

## Senior Adult Committee

Margot Kling, Chair

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

### 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. "Things are not going well for the Banks family; the children, Jane and Michael, are out of control and in need of a new nanny. When a mysterious young woman named Mary Poppins appears at their doorstep, the family finds that she's the answer to their prayers... in the most peculiar way! Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones she profoundly effects. Even grown-ups can learn a lesson or two from the nanny who advises that "anything can happen if you let it."

Cost of lunch & ticket: \$25/M, \$30/NM. RSVP by March 27th.



### 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 the Louisville Orchestra musicians will share their favorites by American composers. Cost of ticket & transportation: \$20/M, \$23/NM Please RSVP by Wednesday, April 12th..



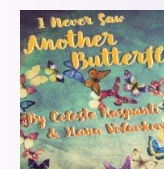
TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish 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.

# J SENIOR TIMES

## March 2017

### A Message from Diane & Natalie:

Dear Fellow JCC  
 & Adult Social Club Members:



A special announcement to invite all of you to attend the Acting Out performance of "I Never Saw Another Butterfly" on **Wednesday, March 22 at 12:15PM**

Based on a true story, behind the barbed wire of Terezin, poems and drawings of butterflies helped young Raja and other children of the camp to play and dream. Lunch will be served earlier at 11:45AM. After the performance, we will join the Pomegranates Pre-School children in designing & coloring pictures of butterflies that will be displayed in the JCC Lobby.

### Gourmet Dining

*March 20 at 5:30PM*

Yoki's Buffet-Blankenbaker Parkway

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

### 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

For **LUNCH** Reservations, call **238-2743**.  
 For **ALL** other Reservations, call 238-2743 or 238-2749

### Purim Celebration

*Tuesday, March 7-12PM*

Join us for a special luncheon. Cantor David Lipp from Adath Jeshurun will be our guest. Hamantaschen will be served.



### Bingo

*Tuesday March 14-12:45PM*

"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.

### Mammogram Screenings

*Monday, March 20-8:30AM-3:15PM*

Call 238-2749 to schedule an appointment.

### JBook Club-Monday, March 20, 11am at the JCC Library

### Senior Retirees Meeting-Humana's Senior Isolation

*Tuesday, March 21-12:45PM.*

Humana Representatives will give a presentation on increasing the awareness of social isolation, how it impacts overall health and ways we can work together to help your peers affected by social isolation reconnect with local community and partner agencies. Refreshments will be served after the program.

### Louisville Orchestra's Music without Borders Concert

*Wednesday, March 22-7:30PM at Adath Jeshurun Synagogue-2401 Woodbourne Ave.*

The Louisville orchestra will perform the "Classical Symphony" by Sergei Prokofiev plus other selections. RSVP by March 14. Cost: \$20/M, \$23/NM

### ElderServe Presents: "Eating the Rainbow: Love your Colorful Fruits & Vegetables"

*Tuesday, March 28-12:45PM.*

Join us for this colorful class on the benefits of "eating the rainbow," adding more fruits and vegetables to your diet, and on simple, effective ways of becoming more active. Participants will enjoy a healthy snack and experience low impact exercises to increase physical activity, an important component of weight management and health.

### Intergenerational, Interfaith Model Seder

*Wednesday, March 29-4:30PM*

Sponsored by the Bensinger Family in memory of Judith Bensinger. 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, RSVP by Wednesday, March 22<sup>nd</sup>. Transportation available for an additional \$3.

### Outdoor Walking Group, free. Wednesdays, 10:30 a.m.

**Nutrition Series for Energy and Vitality -6:30 p.m., March 7, 14 and 21 in the Senior Lounge.** This 3 part series will go over anti-aging foods, how to cook for a small family, and how to nourish your body to have more energy and vitality. \$60 for members, \$75 for non-members



**Age of Love Movie - March 30<sup>th</sup> at 1 p.m. in the Patio Gallery,** Free of charge

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

# March 2017

MON	TUE	WED	THU	FRI	SAT/SUN
<p>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, 9-10 a.m. TUESDAYS: Light Weights, 10:00 a.m. Dynamic Motions-11AM WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m. THURSDAY: Senior Aerobics 9:00 am. ; Chair Exercise 10:30 am FRIDAY: Light Weights 9:30 am, Tai Chi-10:15 am</p>		<p>1 Blood Pressure Screening 10:15am Chair Exercise 10:30am Walk with Ease 12:45pm Continuous Line Dancing-1pm</p> <p>Crispy baked fish, macaroni &amp; cheese, cole slaw, steamed broccoli, dinner roll, applesauce.*</p>	<p>2 Dance Aerobics 9am Chair Exercise 10:30am</p> <p>Egg Salad sandwich on rye bread/lettuce and tomato, vegetable soup/crackers, potato chips, orange wedges, chocolate chip cookie.*</p>	<p>3 Light Weights 9:30am Tai Chi 10:15am</p> <p>Meat Loaf, mashed potatoes, steamed vegetable medley, Romaine salad, sliced pears, Challah. *</p>	4/5
<p>6 Chair Exercise 10:30am</p> <p>Fettucine Alfredo/broccoli &amp; mushrooms, Spinach fruited salad, breadstick, chilled peaches.*</p>	<p>7 Purim Celebration - 12:45pm</p>  <p>Pot Roast, roasted red potatoes, green beans, hot spiced apples, tossed salad, dinner rolls. *</p>	<p>8 Blood Pressure Screening 10:15am Chair Exercise 10:30am Walk with Ease 12:45pm Continuous Line Dancing-1pm</p> <p>Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, cole slaw, chocolate pudding, dinner roll. *</p>	<p>9 Dance Aerobics 9am Chair Exercise 10:30am</p> <p>Turkey pastrami sandwich on rye bread, chicken noodle soup, potato salad, tropical fruit. *</p>	<p>10 Light Weights 9:30am Tai Chi 10:15am</p> <p>Barbecue Chicken, mashed potatoes, steamed vegetable medley, romaine salad, mandarin oranges in gelatin, Challah. *</p>	11/12
<p>13 Chair Exercise, 10:30am Senior Adult Advisory Committee Meeting,1pm</p> <p>Hamburger on bun with lettuce, tomato &amp; onion, potato wedges, cole slaw, mixed melon salad. *</p>	<p>14 Bingo 12:45pm</p> <p>Turkey breast/stuffing, sweet potato casserole, green beans, tossed salad, pears, dinner roll. *</p>	<p>15 Blood Pressure Screening 10:15am Chair Exercise 10:30am Walk with Ease 12:45pm Continuous Line Dancing-1pm</p> <p>Chicken Salad Sandwich on rye bread/lettuce &amp; tomato, minestrone soup/crackers, pineapple tidbits, broccoli &amp; raisin salad. *</p>	<p>16 Dance Aerobics 9am Chair Exercise 10:30am</p> <p>Grilled Cheese Sandwich, tomato soup/crackers, Israeli salad, sugar cookie, apricots. *</p>	<p>17 Light Weights 9:30am Tai Chi 10:15am Nutrition Education-11:30am</p> <p>Chicken Cacciatore/penne paste, vegetable medley, Romaine Salad, Chilled peaches, Challah.*</p>	18/19
<p>20 Chair Exercise, 10:30am JBook Club-11am Gourmet Dining- 5:30 pm</p> <p>Panko &amp; Feta Tilapia/dill sauce, macaroni &amp; cheese, Israeli Salad, tropical fruit salad, wheat bread. *</p>	<p>21 Senior Retirees Meeting-12:45pm</p> <p>Chicken Marsala, linguine, steamed broccoli, Spinach Fruited Salad, dinner roll, applesauce. *</p>	<p>22 Blood Pressure Screening 10:15am Chair Exercise 10:30am "I Never Saw Another Butterfly" 12:15 Continuous Line Dancing-1pm</p> <p>Tomato stuffed with tuna, cream of Mushroom soup/crackers, broccoli &amp; raisin salad, chilled peaches, chocolate chip cookie, wheat bread.*</p>	<p>23 Dance Aerobics 9am Chair Exercise 10:30am</p> <p>Spaghetti/marinara sauce, steamed zucchini &amp; yellow squash, tossed salad/tomato, breadstick, pineapple tidbits. *</p>	<p>24 Light Weights 9:30am Tai Chi 10:15am</p> <p>Cabbage Roll, mashed potatoes, steamed carrots, Romaine Salad, pears, Challah. *</p>	25/26
<p>27 Chair Exercise, 10:30am</p> <p>Hot Dog on bun, baked beans, Potato wedges, cole slaw, pineapple tidbits.*</p>	<p>28 Light Weights 10am Sports Wall 11am Eating the Rainbow- Love Your Colorful Vegetables-12:45pm</p> <p>Salisbury Steak, mashed potatoes, steamed carrots, Romaine salad, tropical fruit, dinner roll. *</p>	<p>29 Blood Pressure Screening 10:15am Chair Exercise 10:30am Walk with Ease 12:45pm Continuous Line Dancing-1pm</p> <p>Spanish Omelet, zucchini/yellow squash casserole, Spinach fruited salad, apple crisp, wheat bread.*</p>	<p>30 Dance Aerobics 9am Chair Exercise 10:30am Age of Love Movie -1 p.m. in the Patio Gallery</p> <p>Herbed crusted salmon, herbed rice, garden peas, Israeli salad, sliced peaches/craisins, dinner roll.*</p>	<p>31 Light Weights 9:30am Tai Chi 10:15am</p> <p>Chicken Picatta/Bow Tie Pasta, vegetable medley, tossed salad, applesauce, Challah.*</p>	

\* Tea & Orange Juice