

CENTERPIECE

INSIDE

 The J Members
featured in new Patio
Gallery Show

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Children and parents excited for Camp J

By Ben Goldenberg
Marketing Director

Before 9 a.m. on June 5, dozens of excited campers arrived at The J for the first day of summer camp. With bags of sunscreen, bathing suits and anticipation, the campers were welcomed by their new counselors and broke into cabin groups for introductions and the first Morning Circle of the year.

Noa Hadayer was among the parents dropping her two children off at camp. She sends Daniel and Eyal to Camp J each year because it's "the best summer camp in the area with all sorts of activities they enjoy and they have friends in the camp from previous summers. Swimming is their favorite part of summer camp." Younger campers get a thirty-minute swimming lesson from an instructor each day, and all campers get free swim time every day.

In the first several weeks of camp, children have attended specialty camps with LEGOS®, soccer, cooking, art, rugby and theatre. Specialty Camps at The J focus on one specific theme, but there is still time for fun at the pool, songs and activities with the rest of the campers.

Traditional camps, Keff (Grades K-3) and Trek 46 (Grades 4-6), also had plenty of fun with arts and crafts, Israeli culture from our Shlichim (Israeli Emissaries), sports and, of course, GaGa. Trek 46 campers also travel on field trips and have visited the Kentucky Derby Museum, the Parklands of Floyds Fork, the Falls of the Ohio, Holiday World and had an overnight at The J.

Each week in traditional camp has a special theme and campers are encouraged to dress up on Wednesdays. Themes

so far have included Wild West and Dinosaur Days. Future themes include Medieval Times, Maccabi Color Wars and the Golden Age of Piracy.

Camp J's youngest campers in ELC Summer Camp are enjoying learning new songs, taking swim lessons, playing in the wading pool, listening to stories and doing arts and crafts. They have also enjoyed the outdoor playground, playing in the dance studio and other fun activities.

Each afternoon, parents like Noa pick up their children after a day of fun and their kids cannot wait to tell them all about the excitement of the day. Camp J is often the highlight of the summer. Camp Director Mindye Mannel says that "it's good to have somewhere for kids to go to in the summer that feels like home, somewhere they look forward to going to every day and every summer."

It is not too late to join the summer of fun at Camp J. Registration is available for camps at www.jcclouisvillecamp.org. Join Camp J this summer to make memories and friends that will last a lifetime!



Ibn Ali, nephew of The Greatest, to teach boxing at The J

By Lee Chottiner
Interim Editor

Weighing in at 215 pounds, and towering at 6-foot-5, Ibn Ali, nephew of the great Muhammad Ali and a champion boxer in his own right, sparred with me Monday, June 5, on the handball court of The J.

He never laid a glove on me, which, of

course, was his choice. (Had he wanted, I'd be a floor mat by now.)

Still, those few minutes pretending to "float like a butterfly and sting like a bee" (he likes to use some of his uncle's more memorable lines), demonstrated what Ali hopes to do with the new boxing class he will begin teaching next month at The J: It's about fitness, sure, but it's also about mental discipline, confidence, and reintroducing

the sport to those genuinely interested in fighting by rules.

"I hope this will be a launching point for many doors to open," Ali said about the class. "This won't be a one-time thing. If the seed is planted, other great things can stem from it. Other things can happen from this. Let's make it happen, I'm ready."

Susan Kwasny, health and wellness director at The J, said Ali's class, which will

start the first week in July, will differ significantly from the Better Body Boxing class that is already being taught.

"The Better Body Boxing class is a fitness class for members who are trying to get into shape through an aerobic type boxing workout," she said. "The Ali program will be offered for the entire Louisville community and will also involve kids. The program is for those who would specifically like to learn or improve boxing skills. It is also for children who would like to learn focus, confidence and discipline."

The class will be held in the upper gym. Punching bags, speed bags, speed ropes, gloves and wraps will be provided.

In the class, Ali will emphasize stretching, working out, proper nutrition, abstinence from alcohol and other things that go into a fighter's regimen.

At the end of the class, he hopes his students will have learned, not only how to fight, but how to live.

"This teaches people how to fight, not just in boxing, but in the game of life, period," he said. "You can use these methods, these strategies to teach more discipline, to help teach more respect."

He's not coming alone, according to the champ, assisting him in the class will be Doug Meyers who has trained the likes of Mike Tyson, Greg Page and Riddick Bowe during his career.

He even hinted that his father, Rahman Ali, a former heavyweight fighter, could drop by.

see **BOXING** page 2

Fourth of July a Blast at The J

By Zoe Sapin
Marketing Intern

Most people think of fireworks when celebrating Independence Day, but at The J the holiday means the 4th of July Bash! From 1-4 p.m., members will enjoy a pool party with raft races, a splash contest, a DJ and more! Grace Ensign, Membership Director, says that the 4th of July Bash is "something fun to do during the day before the fireworks start." And she is absolutely right, the splash contest is tons of fun! The J staff act as judges to see who can make the biggest splash in the pool, and Ensign is excited to see the crazy ways people come up with to get the biggest splash. She says "people get really creative and it's fun to see that." If creating a splash isn't up your alley, the raft races might be for you and the DJ will provide

the perfect soundtrack to family fun at the pool.

In addition to the 4th of July Bash, there are several other membership events to look forward to this summer! From boxing classes with Muhammad Ali's nephew, Ibn Ali, to the Summer Fitness Fest on June 25 and Players Challenge on June 26. As a farewell to summer, the J is hosting a dive-in movie on September 3 where members can watch a family-oriented movie projected onto a large screen while enjoying the last day of the pool for the season.

In order to enjoy the 4th of July Bash and other membership events this year, sign up for the summer membership and receive the same perks as annual members. All members at The J can choose from more than 80 free group fitness classes each week, three pools and unlimited access to the workout

FOURTH OF JULY SCHEDULE

Building Hours..... 7 a.m.-7 p.m.

Group Fitness Schedule

Body Pump 8:30 a.m.
Cardio Challenge..... 9:30 a.m.
Cycle 10 a.m.
Aqua Fitness..... 10:30 a.m.
Yoga 10:30 a.m.

and cardio areas. Summer memberships are ideal for busy families who have other activities during the school year but need somewhere fun to go during the summer. For more information on summer memberships, visit www.jewishlouisville.org/summer-membership.

Summer Camp RAFFLE



Enter to win 10
free weeks of
Traditional Summer
Camp in 2018
(\$2,260 value).

Only \$100 per entry. 125
tickets will be sold until
December 29, 2017.

[jewishlouisville.org/
camp-raffle](http://jewishlouisville.org/camp-raffle)

iPad 101



In this free iPad
training session, you'll
learn the basics of
operating and getting
the most out of this
popular Apple tablet.

Tuesday, July 11
1:30-2:30 p.m.

Located in the
Senior Adult Lounge

Kindred
Healthcare

ACTIVE ADULT SERIES

BOXING

Continued from page 1

The sessions will develop strength, speed, agility, hand-eye coordination, endurance and power. Children will particularly develop self-defense skills, and increase self-confidence.

Ali knows what he's teaching. The 38-year-old Louisville native turned pro at 22 without ever fighting as an amateur. He went on to compile an 11-2 record with one draw. Sixty-four percent of his wins were by knockouts.

In 2006, Ali won the USBC cruiserweight championship belt, a title he held for three years until his retirement.

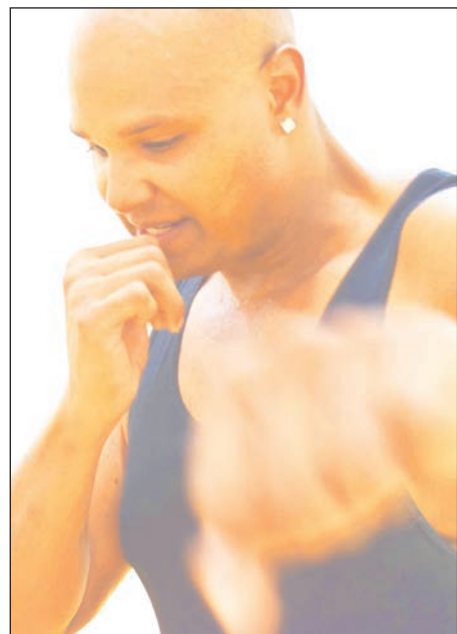
"I got into boxing late," Ali said. "Normally, if you want to get into boxing, you will start as an amateur and you'll start roughly around the age of 9 or 10. But me, I never really had that desire until probably about the age of 17 or 18. I got into the gym, [and] I said, 'you know what, I'm going to try see

if I have even a taste of what my dad had or what my uncle had."

"Things began to come to me naturally," he continued. "I never fought amateur. I worked in a gym with professional fighters from the age of roughly around 18 to about 21 then I went pro. It was blessing; the skills came to me naturally, the quickness came to me, the endurance, my eye for the sport, my coordination began to flow. It was a gift that I had."

He said he hopes the class will include people from West Louisville and Prospect, training side by side. In fact, he wants the class to be an antidote to the violence gripping parts of Louisville.

"It's going to be a good thing for the youth, the inner-city youth for the City of Louisville, for all these killings going on amongst the youth," Ali said. "They have no structure, they don't have nobody to tell them, 'I love you,' and not just say it, but mean it, believe it."



PICTURE THIS: SENIOR NUTRITION ENTERTAINED BY JOHN GAGE



As a special tribute to all the June birthdays and anniversaries, John Gage performed for the Senior Nutrition program on June 13.



AQUA YOGA

Tuesdays • July 11-25
7:30-8:30 a.m.

**Ready to take your yoga
practice to the next level?**

In this class, participants will use
stand-up paddle boards in the pool
to develop core strength and muscle
integration for better balance.

Instructor: Mimi Hahn

Fee: \$67.50, \$54 The J Members

www.jewishlouisville.org/aquayoga

CenterStage opens 2017-18 season with *Kiss Me, Kate*

By Ben Goldenberg
Marketing Director

An audience favorite for nearly 70 years, this smash hit musical is “Too Darn Hot” to be missed! *Kiss Me, Kate* is set to open CenterStage’s 2017-18 season. This classic, musical comedy will be performed July 6-23 in 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. \$12 Rush tickets can be purchased on weekday performances in person at the box office as long as tickets are available, limit two per person. Passions run high as leading lady, Lilli Vanessi (Shannon Speicher) and her ex-husband, actor/director, Fred Graham (Josh

Gilliam), battle onstage and off in a new musical version of Shakespeare’s *Taming of the Shrew*. With romance, comedy, sophistication, and behind-the-scenes high jinks, *Kiss Me, Kate* combines the irreverent humor of two brilliant writers: Cole Porter and William Shakespeare. Musical numbers include “So In Love,” “Wunderbar,” “Tom, Dick or Harry,” “Too Darn Hot,” “Brush Up Your Shakespeare,” “I Hate Men,” “Always True to You (In My Fashion)” and “Another Op’nin, Another Show.”

Kiss Me, Kate has been a jewel in Broadway’s crown for nearly 70 years. The original Broadway production in 1948 swept the Tony Awards and the 1999 Broadway revival received seven additional Tony nominations.

CenterStage’s 2017-18 season will also

include *Smokey Joe’s Café: The Songs of Li-ber and Stoler*; *Jekyll & Hyde: The musical*, *Driving Miss Daisy*, *Andrew Lippa’s Wild Party* and *Disney’s The Little Mermaid*. Season Subscriptions are now on sale and can be purchased by calling 502-238-2709 or online at www.CenterStageJCC.org.



KISS ME, KATE

Thursday, July 6	7:30 p.m.
Saturday, July 8	7:30 p.m.
Sunday, July 9	2 p.m.
Thursday, July 13	7:30 p.m.
Saturday, July 15	7:30 p.m.
Sunday, July 16	2 p.m.
Monday, July 17	7:30 p.m.
Thursday, July 20	7:30 p.m.
Saturday, July 22	7:30 p.m.
Sunday, July 23	2 p.m.

The J Member Nights at CenterStage are July 6 & 17. Members get a \$4 discount when ordering tickets at the front desk or over the phone.



Summer Fitness Festival

Sunday, June 25 • 9:30 a.m. - 11:45 a.m.

Cycle

P.Y.S.B.

Yoga

Your
Own
HIIT

Deep
Water

Aqua
Zumba

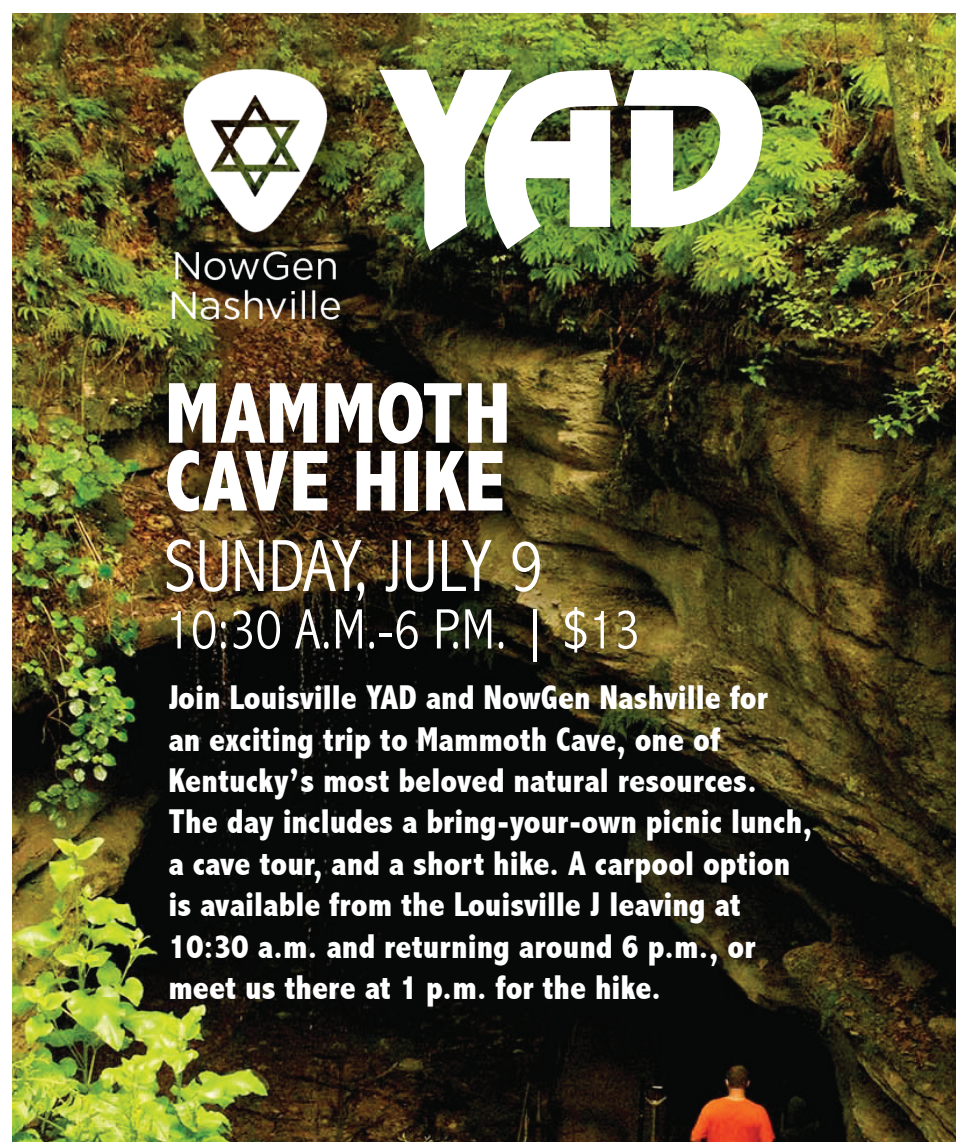
Take part in the FREE Summer Fitness Festival!

- 6 classes, 30 minutes each.
- Experience more variety or take the same class for two hours straight.
- FREE gift to all that participate!
- Complimentary chair massages!
- Get your card marked by at least four different instructors and you’ll be entered to win a Personal Training or Pilates Gift Card!

Bring your
friends, The J
Guest Passes
will be half
price!

J JEWISH COMMUNITY CENTER OF LOUISVILLE
3600 Dutchmans Lane • Louisville, Ky 40205
502-459-0660 • www.jewishlouisville.org

Call the Wellness Desk at
502-238-2727 for more information.



NowGen
Nashville

YAD

MAMMOTH CAVE HIKE

SUNDAY, JULY 9

10:30 A.M.-6 P.M. | \$13

Join Louisville YAD and NowGen Nashville for an exciting trip to Mammoth Cave, one of Kentucky’s most beloved natural resources. The day includes a bring-your-own picnic lunch, a cave tour, and a short hike. A carpool option is available from the Louisville J leaving at 10:30 a.m. and returning around 6 p.m., or meet us there at 1 p.m. for the hike.

REGISTER ONLINE AT
www.jewishlouisville.org/YADcave



newroots
fresh food is a basic human right.

**fresh
stop
market**

The Gendler Grapevine Fresh Stop Market opens
July 5, 4:30-6:30 p.m.,
at The J Pavilion.

Fresh vegetables at The J!
Purchase your shares by Friday, June 30 at
www.newroots.org or 502-475-8979.

VOLUNTEERS NEEDED - help set up or break down the
market, or become a veggie cheerleader.
For more information visit newroots.org or call 502-475-8979

J Patio Gallery highlights artwork of The J members

By Marianne Zickuhr
J Arts & Ideas Program and Outreach Manager

The JCC is honoring the artistic skill of its members with a new Patio Gallery exhibit called “Our Community – Artistry of our Members.” It features Ron Anderson, Gweneth Dunleavy and Gibbs Rounsavall, all members of The J and all were showcased in last year’s Mazin Annual Art Exhibition. Their artwork ranges from beautiful textile art, to hyper realistic acrylic paintings and intricate, almost hypnotic designs. The exhibit is a fascinating look at the art work and ingenuity of our community.

Ron Anderson and his wife have been members of the JCC since the 1970s. Anderson said “JCC has helped us raise our families. We’ve enjoyed just about every aspect of The J, including the arts. When my daughter was 5, I took her on our first “date” – dinner and a play at CenterStage. We came to JCC to see “Bernie’s Bar Mitzvah” and had a ball. The Jewish Community Center holds many wonderful memories for my whole family.” Anderson received a BA in Fine Arts at Indiana University Southeast in 1979 and has continued painting ever since. Anderson produces realistic images because he says, “I do not know how to do anything else.” Anderson has branched out, producing more abstract pieces and enjoys the challenge, but continues to work realistically to produce works that are new and fresh, and says “As long as I can lift a brush, I will keep trying.”

Gweneth Dunleavy is a fiber artist, a juried member of the Louisville Artisan’s Guild and is currently serving as chair of the executive committee of LAFTA (Louisville Area Fiber and Textile Artists). After a first career in teaching and advising college students, she returned to school to study art and received an M.A. in Fine Arts from the University of Louisville in 2011. With dual interests in screen printing and papermaking, she designs and produces most of the patterned and textured papers she uses in her collaged pieces. Much of Dunleavy’s work explores the visual play and optical illusions underlying many traditional quilt block designs by juxtaposing contradictory patterns and materials. “As a committed paper maker, I

often pair papers I’ve made from a variety of fibers with paper that I’ve screen printed with acrylic inks, a challenging combination because the color intensity and surface sheen of the two materials is markedly different.” Dunleavy has been experimenting with improvisational methods of printing and rust-dyeing to take advantage of random and irreproducible visual effects. The tension between what can be controlled and what cannot, between order and chaos, is a theme underlying all her work.

Gibbs Hanson Rounsavall was named after his maternal grandmother, Julia Gibbs, the first artist he knew. Both his mother and grandmother are considered by today’s standards as “outsider artists.” Being self-taught artists, they fostered in him both a strong sense of creative discipline as well as a comprehensive definition of aestheticism. Rounsavall loved to draw since he was in first grade and went on to graduate with a degree in illustration from Washington University. He compares his studio practice to that of a scientific exploration embracing the thrill of discovery. The focus of his study has primarily been on relationships between shape and color. Color has such strong associative powers that it can transport us through time eliciting memories while simultaneously suspending the perception of reality. Although they may appear computer generated, all work is hand painted and drawn, with a closer look revealing faltering lines and imperfections. Rounsavall points out, “this is a reflection of my own capacity for self-awareness in the moment where an impulse to make a specific kind of mark reveals itself. Most importantly, I want my work to provide a positive experience for my audience and a sense of beauty that can enrich their lives by raising an awareness and appreciation for the present moment.”

“Our Community- Artistry of our Members” will be on display through July 14 in the J Patio Gallery. All pieces in this show are for sale with a portion of the proceeds helping to continue the cultural arts programs at the JCC. If you are interested in the current exhibit please contact Marianne Zickuhr, J Arts & Ideas Program and Outreach Manager, at 502-238-2765 or mzickuhr@jewishlouisville.org.

SENIOR CALENDAR

JUNE 27

ElderServe Presents: “Dairy Foods: Calcium & Vitamin D”, 12:45 p.m.

Learn about the important nutrients in dairy and ways to incorporate low-fat dairy products in your diet. Healthy snacks will be served.

JUNE 30

American Bone Health Presents: Healthy Bones, Healthy Life, 1 p.m.

Join ABH Community Health educator Brookes McIntyre to learn how to preserve, build and protect your bones. Get answers to questions about osteoporosis, risk factors, diet and medications.

JULY 11

Patriotic Music Celebration, 12:45 p.m.

Sing-along with Sara Robinson featuring some famous patriotic songs. We will also play July 4th trivia and prizes will be given to the winners. Refreshments will be served.

iPad Training 101, 1:30 p.m.

Danny Fortier from Humana Guidance Center will be at The J to teach us how to use an iPad.



iPads will be available for you to use for this class. If you have your own, please bring with you.

JULY 13

Day Trip-Slugger Museum & Glassworks, 10 a.m.

Join us as we tour Slugger Museum and see how bats are made. After our visit, we will walk to Bristol Bar & Grill for Lunch. After we will go to Glassworks and have a tour of the artists in action. Reservation & payment due by Thursday, July 6. Fee for admission and transportation: \$25/M, \$28

JULY 17

Gourmet Dining Club, 5:30 p.m

Join us for dinner at Bristol Bar & Grille on Hurstbourne Pkw. Call 502-238-2749 to make reservations. Cost of transportation: \$4

JULY 18

Senior Retirees Meeting, 12:45 p.m.

Molly Clouse from Bridgehaven will be the guest speaker. Bridgehaven provides hope and recovery through innovative, comprehensive, community-based mental health services to adults living with mental illness. Molly is currently the coordinator for Peer Excellence at Bridgehaven. After the program, refreshments will be served.

JULY 23

Lunch & Show “Kiss Me Kate”, 12:15 p.m. Lunch, 2 p.m. Show.

Cost \$25/M, \$30/NM. Reservation & Payment due by Friday, July 14.

JULY 25

ElderServe Presents: Eating Healthy on a Budget, 12:45 p.m.

Learn skills to help save money at the grocery store and eat healthy on a budget. Healthy snacks will be served.

J

Jewish Heritage Night

Louisville Bats vs Indianapolis Indians

★ **AUGUST 6 • 6 P.M.**

★ **TICKETS: \$13**

★ **FREE SHIRT INCLUDED!**

WWW.JEWISHLouisville.org/JEWISH-HERITAGE-NIGHT

2017/18 SEASON

JUL. 6-23, 2017

SEP. 7-17, 2017

OCT. 19-NOV. 5, 2017

JAN. 11-21, 2018

FEB. 15-MAR. 3, 2018

APR. 12-29, 2018

SEASON TICKETS ON SALE NOW!

502-238-2709 • CenterStageJCC.org