

## Senior Adult Committee

Margot Kling, Chair

Mag Davis	Emily Podgursky
Rosita Kaplin	Joe Rothstein
Joyce Myers	Sy 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 Site Manager  
 Gerry Burns, Cook

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.

## Lunch & Show-CenterStage's "Funny Girl"

Sunday, February 12-12:15PM-Lunch, 2PM Show

We will first have lunch catered by Gerry Burns followed by "Funny Girl, the story of comedienne Fanny Brice as she clowns her way up from the burlesque clubs to vaudeville stages on her way to become Ziegfeld's "Greatest Star."  
 Cost of lunch & ticket: \$25/M, \$30/NM. If you already have your season ticket, lunch will be only \$12. Reservation & payment due by February 6th.

## Jewish Film Festival-"Rabin in His Own Words"

Sunday, February 19-2PM-Village 8 Theaters.

Winner of Best Documentary at Haifa International Film Festival

Through a combination of rare recordings and documents, Rabin himself narrates his biography. Included in this documentary are newly released home movies, family letters, uncensored memoirs and off-the-record interviews never seen or heard since their original broadcast 40 years ago.

Cost of admission including transportation: \$10/M, \$14/NM



# SENIOR TIMES

## January 2017

### Upcoming Event

#### Senior Retirees Meeting-"Staging Your Next Move"

Tuesday, January 10-12:45PM. 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.

#### Abraham & Mary Lincoln Presentation

Tuesday, January 17-12:45PM. Larry & Mary Elliott will portray Abe & Mary Lincoln. Lincoln & Larry have a lot in common. Not only 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 16<sup>th</sup> 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

#### Day Trip to Speed Art Museum

Thursday, January 19-9:45AM.

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.

#### ElderServe Presents "CATCHING Healthy Habits for Adults" Tues-

day, January 31-12:45PM. 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."

#### KCD's Production of Fiddler on the Roof

Thursday, February 9, Leave JCC at 9AM. Kentucky Country Day is proud to present "Fiddler on the Roof" Jake Latts and Sarah Hyman have been cast as Tevye and Golde, Solomon Blinchevsky as Motel and Rachel Bradley as the younger daughter. The community service/dress rehearsal is Thursday February 9<sup>th</sup> at 9:45 am. After the performance, we will have lunch at Olive Garden.

### A Message from Diane and Natalie:

We would like to wish you and your family good health and prosperity for the upcoming year. Many new & exciting programs have been planned for the upcoming year and it is our wish to see many of you participating in these events. Starting on January 31, the JCC will partner with Elderserve to bring to you monthly Nutrition Programs that will inspire you to start eating healthy and get moving at your own pace. Another new program Dynamic Motions will be offered to help improve your balance with daily living activities. It is our hope that all of you will take advantage of these and many more programs planned for you this coming year. Friendly reminder: Diane or Natalie will gladly accept your Club Dues Renewal.

Dues for the Adult Social Club are as follow:  
 \$25.00 JCCM  
 \$30.00 JCC Couple  
 \$75.00 NM  
 \$90.00 NM Couple

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  
 Meals on Wheels America


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**JCC** Louisville  
 Jewish Community Center of Louisville  
 3600 Dutchmans Lane • Louisville, KY 40205  
 502.459.0660 • www.jewishlouisville.org

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

# January 2017

MON	TUE	WED	THU	FRI	SAT/SUN
<p><b>2</b> <b>The JCC</b>  <b>Nutrition Site will be closed for the New Year Holiday</b> <b>Happy New Year!</b></p>	<p><b>3</b> Light Weights, 10 am Sports Wall, 11:00 a.m. Bingo 12:45 pm.</p> <p>Meat Loaf, mashed potatoes, vegetable medley, Romaine salad, sliced pears, dinner roll. *</p>	<p><b>4</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.</p> <p>Chicken salad sandwich on rye bread / lettuce &amp; tomato, minestrone soup/ crackers, broccoli &amp; raisin salad, pineapple tidbits*</p>	<p><b>5</b> Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Panko &amp; Feta Tilapia/ dill sauce, rice pilaf, Israeli Salad, tropical fruit salad, wheat bread.*</p>	<p><b>6</b> Light Weights 9 :30 a.m. Tai Chi, 10:15 a.m.</p> <p>Pot Roast , roasted red potatoes, green beans, tossed salad, hot spiced apples, Challah *</p>	7/8
<p><b>9</b> Chair Exercise, 10:30 a.m. Committee Meeting 1 pm</p> <p>Turkey Pastrami Sandwich on rye bread, vegetable soup/crackers, sweet potato fries, cole slaw, sliced peaches. *</p>	<p><b>10</b> Light Weights, 10 am Sports Wall, 11 a.m. Staging Your Next Move 12:45 pm</p> <p>Chicken Marsala, linguine, steamed broccoli, Spinach fruited salad, breadstick, applesauce *</p>	<p><b>11</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.</p> <p>Crispy baked fish, scalloped tomatoes, macaroni &amp; cheese, butterscotch pudding, wheat bread.*</p>	<p><b>12</b> Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Spanish omelet, hash brown potatoes, tossed salad/tomato, apple crisp, wheat bread.*</p>	<p><b>13</b> 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>	14/15
<p><b>16</b> Chair Exercise, 10:30 a.m. Gourmet Dining 5:30p.m. Bristol Bar &amp; Grill Hurstbourne</p> <p>Herbed crusted salmon, rice pilaf, garden peas, cole slaw, sliced peaches/craisins, dinner roll.*</p>	<p><b>17</b> Light Weights, 10 am Sports Wall, 11:00 a.m. Abraham Lincoln 12:45 pm</p> <p>Chicken Cacciatore/penne pasta, green beans, Romaine Salad pineapple tidbits, dinner rolls.*</p>	<p><b>18</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.</p> <p>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, sugar cookie, apricots.*</p>	<p><b>19</b> Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m. Speed Art Museum 9:45 am</p> <p>Vegetarian Lasagna, tossed salad, tropical fruit, breadstick. *</p>	<p><b>20</b> Light Weights 9 :30 a.m. Tai Chi, 10:15 a.m. Nutrition Education 11:30 am</p> <p>Turkey breast, /stuffing, sweet potato casserole, steamed vegetable medley, pears, Challah*</p>	21/22
<p><b>23</b> Chair Exercise, 10:30 a.m.</p> <p>Cheese pizza, Greek salad, apricots, chocolate chip cookie.*</p>	<p><b>24</b> Light Weights, 10 am Sports Wall, 11 a.m. Bingo, 12:45 pm</p> <p>Sloppy Joe on bun, potato wedges, baked beans, Romaine Salad, sliced peaches. *</p>	<p><b>25</b> Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease, 12:45 p.m. Continuous Line Dancing, 1 p.m.</p> <p>Tomato stuffed/tuna, cream of mushroom soup/crackers, cole slaw, honey wheat bread, orange slices, sugar cookie.*</p>	<p><b>26</b> Dance Aerobics 9 a.m. Chair Exercise, 10:30 a.m.</p> <p>Spaghetti/Marinara sauce, steamed zucchini &amp; yellow squash, tossed salad/tomato, pineapple tidbits, Breadstick.*</p>	<p><b>27</b> Light Weights 9 :30 a.m. Tai Chi, 10:15 a.m.</p> <p>Chicken Picatta/ Bow Tie Pasta, vegetable medley, Israeli Salad, sliced hot apples, Challah.*</p>	28/29
<p><b>30</b> Chair Exercise, 10:30 a.m.</p> <p>Herbed baked tilapia, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread. *</p>	<p><b>31</b> Light Weights, 10 am Sports Wall, 11 a.m. “CATCHing Healthy Habits for Adults 12:45 pm</p> <p>Cabbage roll, mashed potatoes, peas &amp; carrots, tossed salad/tomato, pineapple tidbits, dinner roll. *</p>	<p>Monday—Wednesday-Friday: Swimnastics-Water Exercise,9:30-10:30 a.m. Wednesday : 10:30a.m.– Deep Water Wellness Monday-Wednesday: Body Mechanics with Mary, 9-10 a.m. Monday-Wednesday-Thursday: Chair Exercise, 10:30 a.m. Tuesday: Light Weights, 10 a.m. Friday: Light Weights 9:30 a.m. Thursday: Aerobics 9 a.m. Monday-Friday: Fitness Walking, on the track in the lower gym</p>		<p>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.</p>	*Orange juice & tea