

# CENTERPIECE

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Winter Camp to  
explore the coast

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## New Year Brings New Classes at The J

by Bruce Snyder  
*Special to Community*

For many years, people have enjoyed taking yoga classes at The J. The discipline promotes strength, flexibility, and calmness. But starting next month, The J will be offering a new twist on this old favorite.

The twist is Aqua Yoga. It has all the benefits of a traditional yoga class, but the class will take place in the indoor pool and participants will do their poses on top of paddleboards to incorporate the additional benefits of climbing and balancing to the posing. Mimi Hahn, who has been teaching this type of yoga since April, will lead this class.

"Traditionally people associate yoga with the health benefits of flexibility and calmness of mind," Hahn says. "Yoga on the boards also emphasizes cardio and strength building. We're not just holding poses, there are opportunities for us to flow through poses, so we are lifting up our heart rates and creating a challenge on the boards."

The classes will begin in January, but earlier in December, The J held a demonstra-



tion. Both yoga enthusiasts and those who are just curious came out to the pool to see what Aqua Yoga is all about.

Ann Zeman has been doing traditional Yoga classes for more than a decade.

"It was easier than I thought it would be. [The paddle boards] are thicker than a surf board. I thought it would be less stable than it was," Zeman said. "It was pretty exciting, because I didn't realize I could balance at all. The hardest part was getting on and off because of strength issues, but it was pretty easy to balance."

While yoga originated in India, Aqua Yoga is found primarily in California and south Florida. The J is one of the first facilities in Louisville to offer this discipline.

Aquatics Director Johnny Kimberlin said Hahn reached out to The J a few weeks ago.

"We're always looking for new opportunities for aqua fitness," he said. "Dry land group fitness yoga classes are big here, so I thought that we would have a shot to bring some of them in. People who don't use the pool very often might come down here and try something new. I know yoga is a big thing so why not try it."

Aqua Yoga classes will be held Wednesday nights in January. Each class will only have room for six participants, since that is the number of paddle boards that will fit in the pool. There will be an extra charge for the class, \$72 dollars for members and \$90 dollars for non-members.

Megan Hancock took part in the demonstration. "This is something I'd sign up for. What I'd like to get out of this is more balance, more building the core to get more

stability," she said.

Erica Doyle, another participant in the demonstration, was pleasantly surprised. "It's a lot more fun than I thought and I was afraid I would fall in the water and constantly try to get back up, but it's not too terrible," she said.

Hahn is looking forward to teaching the classes. "I'm not necessarily trying to convert people to this style; and there is a novelty of it. This is for folks who want to mix up their fitness routine, who want to do something different and want to have fun."

The floating fun begins January 4 from 7:30-8:30 p.m. and 8:45-9:45 p.m. For more information, visit <https://jewishlouisville.org/aquayoga/>.

## KentuckyOne Health Dreidel Dash Returns for Second Year

by Ben Goldenberg  
*Marketing Director*

With many people starting to think about fitness in the New Year, The J is bringing back the second annual KentuckyOne Health Dreidel Dash 5K on Sunday, January 8 at 1:15 p.m.

"The race is a great way to test your fitness early in the year and make sure that you have the proper motivation to start the year right," said The J Wellness and Member Experience Director Tara Stone.

The Dash is a family-friendly race for runners of all ages, including strollers. It will be followed by an afterparty with games, music, Chanukah snacks and more.

This year's race starts in front of The J before turning on Dutchmans Lane and Taylorsville Road. The race will turn around at Keneseth Israel and finish back at The J. The top two male and female racers will receive prizes at the after party and all runners will receive a Dreidel, long sleeve-tech T-shirt, Dreidel, gelt and other goodies.

Registration is \$30 per person before January 2, \$25 for The J Members. Children 12 and under at \$15. After January 1, rates increase by \$5. Registration is available online at [www.jewishlouisville.org/dreideldash](http://www.jewishlouisville.org/dreideldash)

or by calling the Wellness Desk at 502-238-2727.



## Senior Department Gathers for Annual Holiday Celebration

More than 60 people turned up for the annual Holiday and New Year's Party, hosted by the Senior Department on Sunday, December 18. Brunch was hosted by Gerry Burns and entertainment was provided by Grand Slam.



### THE J HOLIDAY HOURS

Saturday, December 24:

10 a.m.-3 p.m.

Sunday, December 25

7 a.m.-3 p.m.

The J will be open normal hours on New Year's Eve and New Year's Day.



Party goes, Anatoliy Berezov and Nina Berezova (above) and Sylvia Gilbert and Martha Bennett (left) enjoyed catching up with friends during the celebration.



## CURIOUS CHEF

with Chef Gina Brown,  
Every Day Fresh



These young chefs will have hands-on fun while learning various fundamentals of math, science, reading and social skills through an age-appropriate class.

**TUESDAYS,  
JANUARY 10-31**

**Grades: K-5  
6:30-7:30 p.m.**

**FEE: \$65,  
\$55 The J Members**

[JewishLouisville.org/  
curious-chef](http://JewishLouisville.org/curious-chef)

# A Winter Camp Road Trip

by Mary-Kate Smith  
*Special to Community*

On Monday December 19, The J's annual Winter Camp kicked off with adventures and exploration. Each year, this seasonal camp is held for two weeks during Louisville schools' winter breaks.

"We provide this fun service for kids while their parents are either working or perhaps shopping," says Betsy Schwartz, senior director of camping and youth services at The J.

As campers journey through camp and cold weather, their activities will focus on travel. This year's theme is an east coast road trip from Maine to Florida. Each day, campers will learn about a new state or set of states.

"We are trying to focus our games, arts and crafts, and other activities to revolve around things that are special to that state," Schwartz says.

Week one began with Maine and New Hampshire Monday. Former Summer Camp Specialty Camp Unit Head and current Winter Camp Counselor Loren Been explained that campers were creating animal sculptures from potatoes, of which

Maine is a major producer.

"Today is going great, and the kids are having fun painting potatoes," said Been.

On Monday, campers swam indoors, played gaga ball, ran relay races, learned pickle ball and participated in parachute games. Marlesha Woods, artist in residence at The J, brought the New Hampshire theme to life with map and hamster-related crafts.

As camp progresses, campers will explore Massachusetts, Rhode Island, Connecticut, New Jersey, New York, Pennsylvania, Maryland, Washington, D.C.; Virginia, North Carolina, South Carolina, Georgia and Florida through themed activities. Michael Fraade, The J's Jewish Outdoor, Food and Environmental Education fellow, will teach campers about the lives of bees, and Benji Berlow will conclude both weeks of camp with song and dance in honor of Shabbat.

Campers, during week one, will visit Schimpff's Confectionery and will meet with Cooking Camp Instructor Chef Gina Brown to learn about Pennsylvania chocolate. During week two, campers will tour the WHAS news station to learn more about the broadcasting industry, as Georgia is home to CNN headquarters.

Winter Camp not only brings excitement with new activities and themes but also

brings back excitement with familiar faces, as many summer campers and counselors return for winter fun.

"It is so great to see all the faces from summer," says Elizabeth Mundt, a former kindergarten unit head and current winter camp counselor.

Schwartz expresses a similar sentiment.

"My favorite thing is seeing the kids," Schwartz says, "A lot of our summer campers come, so I get to see them for the first time since summer. I just wish I could keep them coming back more and more because I dig seeing them. It enlivens the building again."

As Winter Camp progresses, it is clear the camp spirit stands strong in both the sunshine and the snow. A few spots are still available for December 26-30. For more information, visit [www.jewishlouisville.org/wintercamp/](http://www.jewishlouisville.org/wintercamp/). The J will also offer a Schools' Out Day program on January 2. Visit [www.jewishlouisville.org/SOD](http://www.jewishlouisville.org/SOD) for more information.



## SCHOOL'S OUT DAY



**JANUARY 2  
ALL THINGS BLUE  
JANUARY 16  
ALL THINGS BROWN  
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](http://JewishLouisville.org/SOD)  
502-238-2718

# Racquetball Champions Crowned

The left and right handed duo of Dan Case and Nick Stover proved to be too much for the competition as they won the annual Ike and Bruce Gumer Racquetball Tournament on Sunday, December 10.

Case is the number one ranked player in Kentucky according to Howard Kaplin, a tournament organizer. It was

his second victory in a row, winning last year's competition with David Fleischaker. During the annual dinner, Case was awarded "Fly Spirit Award." Fleischaker's recent passing inspired the award to showcase a person with David's passion and ambassadorship for the game.

"He is always willing to step on to the court with anyone and shows a true

love of the game and competition," said Kaplin.

The annual tournament was started by the Gumer and Skolnick families in honor of Ike Gumer, a member of the National Racquetball Hall of Fame and Bruce Gumer, Ike's son and an avid racquetball player at The J.



## Gators Swim Team WINTER TRAINING

**January 3-March 17, 2017**

### PRACTICE TIMES

**Ages 10 & Under:** Tuesdays 5-6 p.m.  
Fridays 4:30-5:30 p.m.

**Ages 11 & Up:** Tuesdays 6-7 p.m.  
Fridays 5:30-6:30 p.m.

**Fee:** \$100 one day a week, \$150 two days a week.  
The J Members only.

[www.jewishlouisville.org/gators](http://www.jewishlouisville.org/gators)



# \$1500 Grand Prize for Louisville's Got Talent

Louisville's Got Talent, a competition celebrating the talented youth in greater Louisville produced by CenterStage and Jake Latts, is back for its fourth year. Young performers, ages 6-18, will take the stage at The J, and compete for a cash and prize package valued at over \$2,000. Registration opens Saturday, October 15, for all talented youth, ages 6-18, performing as individuals or in groups. Acts in the past have included vocalists, bands, magicians, dancers, pianists, instrumentalists, jugglers and comedians.

First-round auditions will be held Sunday, January 15, from 3-6 p.m. Participants must register in advance at [www.CenterStageJCC.org/talent](http://www.CenterStageJCC.org/talent). Participants can audition with more than one act. There is a \$15 per person registration fee for the first act and \$5 for each additional act. After January 1, 2017, the registration fee is \$20. The Top 20 acts will go on to compete in the Live Grand Finale on Sunday, February 26 at 7 p.m. at the Jewish Community Center. Audition slots are expected to fill up quickly, so sign up early.

The grand prize includes professional

coaching sessions, a photo shoot, a salon makeover with a top Louisville stylist, performance bookings, special appearances and up to \$400 cash. This year's competitors will be divided into two age groups, 6-12 and 13-18, with a winner chosen for each age group as well as a Grand Prize Winner. There will also be a "People's Choice Award" which will be voted on and chosen by the audience at the live, final showcase performance. All acts in the showcase perform for not only a sell-out audience, but also many Louisville talent agents and theatre/film directors.

Louisville's Got Talent began four years ago as a bar mitzvah project by Jake Latts whose passion is theatre and music. It was his goal in creating Louisville's Got Talent to not only provide a performance opportunity for young performers, but also raise money for CenterStage Acting Out so that more children across the Louisville area can benefit from live, educational, musical theatre.

All proceeds from Louisville's Got Talent will directly benefit CenterStage Acting Out, a touring children's theatre troupe that travels to schools and community venues,

presenting educational musical theatre to students of all ages. Through collaboration with educators, Acting Out integrates the performing arts into the learning process, thus enriching the lives of each audience member and "Opening Minds One Act at a Time."

In order to reach as many children as possible each year, CenterStage Acting Out relies on generous funders to underwrite many performances for schools that may not otherwise be able to afford it. "This year we are looking to expand the number of both individuals and companies who sponsor Louisville's Got Talent so that we can help Acting Out even more," stated Louisville's Got Talent founder, Jake Latts.

Tickets for the February 26 Live Final Showcase go on sale November 1 and are \$7 for children 10 and under and \$12 for adults. To register an act or purchase tickets after November 1, go to [www.CenterStageJCC.org/talent](http://www.CenterStageJCC.org/talent). Call 502-238-2773 with questions or for more information. Louisville's Got Talent sponsorship and advertising opportunities are also available.

## Cycle for Good a Team Effort in its Fourth Year

by Ben Goldenberg  
*Marketing Director*

For the first time since Cycle for Good started in 2012, Wellness and Member Experience Director Tara Stone was unable to complete her grueling four-hour cycle session due to an illness. But Fitness Director Ron Peacock filled in as best he could during the event on Sunday, December 19.

He was able to complete two and a half hours while cycle instructors Jen Hay and Mary Delk covered the remaining hour and a half on the bike to raise money for The J and Special Olympics of Kentucky. "My legs were a little sore afterwards, but by Monday morning I was perfectly fine," he said. "This is a prime example of our great teamwork at The J. When someone needs assistance, we all step up as a team."

Many others also rented bikes during the annual event, which raised more than \$500 this year. For the first time, other group fitness classes got in on the fun and collected donations for the event as well as other donations.

There were several raffles for members to enter including donated items from The Fish House & Café Beignet, Dr. Mark Perelmuter and Mary Delk.

Cycle for Good is a nationwide JCC event with individual JCCs choosing a charity to benefit. The Louisville J has supported Special Olympics since its inception in 2012, raising more than \$4,250.

## Winners Announced for 12th Annual Mazin Art Exhibition

by Shiela Steinman Wallace  
*Editor, Community*

Dorothy Kavka captured first place in the 12th annual Mazin Art Exhibition, now on display in The J Patio Gallery, with her piece, "Metamorphosis." Second place went to Suzanne Adams for "Las Vegas Lounge" and third to Anne Huntington for "Abstract #3."

Linda Erzinger's Jump and Karen Buckingham's "Rhythm" garnered honorable mentions.

Along with the 12th annual Mazin Exhibition visitors to the The J Patio Gallery will also have the opportunity to see several of Mazin's portrait works. These rare pieces, done by Mazin early in her career, will be on display for sale during the exhibit with the proceeds to benefit The J Arts & Ideas programming.

The Mazin Annual Art exhibition was conceived and created by Bernice and Benjamin Mazin in partnership with the Jewish Community Center's Visual Art Committee.

The event is funded by the Mazin Visual Arts Fund, Judy and Dennis Hummel and other members of the Mazin family. Each year, the Mazin Art Exhibition fosters an appreciation of today's visual arts and reflects the breadth and artistic vision of local artists.

Bernice Mazin was a prolific artist throughout her life with a diverse spectrum of pieces shown throughout her career. The Benjamin and Bernice Mazin Visual Juried Annual Art Exhibition was established in 1999 by Bernice in memory of her husband, Benjamin. Judy Hummel, their daughter, said, "My mother was always trying to inspire people to pursue art and she wanted to create an annual art exhibition to give new and established artists a venue for exhibiting their work."

The juror for this year's exhibition is Joey Yates, the curator for KMAC Museum. Yates joined KMAC in 2012. The KMAC museum focuses on the relationship between contemporary, folk and traditional craft art. Yates recently curated Simone Leigh's solo



Metamorphosis by Dorothy Kavka

exhibition, "Crop Rotation," and was co-curator for "White Glove Test: Louisville Punk Rock Flyers 1978-1994."

The show, hosted by The J Arts & Ideas, opened with a reception on November 27 and runs through January 3. Prizes totaling more than \$1,500 were given to the winners.



## LITTLE ARTISTS, BIG ART!

Children will use a variety of mediums from paint and clay to pastel and glitter to create a beautiful, handmade creation each session.

**January 5 & 19**

**5:30-7 p.m.**

**Grades K-5**

**Fee: \$25/session**

**\$20/session The J Members**

[jewishlouisville.org/bigart](http://jewishlouisville.org/bigart)

**CenterStage**  
at the Jewish Community Center

Set in the opulent world of Broadway's early years, *Funny Girl* is the story of comedienne Fanny Brice as she clowns her way up and through Vaudeville, on her way to becoming Ziegfeld's "Greatest Star." No honeymoon lasts forever, and soon Fanny finds herself having to choose between a career she loves and the husband who resents her success.



Music by  
**Jule Styne**

Lyrics by  
**Bob Merrill**

Book by  
**Isobel Lennart**



**JAN. 26-FEB. 12, 2017**



# Second Annual Snowflake Shoppe Shines for Shoppers, Children

by Mary-Kate Smith  
*Special to Community*

On Saturday, November 19, a crowd gathered at The J for an evening preview of the second annual Snowflake Shoppe. The holiday bazaar, which opened to the public on the following day, Sunday, November 20, offered a unique shopping experience to The J members and all of Louisville.

What started as a winter fundraiser last year has now doubled in size to more than 80 vendors with more than 700 people in attendance. The idea is simple, according to Mindy Mannel, early childhood assistant director, give community members a chance to shop for the holidays in a different way.

"They can get – really with the variety of vendors – all of their holiday shopping done without the mad chaos of going to the mall," says Mannel.

Louisville resident Robin Ashbury found truth in this statement.

"I'm now at an age when me, my sibling, my friends we have enough," Ashbury says. "Isn't that a blessing? And so we are saying we are not going to swap a gift unless you find something that's perfect and reasonably priced, and I found perfect."

Ashbury heard about the Snowflake Shoppe online and the event was her first time inside The J. She was not only impressed by the craftsmanship of pottery she purchased, but she also praised the beauty of the venue.

"This is lovely," Ashbury says. "I'm coming next year."

The Saturday preview offered about 125 people a more exclusive shopping experience. Door prize drawings, a beverage, desserts and appetizers were included in the cost of admission.

The free Sunday event drew approximately 600 shoppers and guests. The first 25 visitors received swag bags with free gifts. Sunday shopping provided new experience with the addition of an Israeli inspired shuk, Hebrew for market. The Snowflake Shoppe shuk, housed in the Patio Gallery, offered both delicious food and important cultural experiences.

"I think the non-Jewish crowd learned a lot just seeing and eating and hearing what was going on at the shuk," says Mannel.

Sasha Chack, a member of The J and owner of Izzy's Kosher Catering, expressed excitement at sharing his cooking at the Snowflake Shoppe shuk.

"I'm really happy to bring kosher and especially well made and innovative Jewish foods to the Center, so it's really exciting," Chack says. "It's really great to ... challenge people's perceptions of what kosher food is or what Jewish food is. ... The flavors and the smells and the colors of Jewish food can be vibrant. It can be fresh. It can be well made and creative, so that is what I am trying to bring here."

Chack was not the only person involved in the holiday bazaar excited to bring vibrance to The J. Community members, as well as staff, worked hard to make the event possible. Keren Benabou, Nikki Grizzle, Allison Gotting and other committee members were crucial to bringing the event together.

"First of all these are a phenomenal bunch of women who volunteered, gave up their weekends ... with their own families," Early Learning Center Director Norma Cahen says, "We work here, but their children go home."

Cahen's praise of volunteers' hard work serves as a reminder that the event was about both fun and fundraising. Cahen and Mannel plan to use the proceeds to purchase a shade structure for the small playground. At The J, holiday shopping gives the gift of future growth to the Early Learning Center.



## Tumble Tuesday

Tuesdays | Jan. 17-Feb. 21  
Beginner 6 p.m. | Beginner/Intermediate 6:45 p.m.

### Ages 6-10

Help your child develop strength, flexibility, and coordination all while having fun and gaining friends in this introductory gymnastics tumbling course.

### INSTRUCTOR:

Lindsey Smith  
(New England Center For Circus Arts Trained)

### FEE:

\$70, \$60 The J Members

FOR MORE INFORMATION OR TO REGISTER,  
visit [www.jewishlouisville.org/tumbletuesday](http://www.jewishlouisville.org/tumbletuesday)

## SENIOR CALENDAR

### DECEMBER 27

#### Bingo-12:45 p.m.

We will also celebrate December Birthdays and anniversaries.

### JANUARY 10

#### Senior Retirees Meeting-"Staging Your Next Move"-10 a.m.

Moving? Downsizing? Estate Clean-out?

Lynn Medeiros from "Staging Your Next Move.com" will be our guest speaker and will give you suggestions how to deal with excess belongings or clearing clutter. Downsizing and moving can be stressful so come and see how to manage this stage of your life.

Refreshments will be served.

### JANUARY 17

#### Abraham & Mary Lincoln Presentation-12:45 p.m.

Larry & Mary Elliott will portray Abe & Mary Lincoln. Lincoln & Larry have a lot in common. Not only to they look similar, Larry's great, great, great grandmother was the midwife who delivered President Lincoln. Larry's wife will portray Mary Todd Lincoln. They will tell the story of Lincoln's humble roots in Kentucky, growing up in Indiana, being a self-taught lawyer in Illinois to becoming the 16th President of the U.S who saved the Union, freed slaves and

then to his unexpected death at Ford's Theater.

Refreshments will be served after the performance

### JANUARY 19

#### Day Trip to Speed Art Museum-9:45 a.m.

Join us for a guided tour of the newly renovated Speed's Art Collection and admission to the special exhibition-Frederick Weygold: Artist and Ethnographer of the American Indian. This exhibit features highlights from the Speed's Native American Indian Collection along with paintings, drawings and photograph by this Louisville artist. After our visit to The Speed, we will have lunch at Cracker Barrel on Crittenden Drive.

Cost: \$20/M, \$28/NM. Paid reservations due by January 6th.

### JANUARY 31

#### ElderServe Presents "CATCHing Healthy Habits for Adults"-12:45 p.m.

Join us for a series of monthly seminars to learn easy & creative ways to eat healthy and get moving at your own pace. Nutritious snacks, practical tips on healthy eating and physical activity will be presented. The first topic will be "The Skinny on Fat: Reducing Fat in Your Diet."



## Women's Only Workout at a New Start Time!

## W.O.W.

January 5-26  
Tuesdays • 5:30-6:30 p.m.

Hey Ladies! Do you have an hour per week to get into shape? Then we have the workout for you!

The J Personal Trainer, Denise Joseph, will lead you through a complete body workout to tone up, sculpt and burn calories while building companionship with other female members.

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