you know it, you'll be getting out of your seat to join them. Children love

to get involved and be a part of their performance, learning their dance moves and songs.

The group of boys and girls, ages 14 and 15, was founded in 1973 to bring a message of hope and peace for Israel to the U.S. Tzofim is now celebrating over 40 years of bringing excitement and friendship to North America.

Monday, July 25, all campers will have an opportunity to interact with the musical group as Tzofim will perform for the campers and participate in fun camp activities with the children. Through song

and dance, the caravan teaches Israeli culture and delivers the importance of connection between Israelis and Americans.

Don't let your children miss their chance to be a part of the show and meet the group in this free concert that's open to all. Stay for CenterStage's *West Side Story*, too, but if you do, you must purchase tickets by calling The J at 502-459-0660. (See *West Side Story* on CenterPiece page 3)



CIRCUIT CITY Class

July 7-28, 2016

Thursdays • 5:30-6:30 p.m.

A fast-paced class to introduce you to circuit training, where you will work on one exercise for 1 to 3 minutes then move to another exercise and repeat.

INSTRUCTOR
Denise Joseph

FEE
\$90, \$72 JCC Members

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

West Side Story Kicks Off CenterStage 16/17 Season

The 2016/17 season kicks off by bringing Shakespeare to CenterStage with the modern day *Romeo and Juliet* American classic, *West Side Story*, July 7-24. Cultural Arts and Ideas Director John Leffert said he's excited about opening the season with this show.

"*West Side Story* is Stephen Sondheim's timeless piece on young love and the good and bad that comes along with it," Leffert said.

In the musical, Stephen Sondheim debuted his ability to magically bring lyrics to life as the audience is introduced to two street gangs in the Upper West Side of New York City in the mid-1950s.

The musical follows the feud of two different ethnic groups while weaving in the power of love. Tony, a former member of the predominately white gang, the Jets, falls in love with Maria, the sister of the Puerto Rican "Sharks" gang leader.

The quarrel escalates as Tony and Maria's relationship ignites. Maria, who is engaged to be married to a Shark gang member, and Tony find themselves wanting a simple and happy future together. But, as in *Romeo and Juliet*, murder, deception and ultimately, death ensues.

The incredible actors of CenterStage

bring *West Side Story* to life in this classic love story that is sure to delight audiences of all ages.

The musical intricately showcases social differences that marked a turning point in American theatre. The original 1957 Broadway production ran for 732 performances before touring and was nominated for six Tony Awards including Best Musical. Later turned into a film, *West Side Story* was nominated for 11 Academy Awards and won 10.

The Washington Post said *West Side Story* is "Not just any night! *West Side Story* is exhilaratingly danced and sung. A one-of-a-kind musical!"

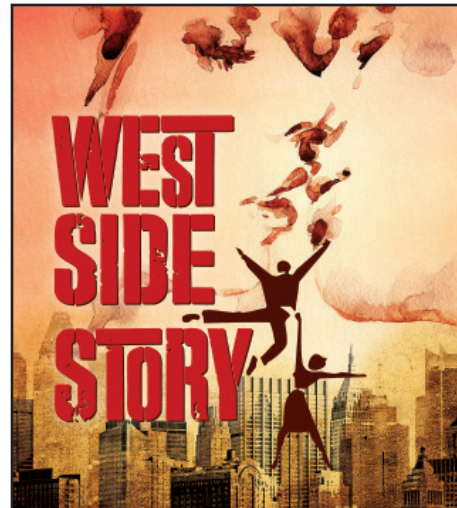
The show opens on Thursday, July 7, at 7:30 p.m. and runs through Sunday, July 24, at 2 p.m.

"With our professional crew members, you're always going to get the highest quality shows at CenterStage," Leffert said. "We really are opening minds one act at a time."

Don't miss out on all the great shows that CenterStage has to offer. Become a season subscriber today and choose from five or six shows. Season subscribers receive priority seating, save 20 percent on the price of tickets and receive

discounts to other J Arts & Ideas events. Subscribe today by contacting The J at 502-459-0660.

The CenterStage 2016/17 season begins with *West Side Story* – July 7-24, *Cat on a Hot Tin Roof* – Sept. 15-25, *Assassins* – Oct. 27-Nov.13, *Funny Girl* – Jan. 26-Feb. 12, 2017, Disney's *Mary Poppins* – March 16-April 2, 2017 and *Sondheim on Sondheim* – May 11-21, 2017.



WEST SIDE STORY

Thursday, July 7	7:30 p.m.
Saturday, July 9	7:30 p.m.
Sunday, July 10.....	2 p.m.
Thursday, July 14	7:30 p.m.
Saturday, July 16	7:30 p.m.
Sunday, July 17.....	2 p.m.
Monday, July 18.....	7:30 p.m.
Thursday, July 21.....	7:30 p.m.
Saturday, July 23	7:30 p.m.
Sunday, July 24.....	2 p.m.

Tickets cost \$20/22 in advance and \$22/24 at the door and can be purchased at CenterStageJCC.org or by calling 502-238-2709. JCC Member Night at CenterStage is opening night, July 7. Members of The J get a \$4 discount when ordering tickets at the front desk or over the phone.

CENTERSTAGE 2016/17 SEASON:

<i>West Side Story</i>	July 7-24
<i>Cat on a Hot Tin Roof</i>	Sept. 15-25
<i>Assassins</i>	Oct.27-Nov.13
<i>Funny Girl</i>	Jan.26-Feb.12, 2017
Disney's <i>Mary Poppins</i>	March 16-April 2, 2017
<i>Sondheim on Sondheim</i>	May 11-21, 2017

Plein Air Artists Capture "Brief Moments in Time"

by Alexandra Ramsey
Public Relations Specialist

The Plein Air Artists of Kentucky are more than artists who have work displayed all over the world. They're "capturers" because they say they use their paintbrushes to capture brief moments in time.

The J's Patio Gallery will feature the work of over 30 Plein Air Artists July 10-August 23. Using oil paint and pastels, the Plein Air painters gather weekly to paint landscapes and streetscapes in the Kentuckiana region. They do their work outside, portraying scenes in nature and conveying it on canvas.

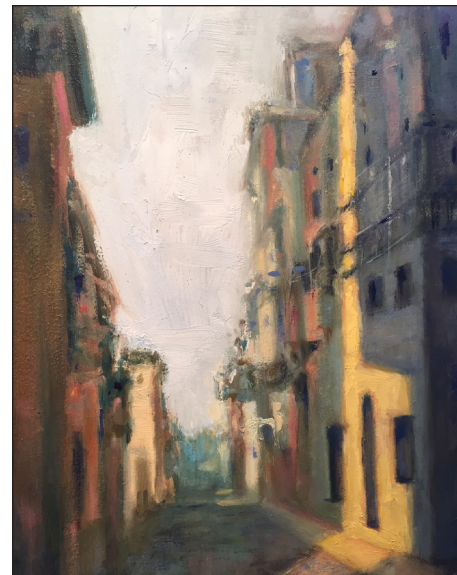
Founder, Jane Morgan, said she started the group in 1998 because she wanted artists to be able to feel and see the fullness of the nature they paint.

"Painting on-site gives us the opportu-

nity to observe the foreground, middle ground and background," Morgan said. "To paint "en plein air" means to paint in the open air – something Morgan said is challenging because the forces in nature constantly alter the appearance of the scene. Outside light can change quickly and altering color and altering forms, which evoke responses from the painters.

"The elements change constantly as we are painting; for example, the light, or a shadow cast from a passing cloud, a building or a person, a foggy or cloudy day, a blustery or calm day, people moving and more," Morgan said.

It's impossible, she continued, for a Plein Air artist to claim they're painting "en plein air" without recognizing nature's transitory objects. A Brief Moment in Time will open at a reception in The J's Patio Gallery on Sunday, July 10, from 2-4 p.m. Gallery admission is free.



Havanah Highlight by Suzanne Enriquez Dougherty



Be safe in the water today!

Contact the Lenny Krayzelburg Academy Hotline at 502-238-2758.

Teaching
EXCELLENCE
One Stroke at a Time



The kids had fun all summer,
now it is your turn

August 20 • 7-11 p.m.

Who says only children can go to summer camp? Bring your friends and relive your younger years at Adults Only Summer Camp!

Tickets: \$36 and include two drink tickets, food and activities.

All Proceeds Benefits Camp Scholarship Fund.



Register online at
www.jewishlouisville.org/adultcampfun

Learn the How To's in The J's New to Weight Training Class

Always wanted to try the different weight machines at the gym but are unsure how to use them? The J's New to Weight Training Program is the perfect set of classes for anyone wanting to learn the basics of toning up at the gym.

The month-long program runs throughout the summer months with the first session starting on Wednesday, June 8, and concluding on June 29. One of The J's personal trainers, Sylvester Davis, who will teach the classes, said that although participants will meet in the weight room, the instruction will have a classroom feel.

"Participants will gain a deeper understanding of how weights and equipment work so that they don't have to feel intimidated when they do it on their own," Davis said.

The class will begin with instruction on how to use the machines properly and the benefits of weight training. Then participants will learn to do compound lifting such as squats, dead lifts and bench presses, as well as how to incorporate sets and repetitions.

Davis will help each person devise a general workout that will be beneficial to them after the program.

"Our goal is to help the class get

a better understanding of how the weight room works," Davis said.

Session two runs Wednesdays, July 6-27. Session three will conclude the program, running Wednesdays, August 3-24.

The program is \$72 for The J members and \$90 for community members.

And if you decide you like the workouts, The J offers personal training with trainers who are nationally certified by the American Council on Exercise, American College of Sports Medicine or National Strength and Conditioning Association. Personal training is ideal for those needing extra motivation, professional guidance, help rehabilitating or working around an injury, or wanting to learn creative ways to improve their fitness level. One-on-one, two-person, or small group training formats are available. Personal Trainers will work with people in either 30-minute or one hour sessions. A comprehensive fitness evaluation is included with all personal training packages and is required prior to your first session. For more information on New to Weight Training or Personal Training, visit <https://jewishlouisville.org/personal-training>.



The J and CenterStage participated in the 2016 Kentuckiana Pride Festival. The CenterStage float toured the parade route and CenterStage performed on the main stage during the festival.

SENIOR CALENDAR

JUNE 28

Musical Memories with Donna Brown, 12:45 p.m.

JULY 5

July 4th on the 5th Celebration, Noon

Join us on the 5th as we celebrate the 240th birthday of the United States of America. We will have a picnic style lunch followed by a sing along with Sara Robinson featuring some famous patriotic songs. There will also be July 4th trivia with prizes for the winners.

Refreshments will be served.

JULY 14

Day Trip to Belterra Casino, 10 a.m.

Join us for a fun day at Belterra Casino. We will leave the JCC at 10. Upon arriving, you will receive a voucher for \$10 to be used in the casino plus \$5 voucher for either the buffet or several other eateries. When making your reservation, please provide us with your name, mailing address and date of birth. Only a few spots remain! RSVP before June 30 to Diane Sadle.

Cost of trips: \$25/M, \$35/NM.

JULY 18

Gourmet Dining Club, 5:30 p.m.

Join us at Peking City Bistro 12412 Shelbyville Road (just past Juneau Road-Government Center).

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

JULY 24

Lunch & Show-West Side Story, 12:15 p.m. Lunch-2 p.m. Show

Join us for a lunch catered by Gerry Burns followed by *West Side Story* a modern day Romeo and Juliet set on the harsh streets of New York City's Upper West Side during the 1950's. Music was composed by Leonard Bernstein, lyrics by Stephen Sondheim and choreography by Jerome Robbins.

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

Reservation Deadline: July 18

AUGUST 10

Derby Dinner Playhouse-Beauty & the Beast, 11 a.m.

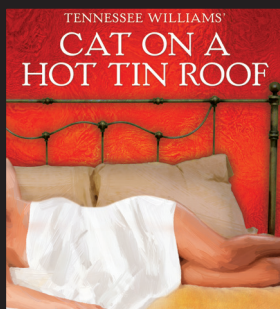
This award-winning film comes to life on the Derby Dinner stage in this romantic and beloved take on the classic fairytale.

Cost of admission & transportation: \$38/M, \$42/NM.

Payment & Reservation Deadline: Friday, July 15



CenterStage at the Jewish Community Center 16/17 SEASON



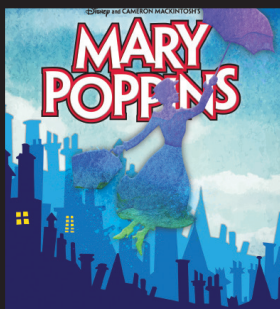
SEPT 15-25, 2016



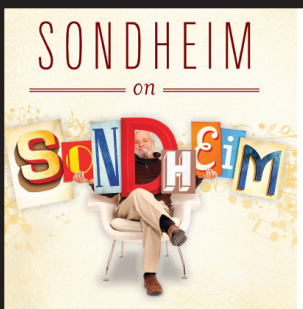
OCT 27 - NOV 13, 2016



JAN 26 - FEB 12, 2017



MAR 16 - APR 2, 2017



MAY 11 - 21, 2017

SEASON AND INDIVIDUAL TICKETS ON SALE NOW



502-238-2709 • CenterStageJCC.org

JEWISH BEDTIME STORIES & SONGS FOR FAMILIES

By the Pool!

Sunday, June 26, 5 p.m.
At The J Wading Pool

TRAIN YOUR WAY

Personal Training and Pilates at The J

Our goal is to provide you with the **motivation and education** needed to help you meet your Health & Wellness needs. Let us help you create a fitness program based on your goals today.

Contact the **Health & Wellness** Desk today for details at **502-238-2727**.