

# CENTERPIECE

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 Seinfeld Writer to  
speak in Louisville

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## The J Summer Camp Prepares for Another Great Summer

 by Lee Chottiner  
Interim Editor

The J drew at least 300 children and teenagers per week to its summer camp programs last year and The J Program and Operations Director Tom Wissinger predicts at least as good a turnout this summer.

"That's the goal," Wissinger told Community, "to meet and exceed."

Camp registration began February 6 for The J members and the entire community on February 19.

This year, The J is offering an expanded itinerary that includes units for everyone – especially older kids.

For instance, The J is bringing back its Counselor in Training (CIT) unit for 10th graders. The five-week unit will teach CITs the necessary skills to become camp counselors.

"That's to get these 10th graders, who are too old really to be a traditional camper and too young to be an employee, the opportunity to see what camp is all about, to still engage in camp with the idea that, in the future, they'll be counselors – really great counselors – for our camps or other camps," said Mary Kate Smith, assistant camp director of programming.



In addition, the TREK unit (grades 4-6) is expanded to include three field trips this summer.

"TREK is going to be more involved in things on campus," Smith said.

The other units are ELC Summer Camp (ages 2 to pre-K), KEFF Unit (K), and KEFF Unit (grades 1-3) and Young Leaders (grades 7-9).

All the grades reflect the year each child will be entering during the next school year, Smith said.

There also will be 40-45 specialty camps this summer, including variations on cooking, crafts, sports theater, art, magic, video making, fashion and dance.

Several camp specialists have been retained this year in the areas of nature, cultural arts, sports and games.

The J also hopes to retain specialists in dance and archery and to have two Israeli schlichim on hand to teach music and Jewish state culture. But the details for these specialists are still being worked out.

All camp programs will be done on The J campus except for cooking camps, which will be held at the Standard Club.

Contact Smith at 502-238-2774 or at msmith@jewishlouisville.org. To register online, visit jclouisvillecamp.org.



## The J says 'Thank You' to Members

 by Ben Goldenberg  
Marketing Director

A heartfelt week of thanks to The J members is scheduled on March 5-11 with plenty of fun activities for the entire family.

The annual tradition was started several years ago as a way for The J to show its appreciation for all members. This year's week long celebration includes massages, smoothies, new class demonstrations and a family fitness class. The full schedule is below.

But the most exciting activity this year is a Trivia Night on Saturday, March 11, at 7 p.m. Louisville Trivia will stop by to host a night of fun, basketball and drinks. This general knowledge trivia night will test you and five friend's general knowledge of trivial facts. The winners will receive a gift package from The J.

Do not worry UK fans, the SEC Tournament will be on the big screen as well.

"Trivia is a great way to bring our members together in some friendly competition," says Matt Vamvas, membership director.

The evening will be family friendly, with on-site childcare available for \$5. A cash bar and free snacks will also be available. Trivia Night costs \$30 for individuals or \$40 for couples, \$20 and \$30 for The J Members if you register in advance. For more information, visit [www.jewishlouisville.org/trivia-night](http://www.jewishlouisville.org/trivia-night) or call 502-238-2791.

### THE J MEMBER APPRECIATION WEEK

All events are free for The J Members except Trivia Night on Saturday, March 11.

Sunday, March 5  
Free 10-minute chair massages ... all day

Monday, March 6  
Bouncy House, Family Fit class in upper gym. Free popcorn after class.. 4:30 p.m.

Tuesday, March 7  
Jump Training Demo..... 5:30 p.m.  
TRX Demo..... 6 p.m.  
Golf Fitness Demo ..... 6:30 p.m.

Wednesday, March 8  
Body composition and blood pressure measurements, ..... 8-10 a.m. & 5-7 p.m.

Thursday, March 9  
Free Smoothie Day!

Friday, March 10  
Bring two guests for free..... all day

Saturday, March 11  
Try several group exercise classes in a 1 hour block ..... 10:30 a.m.  
Trivia Night ..... 7 p.m.  
Hosted by Louisville Trivia. Registration in advance: \$30 for Individuals, \$40 for couples and \$20 for The J Members, \$30 The J Member couple rate. Register at [www.jewishlouisville.org/trivia-night](http://www.jewishlouisville.org/trivia-night)

 CENTERSTAGE & JAKE LATTS  
PRESENT

# Louisville's got Talent

## LIVE GRAND FINALE SUNDAY, FEBRUARY 26 | 7 P.M.

Young performers, ages 6-18, take the stage, competing for over \$2,000 in cash and prizes!

[www.CenterStageJCC.org/talent](http://www.CenterStageJCC.org/talent) or 502-238-2709



# The J to Host Popular Jewish Cookbook Author Jeffrey Yoskowitz

by Michael Fraade  
*JOFEE Fellow*

The J will host Jeffrey Yoskowitz, an author, public speaker and advocate for innovative approaches to old world Jewish foods, for a cooking demonstration and book signing on Wednesday, March 1 at 7:30 p.m.

Yoskowitz and his cooking partner, Liz Alpern, have been cooking and selling sustainably sourced, artisanal gefilte fish and other traditional Eastern European Jewish foods since they opened their business, the Gefilteria, in New York City in 2012. Last



Jeffrey Yoskowitz, co-author of *The Gefilte Manifesto*

year, their cookbook *The Gefilte Manifesto*, which makes a passionate case for making gourmet Jewish food at home rather than

buying jars or mixes, was a finalist for the National Jewish Book Award.

Yoskowitz will lead a live cooking demonstration during which he will talk about how he began cooking Ashkenazi cuisine and why he thinks it is important for others to do so as well. Following the demonstration, there will be samples of a variety of recipes from *The Gefilte Manifesto*—including homemade gefilte fish—available for tasting. Copies of the cookbook will be available for purchasing and signing.

Many see Yoskowitz and Alpern's work as part of a larger trend focusing on home-made and gourmet foods. Sasha Chack, who owns the Louisville-based Izzy's Kosher Catering, notes that younger Jews in particular "are reclaiming Jewish and kosher food—the flavors and customs of their ancestors—as their own in the 21st century." He believes that community support for a Jewish food movement will help "engage and foster growth in the Jewish community." Amy Green, who met Yoskowitz at the Hazon Jewish Food Conference in December and attended his presentation there, says she is "excited for the Louisville community to experience such a fun and charismatic presenter. Jeffrey's food is out-of-this-world delicious!"

The event, organized by The J's JOFEE (Jewish Outdoor, Food and Environmental Education) Program with assistance from the Jewish Book Council, will take place in the Patio Gallery at The J on Wednesday, March 1 from 7:30-9 p.m. and costs \$15, \$10 for The J members. Participants can register at [www.jewishlouisville.org/gefilte](http://www.jewishlouisville.org/gefilte).



## New Nutrition Series to Help Active Adults Become Healthier

by Ben Goldenberg  
*Marketing Director*

You already use The J to get stronger, but wellness involves more than just weights and a treadmill. The food that you consume provides the power to make you stronger and healthier.

As part of the Kindred Active Adult Series, The J is focusing on the food you eat with a Nutrition Series for Energy and Vitality, March 14-28.

The weekly discussions will include anti-aging foods, how to cook for a small family and how to nourish your body to have more energy and vitality. They will be led by Chef Mat Shalenko, a health coach and professional chef. Focusing on families and seniors in the Portland and Shawnee areas of Louisville, Chef Shalenko draws from more than 15 years of culinary experience to help overcome health and nutrition issues through their diet.

"Just as important as your workout, the food that you put into your body has a huge impact on your wellness," says Susan

Kwasny, Kindred fellow. "Chef Shalenko is an expert on crafting creative menus that help families get healthy."

Week one will focus on processed foods. Chef Shalenko will teach you how to navigate the grocery store, focusing specifically on what to look for and avoid on food packaging. Participants will sample recipes for turkey tacos with pico de gallo and black bean brownies.

Week two is all about superfoods and supplements for energy and recovery. Recipes will include kale-quinoa salad and cherry-cacao energy bars.

Week three is about setting yourself up for success. Chef Shalenko will teach you how to prepare meals in advance so you are ready for whatever comes your way throughout the week. Recipes will include quick greens and beans stew and vegetable stir-fry with brown rice.

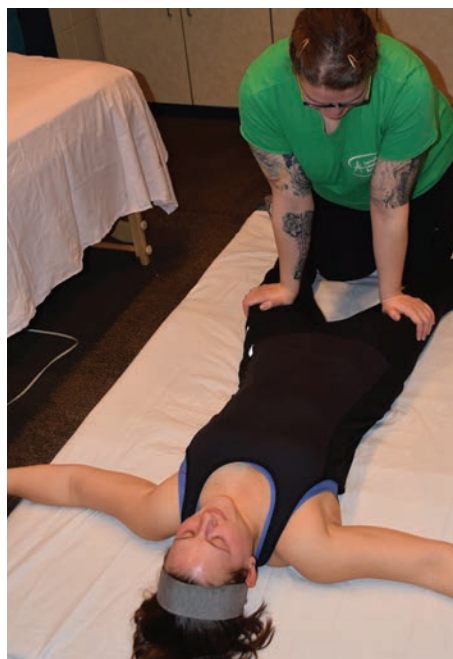
The Nutrition Series for Energy and Vitality meets on Tuesdays, March 14-28 at 6:30 p.m. Registration costs \$75, \$60 for The J members and can be done at [www.jewishlouisville.org/nutrition-series](http://www.jewishlouisville.org/nutrition-series) or by calling 502-459-0660.



## Spring Sing Silent Auction

Help support The J Early Learning Center by bidding on fabulous items including: a Clearwater, FL week vacation, liquor, autographs, home decor, spa baskets, nights out at local restaurants, sports tickets, art, jewelry and more!

Opens February 28 and closes March 5 at 6 p.m. in The J Lobby.



**New massage  
therapy options  
available  
at The J!**



Sweedish | Deep Tissue  
Trigger Point | Fertility  
Thai (Yoga)  
Sports Muscle Energy  
[jewishlouisville.org/massage](http://jewishlouisville.org/massage)

## SCHOOL'S OUT DAY



**FEBRUARY 27  
ALL THINGS PINK  
MARCH 13  
ALL THINGS GOLD  
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



# Practically Perfect *Mary Poppins* comes to CenterStage

By Ben Goldenberg  
Marketing Director

It won't take a "Spoon Full of Sugar" for Disney's *Mary Poppins* to go down. CenterStage presents the movie turned musical March 16-April 2 at 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 online at [www.CenterStageJCC.org](http://www.CenterStageJCC.org).

After losing yet another nanny, the Banks family finds themselves in turmoil until a new nanny appears in the most peculiar way. The practically perfect *Mary Poppins* teaches the Banks family, and especially

Bert, that "anything can happen if you let it!" *Mary Poppins* features the music and lyrics of Richard and Robert Sherman. And was based on the book by Julian Fellowes and the stories of P.L. Travers. Additional songs and music were written by George Stiles and Anthony Drewe. The theatre production was co-created by Cameron Mackintosh when it debuted in London in 2004 before moving to Broadway in 2006. The production was nominated for several Tony Awards including Best Musical and won the award for Best Scenic Design.

The CenterStage season ends with *Sondheim on Sondheim*, May 11-21. Tickets for all shows are on sale at [www.CenterStageJCC.org](http://www.CenterStageJCC.org).

## Yada, Yada, Yada Seinfeld Writer to Speak in Louisville

by Marianne Zickhur  
The J Arts and Ideas Manager

Take an exclusive inside look at *Seinfeld*, one of TV's most iconic shows! The Jewish Community Center is thrilled to bring together award winning author of *Seinfeldia: How a Show About Nothing Changed Everything*, Jennifer Keishin Armstrong, along with Emmy Award winning composer of *Seinfeld*'s theme music, Jonathon Wolff. The event will be held on Saturday, March 4 at 7:30 p.m. at Theatre Marketplace.

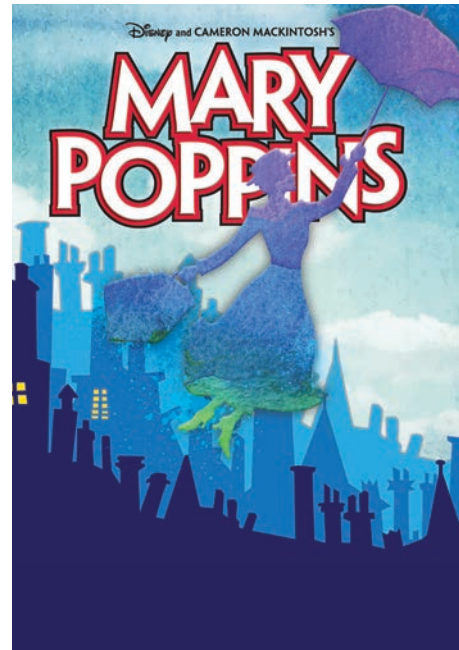
Jennifer and Jonathon will give you an insider's view at the making of *Seinfeld* and how it shaped a generation and continues to engage new audiences. Jennifer will dish about all the juicy behind the scenes details in writing her book, and Jonathon will play a grand piano and some of his Emmy award winning music!

This intimate evening comes complete with *Seinfeld* themed hors d'oeuvres: black and white cookie, pies and calzones, and also signature mango cocktails such as: Fes-



Jennifer Keishin Armstrong, author of *Seinfeldia: How a Show About Nothing Changed Everything*

tivus, The Close Talker, Yada Yada Yada and the Mango Manhattan. Tickets are \$24 in advance or \$28 at the door and are available online at [www.jewishlouisville.org/seinfeldia](http://www.jewishlouisville.org/seinfeldia) or by calling 502-459-0660. There will be a VIP meet and greet with the author before the show. VIP ticket includes meet & greet and priority seating!



### DISNEY'S MARY POPPINS

Thursday, March 16 .....	7:30 p.m.
Saturday, March 18 .....	7:30 p.m.
Sunday, March 19 .....	2 p.m.
Thursday, March 23 .....	7:30 p.m.
Saturday, March 25 .....	7:30 p.m.
Sunday, March 26 .....	2 p.m.
Monday, March 27 .....	7:30 p.m.
Tuesday, March 28 .....	7:00 p.m.
Thursday, March 30 .....	7:30 p.m.
Saturday, April 1 .....	7:30 p.m.
Sunday, April 2 .....	2 p.m.

Tickets cost \$20/22 in advance and \$22/24 at the door and can be purchased at [CenterStageJCC.org](http://CenterStageJCC.org) or by calling 502-238-2709. The J Member Night at CenterStage is March 16. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

## JOFEE Restaurant Night at Havana Rumba

Wednesday, March 15 • 6-8 p.m.  
Fee: \$30, \$25 The J Members  
[jewishlouisville.org/jofee-restaurant](http://jewishlouisville.org/jofee-restaurant)

CenterStage **Acting Out**  
at the Jewish Community Center

# ELEPHANT & PIGGIE'S

"WE ARE IN A PLAY!"

**SUNDAYS,**  
FEB. 26 | 1 P.M.  
MAR. 5 | 1 P.M.  
MAR. 5 | 3 P.M.

**502-238-2709**  
[CenterStageJCC.org](http://CenterStageJCC.org)  
\$7 STUDENTS  
\$12 ADULTS



## March Fitness Madness

### Get fit this March!

Complete 20 workouts during the month and you will be entered to win prizes from The J. After your workout, stop by the Wellness Desk to track your activity.



## PICTURE THIS: TU B'SHEVAT SEDER



Dozens of people attended a Tu B'Shevat Seder at The J on February 10. This special meal celebrated the Jewish holiday of the trees and the natural world. Local environmental non-profits were on hand to discuss their work in Louisville and a multi-course dinner incorporated traditional Tu B'Shevat fruits.



# CORNHOLE

## TOURNAMENT STYLE

Points awarded daily with monthly prizes

**Tuesdays & Thursdays | Racquetball Court #3**  
10 a.m. - Noon



## Parent's Night Out- Everything Rectangular March 18 • 6-10 p.m.

Parents, enjoy a night out while your children, ages 2 years-6th grade have fun at The J!  
[www.jewishlouisville.org/pno](http://www.jewishlouisville.org/pno)

## SENIOR CALENDAR

### FEBRUARY 28

**ElderServe Presents "Shake the Salt Habit: Limiting Salt in Your Diet," 12:45 p.m.**

Come learn how foods high in salt sneak into our diet and effective ways to reduce them, without sacrificing flavor. Enjoy a healthy snack and experience low-impact exercises to increase physical activity.

### MARCH 7

**Purim Celebration, noon**

Join us as we celebrate Purim with Cantor David Lipp from Adath Jeshurun Synagogue. Delicious Hamantashen will be served.

### MARCH 14

**Bingo, 12:45 p.m.**

"Bingo will be sponsored by CareBuilders at Home, a trusted home agency, which provides exceptional help for you or your loved ones wherever needed." Refreshments will be served.

### MARCH 20

**Mammogram Screenings, 8:30 a.m.-3:15 p.m.**

Call 502-238-2749 to schedule an appointment.

**The J Book Club Meeting, 11 a.m.**

We are reading *One True Thing* by Anna Quindlen. Physical and digital copies are available upon request. For more information, contact Susan Kwasny at 502-238-2794 or [skwasny@jewishlouisville.org](mailto:skwasny@jewishlouisville.org).

### Outdoor Walking Group

**Starts March 8 at 10:30 a.m.**

**Meet at The J's Front Desk and go for a stroll around the grounds for an hour.**

### MARCH 21

**Senior Retirees Meeting-Humana's Senior Isolation, 12:45 p.m.**

Representatives from Humana will give a presentation on increasing the awareness of social isolation and how it impacts overall health. We will learn how community and partner agencies, and you, can help those affected by social isolation. Refreshments will be served after the program.

### MARCH 22

**Louisville Orchestra's Music without Borders Concert, 7:30 p.m.**

The Louisville Orchestra will perform "Classical Symphony" by Sergei Prokofiev as well as works from Mozart, Dukas, Gabrieli and more. Tickets & transportation: \$20/M, \$23/NM. Reservations and payments are due by Tuesday, March 14.

### MARCH 28

**ElderServe Presents: "Eating the Rainbow: Love your Colorful Fruits & Vegetables, 12:45 p.m.**

Join us for this colorful class on the benefits of "eating the rainbow." You will learn how to add more fruits and vegetables to your diet and simple, effective ways of becoming more active. There will be a healthy snack and low impact exercises to increase physical activity, an important part of weight management and health.

### MARCH 29

**Intergenerational, Interfaith Model Seder, 4:30 p.m.**

Sponsored by the Bensinger Family in memory of Judith Bensinger & Margot Barr. Join us for this annual event with the Hebrew School students. Cantor Sharon Hordes from Keneseth Israel Synagogue will lead us in the service followed by a catered dinner prepared by Gerry Burns. Cost of event: \$5/M, \$8/NM. RSVP by Wednesday, March 22.



# Golf Fitness

**Men's and Women's classes start in March**  
[www.jewishlouisville.org/golf-fitness](http://www.jewishlouisville.org/golf-fitness)