

CENTERPIECE

INSIDE

Larger Snowflake Shoppe returns for second year

PAGE 2

A New Look for The J Weightrooms

 by Bruce Snyder
Special to Community

For years, Jewish Community Center members and visitors have enjoyed working out at The J. But in just a few short days, sweating, cross-training and exercising will have a whole new look, literally. Starting Friday, November 4, The J will have brand new fitness equipment and that has Fitness Director Ron Peacock feeling pumped up.

"If you walk into a place," Peacock says, "and see old stuff, and old flooring ... people will not expect great results. But if they walk in and see new flooring, new equipment, it's going to motivate them and build morale. Morale in a gym and fitness center is everything. You see people laughing, enjoying their workouts and being successful, it spreads like wildfire."

Peacock has been working on this project for almost a year. More than 20 new pieces of LifeFitness equipment will replace

the older machines and weights in the two weight rooms downstairs. The room on the left, closest to the Aerobic Studio, will have equipment for virtually every body part, from cable cross overs, and Smith Machines, to Squat Racks and three racks of dumbbells. The room on the right, nearest the racquetball court, will be set up as a circuit. Thirteen brand new machines will be set up in a way that will allow members to get a full body work out in as little as 30 minutes. The two rooms will close on October 31 for the renovation.

Charisse Levine has been part of The J since 2014, and exercises several times a week. She enjoys taking cardio classes as opposed to lifting weights, but that could change. "I think it's great," Levine says. "Anytime you can upgrade to new equipment it gives you that extra excitement that there's new machinery and it motivates you to try something you haven't done before, so for me who usually does cardio classes,



I'm excited to see what the new equipment is, and maybe try it out, even though I don't normally lift that much."

Peacock says using the new equipment and getting a new routine will be very simple. The new equipment is very user friendly.

Gilbert Paulino has been exercising at The J for almost two decades and is eager to see the change. "I'm used to what we have now...but I'll adapt."

Longtime member of The J, Helen Prather, is ready to give the new machines a chance. "I'm not real tall. Some of [the old] equipment was not built for folks who are 5-foot-3, so I'm hoping the new equipment will be for everyone, the small people as well as the tall people."

New member Tyler Stewart adds, "I like the atmosphere here. It's kind of laid back. You can come in, get done what you need to do."

Peacock says The J has a plan to upgrade the equipment continuously, with updates coming every few years. "We're one of the few gyms in this state that has this equipment" Peacock says. It's top of the line with

form and functionality. Just give it a try." The J will offer free orientation where the fitness staff will show members how to use the new equipment.

The two areas getting the renovation will close on Monday, October 31. They will reopen by Friday, November 4, at the latest with the new equipment and flooring. So come in and enjoy the new look of a favorite institution.



The J Winter Camp Travels The Coast

 by Ben Goldenberg
Marketing Director

This winter, do not let your children be bored with Louisville while they are on break. The J is taking everyone on a trip from Maine to Florida. Each day at The J Winter Camp, December 19-30, children will have the opportunity to explore different cities along the Atlantic coast, all without



leaving The J!

"Camp this year is based around my life," says Camp Director Betsy Schwartz. "I grew up in Maine and lived in Florida before moving to Louisville. This seemed like the perfect way to bring something exciting to camp this winter."

Children four years old through fifth grade will get to go fishing in Massachusetts, make pizza in New York and eat delicious Georgia peaches.

For the first time in many years, Winter Camp is adding a weeklong option at a reduced price.

Camp is open daily from 9 a.m.-4 p.m. with Get Up Gang from 7:30-9 a.m. and Stay 'N Play available from 4-6 p.m. Every day includes physical activity, arts and crafts and a snack, with swimming daily for children in kindergarten-5th grade. To register, visit www.jewishlouisville.org/wintercamp or call 502-238-2718 with questions.

There is limited availability for two-three year old campers. Please contact Norma Cahen, ELC Director at ncachen@jewishlouisville.org or 502-238-2748 for more information and pricing.



The J Fall Job Fair

 by Ben Goldenberg
Marketing Director

The J is looking to fill dozens of positions at a fall job fair on Thursday, November 17 from 3:30-5:30 p.m.

Positions range from full time Aquatics and Youth and Families Department employees to part time Customer Service Reception Associates, Certified Personal Trainers and Membership Sales and many more. Most positions require staff to be 16 or older and applicants may submit their resumes and applications at the hiring fair. Hiring supervisors will be at the fair to answer any questions and conduct on-the-spot interviews, so come dressed for success.

"The J is a great place to start with a first time job," says Tara Stone, Wellness and Member Experience Director.

The Youth and Family Department is hiring a Family and Youth Director to grow programming for children in preschool age through teens. They will also assist with The J camps throughout the year. The Wellness department is looking for a part time Sports Coordinator that will develop and oversee instructional sports classes and leagues for The J.

Many of the positions have flexible hours and can fit any schedule. For more information about the fair, please contact Tara Stone at 502-238-2726 or tstone@jewishlouisville.org.

PJ Library and The Temple present:

A CHALLAH DAY



Grandparents and Parents, bring your little ones to make challah, hear challah stories and make a challah craft.

**NOVEMBER 6
10-11:30 A.M.
THE TEMPLE
PRESCHOOL
FEE: \$5 PER PERSON**

www.jewishlouisville.org/challah-day

SCHOOL'S OUT DAY



**NOVEMBER 7
ALL THINGS BLUE
NOVEMBER 8
ALL THINGS ORANGE
9 A.M.-4 P.M.
EXTENDED DAY
AVAILABLE**

When Jefferson County Public Schools are closed, bring your child to learn and play! All days include sports, arts and crafts, swimming and more. Bring a bathing suit, towel and lunch!

**JewishLouisville.org/SOD
502-238-2718.**

Snowflake Shoppe Returns for Second Year, Size Doubles

The 2nd Annual "Snowflake Shoppe" holiday gift bazaar will be held on Sunday, November 20, from 10 a.m.-2 p.m. Admission is free.

A special Preview Night will be held on Saturday, November 19 from 6-9 p.m., which includes one drink ticket (cash bar), appetizers and door prizes. Preview Night tickets are \$10 and are available for purchase in advance or at the door.

This year's Snowflake Shoppe has more than doubled in size to more than 80 vendors and encompass the entire first floor of The J, including the lobby, the Linker Auditorium, Upper Gym and the Patio Gallery. Gifts available for purchase will include leather goods, candles, customized wreaths, monogrammed gifts, hand-painted glassware, wine accessories, local handmade jewelry, jewelry from nationally known vendors, health and skin care products, locally handcrafted soaps, pet items, toys, books, women and children's clothing and accessories, home decor, Kentucky Proud items and more.

"We have doubled the size of the fair and are expecting a much larger crowd," said Mindye Mannel, Early Learning Center Assistant Director. "Those attending the Saturday night event will get the best selection from the vendors." More than 600 people attended last year's event.

The proceeds from this event will benefit The J's Early Learning Center to assist with the purchase of much needed educational toys and equipment. Gift-wrapping will also be available for a donation to the Early Learning Center.

For more information or tickets to the preview night, visit www.jewishlouisville.org/snowflakeshoppe



J-PLAY & J-PLAY +
Bring your child to play in the safe and fun environment while you work out at The J.

HOURS:
J-PLAY (Infants - Kindergarten)
Monday-Friday
8:30 a.m.-Noon
J-PLAY & J-PLAY + (Infants - Grade 5)
Monday-Thursday
4:30 p.m.-7:30 p.m.
Saturday
10 a.m.-Noon
Sunday
9 a.m.-1 p.m.
jewishlouisville.org/jplay

Help Complete the Circle with Composting at The J

by Ben Goldenberg
Marketing Director

Food waste is the single largest item in landfills, and nearly all of it can be re-used for composting. Help reduce your landfill footprint by participating in The J's compost program.

The J is starting a very simple composting program in November. Freezer bags will be available at the Front Desk. Collect your vegetable and fruit scraps and store them in the freezer until the bag is full. Then, bring it back to The J and add the entire closed bag to the collection bin located on your way into the building.

The J will collect all the compost and turn it regularly for the next two to three months. Once the organic matter has decomposed, we will store it until the spring and use it to plant more delicious veggies in The J Garden.

"It is our responsibility to care for the environment through everyday activities and consciousness," says JOFEE Fellow Michael Fraade. "Composting is one very simple way you can help avoid using a landfill and instead create nutrients for a garden."

The J Compost project is just one of many new green projects started at The J. The new Gendler Grapevine Fresh Stop Market, a partnership with New Roots, provides local, organic produce. New Roots takes some of the proceeds to help lower income Louisvilleans purchase their own shares, especially in food deserts where they do not have access to fresh produce. Michael Fraade is The J JOFEE (Jewish Outdoor, Food and Environmental Education) Fellow, specially

trained by Hazon, a Jewish environmental non-profit, to bring sustainable living to The J.

For more information on Composting at The J or any of our other green events, visit www.jewishlouisville.org/green



COMPOST AT THE J

Good for Compost

Fruits, vegetables, egg shells, coffee grounds and tea leaves

Not for Compost

Bones, bread, meats, dairy, oils and pastas

Pick up a freezer bag at the Front Desk, return it frozen and full to the bin outside.



TEEN POWER

November 7-28

In this four-week introductory class, one of the J's world-class personal trainers will teach teens, 11-18, to use a variety of cardio machines, weight machines and free weights safely.

Mondays, 4:30-5:15 p.m.
Instructor: Denise Joseph
Fee: \$72 The J Members only

REGISTER ONLINE AT
www.jewishlouisville.org/teenpower
or call the Health & Wellness Desk at
502-238-2727.

CenterStage Takes Aim with Assassins As Elections Heat Up



Assassins, the Tony Award-winning musical by composer and lyricist Stephen Sondheim and book author, John Weidman, opens on Thursday, October 27 and runs through Sunday, November 13 in the Linker Auditorium at the Jewish Community Center. Tickets are \$20-22 in advance, or \$22-24 at the door, and can be purchased by calling 502-238-2709, or by visiting CenterStageJCC.org.

Assassins is a one-act historical "re-musical" centered around the lives of the nine individuals who assassinated, or attempted to assassinate, a President of the United States. From John Wilkes Booth

to Lee Harvey Oswald, writers, Sondheim and Weidman, bend the rules of time and space, taking the audience on a nightmarish roller coaster ride into a world where assassins, and would-be assassins all from different historical periods, meet, interact and inspire each other to commit harrowing acts, all in the name of the "American Dream."

"*Assassins* seems to be more relevant now than when it was originally written in 1990," said CenterStage Artistic Director, John R. Leffert. "As the musical begins, we are met with an opening number proclaiming 'Everybody's got the right to their dreams'. Something we're taught and believe is promised, but it is American mythology that makes this promise. So then what happens when, no matter how hard we try, our dreams are not attained? Someone must be held responsible."

The nine assassins all share a desperate need to reconcile their belief in this American myth with their own sense of personal hopelessness. Deluding themselves that their "one great deed" will maintain or restore the perfect nation,

they believe they have righted a fundamental wrong and acted in accordance with "American" ideals. *Assassins* asks its audience the question "What does it mean to be an American?"

"Aren't these the same issues facing our divided country today?" asks Leffert. "Everyone believes they are right and the policies and decisions being made or not made, are in the best interest of our country. They then, of course, must be more 'American' than their opponents."

"Due to recent terrorist attacks and mass shootings throughout our nation and the world, one cannot hear the title of this musical and not have a visceral reaction. These are frightening times. As we are drawn into the crazed complexities of the assassins' minds, we are forced to recognize the extent to which violence has become commonplace in our national life."

As theatre critic, Frank Rich stated in his New York Times review of *Assassins* (1/28/91), "There is a shadow America, a poisoned, have-not America, that must be recognized by the prosperous majority if the violence in or history is to be understood and overcome."

The remainder of CenterStage's 16/17 season will include *Funny Girl* (Jan. 26-Feb. 12, 2017), Disney's *Mary Poppins*

(March 16-April 2, 2017), and *Sondheim on Sondheim* (May 11-21, 2017). Season subscriptions are still available. Subscribers receive priority seating, save 20 percent on the price of tickets and receive discounts to other J Arts & Ideas events. People can subscribe by contacting The J at 502-238-2763.

ASSASSINS

Thursday, Oct. 27	7:30 p.m.
Saturday, Oct. 29	7:30 p.m.
Sunday, Oct. 30	2 p.m.
Thursday, Nov. 3	7:30 p.m.
Saturday, Nov. 5	7:30 p.m.
Sunday, Nov. 6	2 p.m.
Monday, Nov. 7	7:30 p.m.
Thursday, Nov. 10	7:30 p.m.
Saturday, Nov. 12	7:30 p.m.
Sunday, Nov. 13	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. The J Member Nights at CenterStage are October 27 and November 7. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

CenterStage *Acting Out*
at the Jewish Community Center

I Never Saw Another Butterfly

By Celeste Raspanti
& Hana Volavkova

OVER 15,000 JEWISH CHILDREN PASSED THROUGH TEREZIN, and only about a hundred were still alive at the end of the war. *I Never Saw Another Butterfly* is an inspirational true story of hope, laughter, flowers and butterflies behind the barbed wire. Though there were no butterflies at Terezin, they became a symbol of defiance, making it possible for the children there to play, to live, and to dream.

502-238-2709
CenterStageJCC.org
\$7 Children
\$12 Adults

Kristallnacht Program
November 9 | 7 p.m.



TRX Suspension Training

Thursdays | November 3-17 | 5:45-6:30 p.m.

FEE:

\$67.50, \$54 The J Members

INSTRUCTOR:

Collin Fitzsimmons

www.jewishlouisville.org/trx
502-238-2727

TRX Suspension Training is an accelerated full-body cardio and strength workout which uses bodyweight exercises to simultaneously develop power, endurance, mobility, durability, balance, flexibility and core stability.

New Patio Gallery Show Highlights Immigrant Artist's Journey

The J Patio Gallery is proud to present “MYCOLORWORLD,” an exhibition by Russian artist Luci Mistratov, now through November 27.

Luci Mistratov was born in Kaliningrad, Russia and has been painting from an early age. She continued to paint during her years at Kaliningrad University, from which she graduated in 1982 with a bachelor's degree in biology. Even though she didn't pursue her scientific career, being a biologist gave her an ability to look at the world with a unique angle.

Luci invented a unique technique of painting on slides, which she used while working as a stage designer for public theatre performances such as “Do Love Painting, Poets”, “A. Block” and “We Are But A Voice.” These paintings on slides became part of the illustrations for the book “Sound and Meaning” by A. Zhuravlyov.

Since 1998, Luci has been working for Kaliningrad University as a lecturer in computer art and watercolors. She also has an art studio for middle school students in which she teaches them to appreciate the world they live in and make it better with their creations. In 2003, she received her Ph.D in Art Education from Kaliningrad University.



“Amsterdam” by Luci Mistratov

The J Patio Gallery is the elegant setting for imaginative exhibits featuring the innovative artwork of locally, nationally and internationally recognized artists. The Patio Gallery is open Monday-Thursday, 10 a.m.-8 p.m., and Friday-Sunday, 10 a.m. to 7 p.m. For more information, call 502-459-0660 or visit www.jewishlouisville.org.patiogallery.

PreFeast Fitness Fest



CLASS DETAILS

J-Barre: Mary Delk | Dance Studio

Yoga: Samantha Garbinio and Melody Mayes | Aerobic Studio

BodyPump: Beth Mans | Lower Gym

Cycle: Lisa Lanzet | Cycle Studio

Boot Camp: Susan Kwasny | Upper Gym

FREE FOR THE J MEMBERS

Guest Passes: \$4 for Adults (12 & up)
\$2 for Kids (3-11)

Thanksgiving Day

Thursday, November 24 | 8-10:15 a.m.

The J will offer 5 group fitness classes in 30 minute segments with 5 minute breaks or take the same class for 2 hours straight! Get your fest card marked by at least 4 different group instructors to be entered in a special Thanksgiving Drawing.

TO RESERVE YOUR SPOT OR FOR MORE INFO
call the Health & Wellness Desk
at 502-238-2727.

PARENT'S NIGHT OUT

Everything Square
November 19
6-10 p.m.

Parents, enjoy a night out while your kids have fun here at The J! For children 2 years-6th grade. Kids K-6 don't forget your bathing suit!

Snacks will be provided, just remember to bring a packed dinner.

jewishlouisville.org/PNO

SENIOR CALENDAR

NOVEMBER 1

Senior Retirees Meeting-12:45 p.m.

Matt Goldberg, JCRC Director, will speak about the Middle East, the threat of ISIS and other important details pertaining to the state of Israel.

Refreshments will be served.

NOVEMBER 9

Bingo-12:45 p.m.

NOVEMBER 15

Annual Thanksgiving Luncheon-noon.

Join us for this very special event. Following the traditional holiday luncheon, The Silver Notes will perform.

White Elephant Sale-10 a.m.-2 p.m.

A selection of new and used holiday gifts will be available at The J Patio Gallery. Proceeds will benefit the Senior Adult Department. Checks or cash accepted.

NOVEMBER 22

Bingo-12:45 p.m.

NOVEMBER 29

Senior Retirees Meeting-12:45 p.m.

Leon Wahba, past chair of JCRC & Jewish Federation Campaign Chair, will speak on his recent trip to Cuba. Refreshments will be served.

DECEMBER 1

Day Trip to Frazier Arms Museum-9:30 a.m.

Join us as we have a guided tour of the exhibit “A Morning that Changed the World: Personal Stories of Pearl Harbor.” This exhibit honors the 75th anniversary of the attack on Pearl Harbor. There will be time to explore the museum on your own including the Irving Berlin's White Christmas and Holidays Around the World exhibits. After the visit, we will have lunch at The Old Spaghetti Factory.

Cost of transportation & admission: \$15/M, \$22/NM.

Reservation & Payment Deadline: Monday, November 21

W.O.W.

November 1-22
Tuesdays • 6-7 p.m.

Instructor: Denise Joseph
Fee: \$90, \$72 The J Members

Women's Only Workout

FOR MORE INFORMATION OR TO REGISTER,
call the Health and Wellness Desk at
502-238-2727.



10% off your first Personal Training and Pilates sessions

All of our trainers are nationally certified and can show you the best ways to meet your fitness goals. Whether you want to loose a few pounds or add some muscle, we can create a custom plan for your needs. Partner and Small Group workouts are also available.

Try personal training or pilates at The J and get 10% off your first package of sessions when you purchase before November 30!

FOR MORE INFORMATION
www.jewishlouisville.org/personaltraining or call
Ron Peacock at 502-238-2792.