

Senior Adult Committee

Margot Kling	Rosita Kaplin
Joyce Myers	Joe Rothstein
Margaret Mazanec	Emily Podgursky
Martha Bennett	Si Wolf
Gale Karem	Roy Frye

Dues for the Senior Adult Social Club are:

\$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, Cook

SAVE THE DATE

Free Three-Part Technology Series

Week 1: May 10 - Basic of Computer and e-mail

Week 2: May 17 - Social Networking

Week 3: May 24 - Smart Phones

Class will take place in Room 201 at 1:00PM



Free Cardiovascular & Skin Screenings

Wednesday, May 10-8:30AM-1 PM

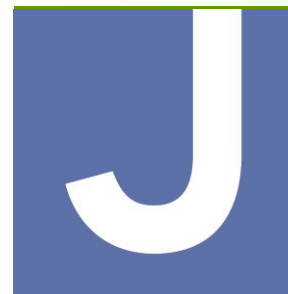
- **Blood Pressure**
 - **Blood Glucose**
 - **Height/Weight**
 - **BMI**
 - **Bone density**
 - **Dermascan Skin Screening**
- Provided by Norton Healthcare**



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 Federation of Louisville 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

April 2017

A Message from Diane Sadle & Natalie Kusyo

Spring is here and many programs have been planned for April and May.

Volunteers are needed to help in the JCC Community Garden. If you are interested, please contact Margaret Mazanec or Diane Sadle.

Special thanks to the Bensinger Family for sponsoring our Intergenerational, Interfaith Model Seder which was held on March 29th. Their continued support of this program is greatly appreciated.

JCC Book Club Meeting will be held on Monday, April 24th at 11AM.. The book being discussed is The Husband's Secret by Liane Moriarty.

"I Never Saw Another Butterfly" has been reschedule for Monday, April 24th at 12:15M. Lunch that day will be served at 11:45AM Please make your early reservations for your favorite programs and remember that our Annual Membership Brunch is coming soon, so please make sure to pay your Annual Club Dues.

Dues for the Senior Adult Social Club are:

\$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 and Jeanette Weinberg Foundation
 Jewish Heritage Fund for Excellence
 Meals on Wheels America
 KIPDA

UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143.
 For ALL other Reservations, call ext. 149 or ext. 143

Mary Poppins-Lunch & Show

Sunday, April 2-12:15PM-Lunch & 2PM Show

Join us for lunch catered by Gerry Burns followed by the show Mary Poppins. Cost of lunch & ticket: \$25/M, \$30/NM.

Senior Retirees Meeting

Tuesday, April 4 - 12:45PM

Join us as Jerry Abramson speaks about his time as White House Director of Intergovernmental Affairs. He will gives us insight into life in Washington, DC .He will also let us know what he is planning for his future endeavors.

Refreshment will be served.

**JCC Nutrition Site will be closed
 Monday, April 10 through Tuesday, April 18
 for the Passover Holiday.
 We will resume regular schedule**

Louisville Orchestra's Music Without Borders Concert

Thursday, April 20-7:30PM at The Temple

This concert celebrates American Music with a kaleidoscope of musical ensembles. Including several varieties of chamber groups, Teddy Abrams and Louisville Orchestra musicians will share their favorites by American composers.

Cost of ticket & transportation: \$20/M, \$23/NM

Please RSVP by Wednesday, April 12th..

ElderServe Presents: "How Sweet It Is; Limiting Sugar in Your Diet"

Tuesday, April 25- 12:45 pm .

Learn more about how foods high in sugar sneak into your diet and the effective way to reduce consumption of these foods. Healthy refreshments will be served.

REMINDER for those with paid reservations: Trip to Kentucky Center for the Arts to see the musical "Beautiful", Tuesday, May 16th—will leave JCC at 6:30PM

SAVE THE DATE:

Day Trip-Tour Around Louisville with Tom Owen
Thursday, May 25-10am-Details to follow

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

April 2017

MON	TUE	WED	THU	FRI	SAT/SUN
3 Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting, 1 pm Crispy baked fish, macaroni & cheese, cole slaw, steamed broccoli, wheat bread, applesauce. *	4 Light Weights 10am Sports Wall 11am Senior Retirees Meeting- 12:45pm Oven fried chicken breast, red bliss potato, fresh green beans, Romaine Salad,, dinner roll, pineapple tidbits.*	5 Blood Pressure Screening 10:15am Chair Exercise 10:30am Walk with Ease 12:45pm Egg salad sandwich on rye bread/lettuce & tomato, vegetable soup/crackers, potato chips, orange wedges chocolate chip cookie*	6 Dance Aerobic Class, 9:00 a.m. Chair Exercise, 10:30 a.m. Sloppy Joe on Bun, potato wedges, baked beans, tossed salad, tropical fruit.*	7 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m. Pot Roast, mashed potatoes, steamed vegetable, Israeli salad, sliced hot apples, Challah. *	8/9
					15/16
<i>JCC Nutrition Site will be closed Monday, April 10 through Tuesday, April 18 due to Passover Holiday</i>					
17 JCC CLOSED	18 JCC Nutrition Site CLOSED	19 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m. Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, Greek salad, chocolate pudding, dinner roll *	20 Dance Aerobic Class, 9:00 a.m. Chair Exercise, 10:30 a.m. Corn Beef sandwich on rye bread, chicken noodle soup, potato salad, tropical fruit.*	21 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m. Nutrition Education, 11:30 a.m. Barbecue chicken, mashed potato, Steamed vegetable medley, Romaine salad, mandarin oranges in gelatin, Challah.*	22/23
24 Chair Exercise, 10:30 a.m. Book Club, 11:00 am "I Never Saw Another Butterfly" 12:15 pm Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, sugar cookie, apricots. *	25 Light Weights 10am ElderServe Presents: "How Sweet it Is; Limiting Sugar in your Diet" 12 :45 pm Herbed crusted Salmon, herbed rice, garden peas, tossed salad, sliced peaches/craisins, dinner roll *	26 Blood Pressure Screening, 10:15 a.m. Chair Exercise, 10:30 a.m. Walk with Ease 12:45 Continuous Line Dancing, 1 p.m. Hamburger on bun with lettuce, tomato & onion, potato wedges, cole slaw, mixed melon salad. *	27 Dance Aerobic Class, 9:00 a.m. Chair Exercise, 10:30 a.m. Fettucine Alfredo/broccoli & mushrooms, Spinach fruited salad, breadstick, chilled pears. *	28 Light Weights, 9:30 a.m. Tai Chi, 10:15 a.m. Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, tropical fruit, challah*	29/30 * Tea &
MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym, MONDAY –WEDNESDAY-FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 a.m. WEDNESDAY -Deep Water Wellness-10:30am MONDAY,WEDNESDAY: Body Mechanics with Mary, 9-00 a.m. TUESDAYS: Light Weights, 10:00 a.m. Dynamic Motions-11AM WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m. THURSDAY: Senior Dance Aerobics 9:00 am. ; Chair Exercise 10:30 am FRIDAY: Light Weights 9:30 am, Tai Chi-10:15 am					Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.