

Senior Adult Committee

Margot Kling, Chair

Mag Davis	Emily Podgursky
Rosita Kaplin	Joe Rothstein
Joyce Myers	Si Wolf
Margaret Mazanec	Martha Bennett

Dues for the Adult Social Club are as follow:

\$25.00 JCCM
\$30.00 JCC Couple
\$75.00 NM
\$90.00 NM Couple

JCC Staff

Diane Sadle, Senior Adult Director
 Natalie Kusyo, Nutrition Manager
 Gerry Burns, Nutrition Cook

Day Trip to Speed Art Museum

Thursday, January 19-9:45AM.

Join us for a guided tour of the newly renovated Speed Art Museum 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.

Transportation & Admission: \$20/M, \$28/NM

All paid reservations are due by Friday, January 6th.



TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Community Federation and the Jewish Community Center. The Jewish Community Center Nutrition Site is the only kosher one in the State of Kentucky. Title III also provides for counseling, outreach and health related activities to our program participants. All participants who receive health related counseling or outreach services will be given an opportunity to make a voluntary donation. The Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin. Our Nutrition Program is also partially funded by MAZON: A JEWISH RESPONSE TO HUNGER.

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SENIOR TIMES

December 2016

A Message from Diane and Natalie

Dear Friends,

As 2016 is coming to an end, we hope that you were able to participate and enjoyed the variety of programs that we offered to you throughout the year. We would like to assure you that many more events have been planned already for the upcoming year.

At this time a survey has been compiled and soon you will receive it in the mail. Please make sure to complete this survey as it always helps us for future program planning.

We welcome your opinions and suggestions, as it is a good way for us to know what type of programing interests you.

*Quick friendly reminder-
 New Year Celebration Bash
 on Sunday, December 18
 so please place your
 reservation early.*



The JCC Senior Adult Program is open to all seniors regardless if you are a member of the JCC or Adult Social Club.
Non-Members are welcomed to all programs.

Funded in part by:

May Kletter Senior Adult Special Projects Fund
 Ethel Kozlove Levy Senior Adult Hospitality Fund
 Rebecca Levy Senior Adult Dance Fund
 Irvin & Jeanne Wasserman Senior Adult Musical Arts Fund
 Denise & Jacques Wolff Senior Adult Fund
 Irvin & Betty Zegart Senior Adult Fund
 Judith Bensinger Senior Adult Fund
 Gus Goldsmith Transportation Fund
 Harry & Jeanette Weinberg Foundation
 Jewish Heritage Fund for Excellence

UPCOMING EVENTS

For ALL other Reservations, call ext. 149 or ext. 143.

Reminder for those with reservations!

Day Trip-Frazier Arms Museum

Thursday, December 1—9:30 AM.

Join us as we have a guided tour of the exhibit:

“A Morning that Changed the World: Personal Stories of Pearl Harbor.”
 After our visit to the museum, we will have lunch at the Spaghetti Factory.



Senior Retirees Meeting

Tuesday, December 6 - 12:45PM.

Rabbi Nadia Siritsky, Vice President of Mission at Kentucky One Health will speak on the “December Dilemma.”
 Refreshment will be served.

Chanukah Celebration

Tuesday, December 13, 12PM.

Join us for a special luncheon with Cantor Sharon Hordes as our special guest. Please bring a canned food for JFCS Food Bank & toiletry item for Home Delivered Meal Clients. Also please bring a wrapped grab-bag gift \$5 or less for our Chanukah Party.



Annual Holiday / New Year's Party

Sunday, December 18—11:00-1:30 PM

Join us for a delicious brunch catered by Gerry Burns, followed by musical entertainment provided by Grand Slam, one of the premier easy-listening bands in Louisville. The 3 musicians have been working together for over 30 years playing their “signature blend of harmony-rich smooth songs and good-time oldies. We will end the program giving out terrific door prizes.

Cost: \$20/M, \$28/ NM. Transportation available for an additional \$3.

Reservation & Payment Deadline: Friday, December 9th

Irving Berlin's “White Christmas”

Tuesday, December 20 - 12:30 PM.

As a follow-up to our visit to Frazier Arms Museum's White Christmas Exhibit, please join us for Irving Berlin's movie classic “White Christmas” starring Rosemary Clooney, Bing Crosby, Danny Kaye. Popcorn will be served.



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DECEMBER 2016

Lunch is served
at 12 noon.
Reservation & Cancellation
call 238-2743.

MON	TUE	WED	THU	FRI	SAT/SUN
<p>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.</p>	<p>MONDAY-WEDNESDAY-FRIDAY: Swimnastics-Water Exercise,9:30-10:30 a.m. WEDNESDAY-10:30AM-Deep Water Wellness MONDAY & WEDNESDAY: Body Mechanics with Mary, 9-10 a.m. MONDAY, WEDNESDAY & THURSDAY-Chair Exercise-10:30AM TUESDAYS: Light Weights, 10 a.m. FRIDAYS: Light Weights 9:30 a.m. THURSDAYS: Dance Aerobics 9 a.m. MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym</p>		<p>1 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Herbed baked tilapia, baked sweet potato, steamed broccoli, chocolate pudding, dinner roll*</p>	<p>2 Light Weights, 9:30 a.m. Tai Chi 10:15 a.m.</p> <p>Pot Roast, roasted red potatoes, green beans, hot spiced apples, Challah.*</p>	<p>3/4</p>
<p>5 Chair Exercise, 11 a.m.</p> <p>Corn beef sandwich on rye bread, vegetable soup/crackers, sweet potato fries, cole slaw, sliced peaches. *</p>	<p>6 Senior Retirees Meeting-12:45PM Rabbi Nadia Siritsky</p> <p>Beef Stew /potatoes, green beans, carrots, tossed salad/tomato, apple sauce, dinner roll. *</p>	<p>7 Blood Pressure Screening, 10:15 p.m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Line Dancing, 1pm.</p> <p>Crispy baked fish, scalloped tomatoes, macaroni & cheese, butterscotch pudding, wheat bread.*</p>	<p>8 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Cheese Pizza, Greek salad, apricots, chocolate chip cookie*</p>	<p>9 Light Weights, 9:30 a.m. Tai Chi 10:15 a.m.</p> <p>Turkey breast/stuffing, sweet potato casserole, steamed vegetable medley, pears, Challah*</p>	<p>10/11</p>
<p>12 Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting 1 pm.</p> <p>Spaghetti/marinara sauce, steamed zucchini & yellow squash, Romaine Salad, breadstick, pineapple tidbits. *</p>	<p>13 Chanukah Celebration with Cantor Hordes,12pm.</p> <p>Oven fried chicken breast, potato latkes, fresh steamed green beans, Spinach fruited salad, apple sauce, dinner roll. *</p>	<p>14 Blood Pressure Screening, 10:15 p.m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m. Line Dancing, 1 pm.</p> <p>Herbed crusted salmon, rice pilaf, garden peas, cole slaw, tropical fruit, dinner roll. *</p>	<p>15 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, sugar cookie, apricots. *</p>	<p>16 Light Weights, 9:30 a.m. Tai Chi 10:15 a.m. Nutrition Education, 11:30 am.</p> <p>Salisbury steak, mashed potatoes, steamed carrots, tossed salad/tomato, sliced peaches, Challah. *</p>	<p>17/18 <i>New Year/ Holiday Party</i></p>
<p>19 Chair Exercise, 10:30 a.m.</p> <p>Tomato stuffed /tuna, cream of mushroom soup/ crackers, cole slaw, honey wheat bread, pineapple tidbits/craisins, chocolate chip cookie.*</p>	<p>20 Sports Wall-11AM Irving Berlin's "White Christmas" 12:30PM</p> <p>Fettuccine Alfredo / broccoli & mushrooms, Romaine salad, breadstick, sliced pears. *</p>	<p>21 Blood Pressure Screening, 10:15 p.m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m.</p> <p>Hamburger/ lettuce, tomato, onion, potato wedges, broccoli & raisin salad, mixed melon salad. *</p>	<p>22 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Herbed baked tilapia, Orzo Salad, scalloped tomatoes, tropical fruit salad, sugar cookie, honey wheat bread. *</p>	<p>23 Light Weights, 9:30 a.m. Tai Chi 10:15 a.m.</p> <p>Ginger Barbecue Chicken, brown rice/zucchini, steamed vegetable medley, mandarin oranges in gelatin, Challah. *</p>	<p>24/25</p> <p><i>*Tea & Juice Daily</i></p>
<p>26 The JCC Nutrition Site will be closed</p>	<p>27 Sports Wall, 11 am. Bingo 12:45 PM</p> <p>Sloppy Joe on bun, potato wedges, baked beans, Romaine Salad, tropical fruit. *</p>	<p>28 Blood Pressure Screening, 10:15 p.m Chair Exercise, 10:30 a.m. Walk with Ease 12:45 p.m.</p> <p>Crispy Baked Fish, macaroni & cheese, Avocado Israeli Salad, steamed broccoli, applesauce, dinner roll. *</p>	<p>29 Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Egg Salad sandwich on rye / lettuce & tomato, minestrone soup/crackers, potato chips, orange wedges. *</p>	<p>30 Light Weights, 9:30 a.m. Tai Chi 10:15 a.m.</p> <p>Cabbage Roll, mashed potatoes, Carrots & peas, tossed salad/tomato pineapple tidbits, Challah.*</p>	