

CENTERPIECE

INSIDE

Improve core strength with the Deadlift

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Summer splash at The J

 by Ben Goldenberg
Marketing Director

There is no better sign of summer than the outdoor pools opening at The J. As always, the Family Pool and Seng Jewelers Wading Pool will open on Memorial Day weekend. A membership at The J is what you need to make your summer a splash.

Joining for the summer gets you full access to the entire facility May 27-September 4. That is more than just the outdoor pools and nine-lane lap pool. It also includes more than 80-weekly group fitness classes, all for free. The J also has an indoor track, two full-size basketball courts, three racquetball courts, saunas, whirlpools and an indoor pool.

A JCC membership also provides discounts to cultural and performing arts activities, personal training and massages,



summer camps, child care, preschool and dozens of other classes and special events.

The JCC is open and accessible to everyone, regardless of age, race, religion, nation-

al origin or special need.

Joining The J for the summer costs \$375 for an individual, \$510 for a family. After the amazing summer, you can convert your

LAP POOL HOURS

Through May 27

Monday-Friday Noon-6 p.m.
 Saturday & Sunday Noon-5:45 p.m.

After May 27

Monday-Thursday 6 a.m.-8 p.m.
 Friday 6 a.m.-6:45 p.m.
 Saturday 10:30 a.m.-8 p.m.
 Sunday 7 a.m.-8 p.m.

FAMILY & WADING POOLS

Open Saturday, May 27

Sunday-Thursday 10 a.m.-8 p.m.
 Friday 10 a.m.-6:45 p.m.
 Saturday 10:30 a.m.-8 p.m.

membership into an annual membership with special prorated pricing.

Call 502-459-0660 or visit www.jewishlouisville.org/summer to become a member today.

Only five weeks until Summer Camp begins

 By Mindye Mannel
Camp Director

Summer camp is right around the corner. With only 5 weeks until the start, Camp J is hard at work planning and preparing for the best summer yet.

Summer Camp is a special time for children of all ages to grow and form important developmental skills. Camp J is a special type of community where kids come together to have fun while developing a sense of independence as they try new things and experience new adventures. Children will gain self-confidence and learn new skills in a safe environment at Camp J.

According to the American Camp Association, 96 percent of campers say that “camp helped me make new friends,” and 92 percent say that “camp helped me feel good about myself.” Seventy percent of camp parents say “My child gained self-confidence at camp.”

I was recently promoted to Camping, Youth and Family Director at The J after working with the Early Learning Center for the past two-and-a-half years. I believe that summer camp can be one of the most

rewarding and unforgettable experiences in a child’s life. “Camp provides children with a community of caring mentors who provide experiential education that leads to self-respect and appreciation for life. All of the outcomes — friendships, overcoming challenges, staying healthy and building character — prepare them for bigger, brighter lives down the road. In addition to great friendships and enduring memories, many important life skills are learned at camp.”

With Keff and Trek as well as Young Leaders and CITs, the Traditional Camp model is still very much alive and well. This year, there are more than 70 specialty camps offered, in everything from cooking, Legos, sports, dance, drama and much, much more. There is certainly something for every child! Camp J runs from June 5-August 11.

“Camp improves the lives of children, youth and families. Camp makes children healthy. Camp enables children to grow to be caring, contributing and successful members of society.”

If you haven’t checked out Camp J yet, visit www.jcclouisvillecamp.org to learn more and register today. Time is running out before camp starts and several camps are already filling up.



Family Fun Celebration for Yom Ha’Atzmaut

 By Lenae Price
The J Director of Philanthropy and Outreach

Opening weekend at the pool is going to the next level! On Sunday, May 28, from 11 a.m.-2 p.m. The J is hosting a Free Family Festival and Yom Ha’Atzmaut Celebration. There will be Israel-inspired arts and craft activities, carnival games, bouncy house, food and more in The J’s Family Park and pool.

Yom Ha’atzmaut, Israeli Independence Day, is the celebration in Israel marked with

family picnics and hikes, public shows put on by cities or visits to Army camps which are open to the public for the day. While Yom Ha’Atzmaut fell on May 1 this year, The J is moving the party to coincide with the opening of the outdoor pools. In honor of the celebration, The J is waiving all guest pass fees for everyone. It will also be the perfect time to tour the facility and check out the new workout equipment inside.

Load up your friends and family and meet at The J for a fun afternoon you will not soon forget!

A New, safer entrance to The J

 By Tara Stone
Wellness & Member Experience Director

Beginning Monday, May 1, construction will begin on a more secure entrance in the lobby of The J. New scan-activated gates will be installed to keep members and guests safer inside the building. Therefore, it is imperative that all members bring their scan cards with them to The J.

Once construction is completed, members will need to scan their membership cards to open the gates. Guests will still be able to check in at the front desk to enter the building. If you have misplaced your card, please stop by the membership desk for a new one. A motion-activated gate will open as everyone leaves the building.

“The new gates are The J’s latest efforts to create a more secure facility while allowing little to no disruption in service to our members,” said The J Program and Operations Director Tom Wissinger. “Entering the building should not take any longer than before once you scan your membership card.”

Installation of the new gates is expected to take a week, starting Monday, May 1. During this time, members and guests can continue to use the main entrance, but they will be directed to check in at the Patio Gallery and then continue entering the building through the library. The rest of the building will not be impacted by construction.

Thank you for your patience as The J works to create a more safe and secure building. If you have any questions, please contact the Membership Department at 502-238-2721.

TECHNOLOGY SERIES



WEEK 1

Basics of Computers and Email

WEEK 2

Social Networking

WEEK 3

Smart Phones

Wednesdays,
May 10-24 | 1-2 p.m.
Located in Room 201
Free for The J Members

www.jewishlouisville.org/technology-series

Kindred
Healthcare
ACTIVE ADULT SERIES

Ropes and Rows

Tuesdays | May 2-23
5:30-6:30 p.m.



Ropes and Rows is a low-impact class that will use a circuit station set up with intervals using medicine balls, battle ropes, rowing machines and TRX to keep your heart pumping all class long.

FEE: \$90, \$72 The J Members

INSTRUCTOR: Denise Joseph

www.jewishlouisville.org/trx
502-238-2727

The Deadlift a Key to Core Strength

By Ben Goldenberg
Marketing Director

From balance and coordination to calorie burning and strength building, there is not an exercise more powerful than the Deadlift.

The J is set to make you a "King of the Deadlift" in a new class taught by personal trainer Ryan Perryman. The class meets on Fridays starting May 5 at 4 p.m.

"The Deadlift is essential for life. The movement is the same movement you use to pick things up off the floor. Mastering the technique teaches you how to not hurt yourself in your daily life," said Perryman.

A person's core is your upper and lower back, hips, buttocks and abdominals. All of these parts of the body are used when performing the deadlift, making it one of the most effective core exercises available.

"One of the best things about the Deadlift is that it can be done by anyone. You do not need to lift heavy to get the benefit of the exercise. We can modify the workout for every ability by using dumbbells or setting the bar higher to reduce the effort on the back."

Perryman is an expert in the deadlift,

having started weightlifting when he was 12 years old. He began personal training 11 years ago and joined The J more than 3 years ago. He holds a Certified Strength and Conditioning Specialist certificate and is a former personal training leader for the Air Force.

The Deadlift is simple. To complete a rep, stand with your feet shoulder width apart, gripping the barbell so that your inner forearms touch your thighs. Any grip can be used. Look straight ahead and push your hips down and abs in and your back tight, not rounded.

Lift the weight, pushing with your feet, your shoulders and hips rising at the same time. Your bodyweight should be on the balls of the feet to begin, rolling back to the heels as the bar passes your knees. The bar should not separate from the body during the entire lift. Lower the weight by reversing the technique exactly until the weight touches the floor. Control the whole way down, no dropping the weight. Come to a complete stop on the floor before starting the second



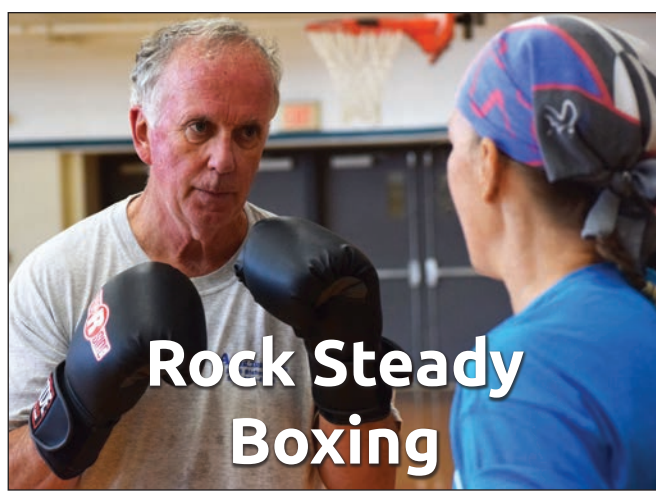
Ryan Perryman works on the Deadlift with Bud Schardein.

rep.
King of the Deadlift with instructor Ryan Perryman meets on Fridays, May 5-24 at 4 p.m. The class costs \$90, \$72 for The J Members. Register online at www.jewishlouisville.org/deadlift or call the Wellness Desk at 502-238-2727.

PICTURE THIS: EARLY LEARNING CENTER PASSOVER EXPERIENCE



The J Early Learning Center celebrated Passover on April 10. The classrooms were each dedicated to unique parts of the Passover story. Pharaoh knocked down building blocks. The children played Leap Frog, which represented the plague of frogs. The Royal Chef served matzah. The Queen of Darkness gave all the children sunglasses to represent the plague of darkness.



Rock Steady Boxing

Tuesdays & Thursdays • 4:30-5:30 p.m.

For men and women diagnosed with Parkinson's disease

Fight your way out of the corner and start to feel and function better!

Fee:
\$120, \$100 The J Members
\$20 drop-in fee

www.jewishlouisville.org/rocksteadyboxing

ROCK STEADY BOXING
FULL MOON MARTIAL ARTS

An Inside Look at Sondheim's Life

CenterStage closes its 2016/17 season with an intimate portrait of musical icon Stephen Sondheim in his own words and music with *Sondheim on Sondheim*, presented by Hilliard Lyons. The award-winning Broadway show runs May 11-21 at the Linker Auditorium inside the Jewish Community Center.

Hailed as a "funny, affectionate and revealing tribute to musical theatre's greatest living composer," *Sondheim on Sondheim* uses exclusive interview footage to bring the audiences inside the life and mind of Stephen Sondheim and his artistic process.

Originally conceived and directed by friend and frequent collaborator, James Lapine, the show brings to life the process of some of Sondheim's most well-known songs for plays, including *A Funny Thing Happened on the Way to the Forum*, *Company*, *Follies*, *A Little Night Music*, *Sweeney Todd*, *Sunday in the Park with George*, *Into the Woods* and *Assassins*. It also discusses works from some songs that were not big hits, and why Sondheim felt they did not work for his big productions.

The CenterStage production will feature company veterans including Lauren McCombs, Jennifer Poliskie, Debbie King Raque, Erin Jump, Andrew Newton, Andrew Hughes, Josh Gillam and Russ Dunlap. Also appearing in the play is Sondheim himself through more than 100 interview clips.

CenterStage and Hilliard Lyons' production of *Sondheim on Sondheim* opens on Thursday, May 11, and runs through Sunday, May 21. Tickets cost \$20 in advance or \$22 at the door and can be purchased over the phone by calling 502-238-2709 or online at www.CenterStageJCC.org.



SONDHEIM ON SONDHEIM

Presented by Hilliard Lyons

Thursday, May 11 7:30 p.m.
 Saturday, May 13..... 7:30 p.m.
 Sunday, May 14..... 2 p.m.
 Sunday, May 14..... 7 p.m.
 Monday, May 15 7:30 p.m.
 Thursday, May 18 7:30 p.m.
 Saturday, May 20..... 7:30 p.m.
 Sunday, May 21..... 2 p.m.
 Sunday, May 21..... 7 p.m.

The J Member Night at CenterStage is May 11. Members get a \$4 discount when ordering tickets at the front desk or over the phone.

J

OUTDOOR WALKING GROUP

**Wednesdays
10:30 a.m.
Meet at the Front Desk**

Stretch your legs outside with the weekly Outdoor Walking Group. We will meet at the Front Desk at 10:30 and then stroll around The J's grounds.

Kindred
Healthcare
Active Adult Series

FOR MORE INFORMATION
 contact Susan Kwasny at 502-238-2794
 or skwasny@jewishlouisville.org.

PLEASE SHARE YOUR IDEAS ABOUT OUR FUTURE JCC

Participate in the upcoming charrettes.

What's a charrette?

An intense period of design or planning activity.

Why are they occurring?

A successful JCC meets the needs of the community now and in the future – share your ideas and hear what's being planned.

Who will be there?

Architects, project managers, planners, JCC staff and YOU!

When and where will they be held?

Tuesday, May 9
 7-9 p.m.
 Standard Club

Sunday, May 21
 3-5 p.m.
 Standard Club

Reservations taken on a first come, first served basis online at jewishlouisville.org/charrette or by phone at 502-238-2722.

J TOMORROW!



COMMUNITY GARDEN VOLUNTEERS

Whether you are new to gardening or you have a green thumb, we need YOU to help keep The J Community Garden thriving!

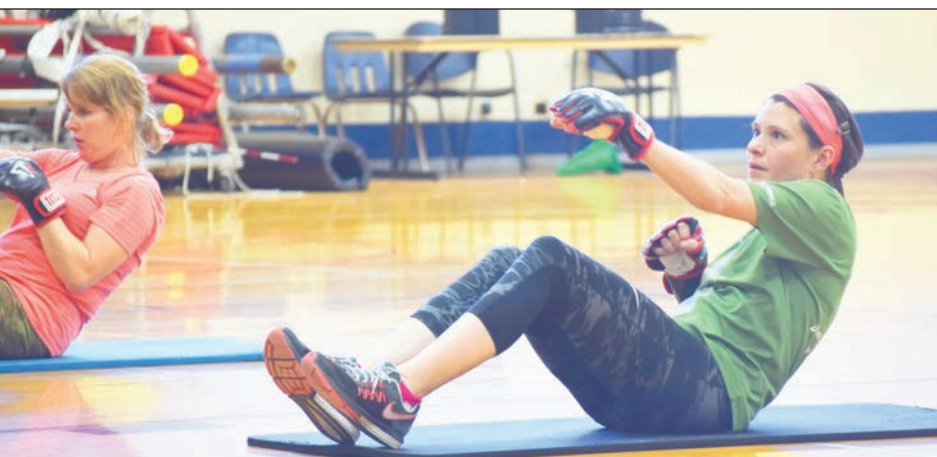
Register online at

www.jewishlouisville.org/community-garden

or call 502-238-2794

Thursdays, 10 a.m.-Noon

PICTURE THIS: BETTER BODY BOXING



Have you seen the new boxing equipment at The J? Located in the lower gym, the boxing dummies are used for Better Body Boxing, a new group fitness class offered at The J on Tuesdays at 6 p.m. and Fridays at 5:30 p.m. The class is designed for participants that want to get a high-intensity workout, with lower impact on the knees, hips and feet. The workout includes low impact boxing drills, metabolic conditioning and strength and core work. The boxing equipment is also used for Rock Steady Boxing, a monthly program for men and women diagnosed with Parkinson's disease. Boxing works to help enhance people with the disease's daily life by moving the body in all planes of motion while continuously changing the routine. More information can be found at www.jewishlouisville.org/rocksteadyboxing



W.O.W. May 4-25 Thursdays • 5:30-6:30 p.m.

Hey Ladies! Do you have an hour per week to get into shape? Then we have the workout for you!

The J Personal Trainer, Denise Joseph, will lead you through a complete body workout to tone up, sculpt and burn calories while building companionship with other female members.

FOR MORE INFORMATION OR TO REGISTER, call the Health and Wellness Desk at 502-238-2727.

PARENT'S NIGHT OUT



Everything 5 Sides & More
May 13 • 6-10 p.m.

www.jewishlouisville.org/PNO

SENIOR CALENDAR

MAY 2

ElderServe Presents: "Whole Grains," 12:45 p.m.

Come learn more about benefits of eating whole grains and the difference between whole grains & refined grains. Healthy Snacks will be served after presentation.

MAY 9

Cantor Sharon Hordes Musical Program, 12:45 p.m.

Hordes will perform some Ladino Music of the Sephardic Jewish community. Sephardic Jews have a diverse repertoire the origins of which center primarily around the Mediterranean basin. In the secular tradition, material is usually sung in dialects of Judeo-Spanish, though other languages including Hebrew, Turkish, Greek, and other local languages of the Sephardic diaspora are widely used. Refreshments will be served after the program.

MAY 10

Free Cardiovascular & Skin Screenings, 8:30 a.m. - 1 p.m.

- Blood Pressure
 - Blood Glucose
 - Height/Weight
 - BMI
 - Bone Density
 - Derscan Skin Screening
- Provided by Norton Healthcare

FREE THREE-PART TECHNOLOGY SERIES

Week 1: May 10 - Basics 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 p.m. Please register for this program.

MAY 15

Gourmet Dining Club, 5:30 p.m.

Join us for dinner at Bravo's Italian Restaurant, near Oxmoor Mall. Transportation available for \$4 round trip.

MAY 23

Senior Retirees Meeting, 12:45 p.m.

Rabbi Nadia Sirtsy will be our guest speaker. She will update us on new & exciting things happening at Jewish Hospital. Refreshments will be served.

MAY 25

Day Trip - "Tom Owen's Tour of Easily Overlooked Historical Sites in & Around Downtown Louisville," 10 a.m.

Join us as Tom Owen will be our tour guide as we visit some overlooked historical sites in downtown. The bus will stop at certain places for those who choose to see these places up close. After the 2 hour tour we will have lunch at Old Spaghetti Factory. Lunch choices: Pasta with marinara, meat or mushroom sauces. Please, let us know which pasta choice you prefer when making your reservation. Spaces are limited to 32 participants. RSVP by May 15th.

Cost of trip, transportation & lunch: \$22/ Members, \$27/Non-members



GATORS SUMMER SWIM TEAM May 22-July 19, 2017

SWIM MEETS

Mondays: 5-9:30 p.m.

PRACTICE TIMES

Tuesdays-Fridays: 3:30-6:30 p.m.

COACHES: Austin Clark, Kiley Handley, Audrey Thomas, Shelby Serad

EARLY BIRD REGISTRATION: Week of April 23-April 30.

EARLY BIRD PRICING: \$145 The J Members, \$165 Summer Members

AFTER APRIL 30 PRICING: \$185 The J Members, \$205 Summer Members

10% multiple child discount applies

www.jewishlouisville.org/gators

502-238-2727

Perelmuter
& Goldberg
ORTHODONTICS

