

CENTER PIECE

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Announces New
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Fun Opening Weekend Planned

by Zoe Sapin

Marketing/Communications Intern

At The J there always are fun events going on year round, but this weekend is something very special: the start of the summer membership, the opening of the outdoor pool and the Family Festival and Yom Ha'atzmaut Celebration.

The summer membership runs from Saturday, May 27 to Monday, September 4, and costs \$375 for an individual and \$510 for a family. It's perfect for families who need to cool off during the hot summer months and want to enjoy the numerous offerings here at The J, but are too busy during the school year to commit to a year-round membership. The summer membership gives the same perks and benefits as the year-round membership, including access to the indoor and outdoor pools, the fitness center and discounts on summer camps, performing arts shows, and more!

The grand kick-off for summer is the Family Festival and Yom Ha'atzmaut Celebration this Sunday, May 28, from 11 a.m. to 2 p.m. at The J. Yom Ha'atzmaut is a celebration of Israeli independence, and



this year will be merged with the annual Family Festival to create a mega party! This event is open to non-members in addition to members, so all are welcome. There will be Israeli themed food, snacks from local vendors including Steel City Pops, arts and crafts, Israeli folk dancing, pool games, and more! Lenae Price, The J philanthropy and outreach director, is very excited for this exciting event to bring the entire community

together, both members and non-members.

Some additional fun events going on this summer include the Fourth of July party and the dive-in movie event September 3rd. The dive-in movie is a last hurrah of the summer, where families can watch a movie projected on a large screen while enjoying the outdoor pool.

The JCC offers swim lessons from age 3 months through adult, and has a swim

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.

team, the JCC Gators, for ages 5-18. For adults, there a variety of water fitness classes offered. In addition, there are plenty of day camps for kids of all ages and interests, and the summer membership will provide a discount for all those fun camps.

Be sure to stop by the JCC with the family this weekend for some summer fun! For more information on summer memberships, visit www.jewishlouisville.org/summer-membership.

Flavor and Fun to Fill the Air at Camp J

By Mary-Kate Smith

Youth Program Coordinator

This summer at the Jewish Community Center of Louisville be on the lookout for a specialty camp that will fill The J with a flair for flavor. Cooking Camp will take place on The J campus this summer with one-week sessions offered all 10 weeks starting June 4. Campers entering kindergarten through sixth grade will all have the chance to enjoy sweet, savory and scrumptious summer fun with weekly themes ranging from "Wild West Cooking" to "Cooking in the Space Age."

Assistant Camp Director Kari Semel and Camp Director Mindye Mannel both share their enthusiasm about the fun ideas of Cooking Camp Chef Brooke Brighty.

"We are super excited to have Brooke because she has so many fresh, exciting new ideas that match with the theme of each week," Semel says, "Get ready to use matzah in ways you've never imagined."

Mannel is eager for Brighty to share her huge list of recipe ideas.

"Brooke is very energetic, passionate about cooking and loves working with children," Mannel says, "Her creativity is infectious, and I think this will prove to be a wonderful partnership for camp."

Her camper-friendly recipe books are full of delicious treats including strawberry lemonade, guacamole and campfire cowboy chili, just to name a few.

"Teaching kids to cook over the campfire will be really fun," says Brighty.

Mannel says Brighty's great ideas extend beyond the foods.

"She has great ideas for not only recipes but also of ways children can help their parents in the kitchen with preparing meals,"



Mannel says. "Her emphasis is getting kids as excited as she is about being in the kitchen."

Brighty says she wants to spark kids' interest in healthy and environmentally friendly eating.

"My biggest thing [is] that the kids will take these things home and maybe change the future a little bit," Brighty says.

Brighty is excited to help build up the camp cooking program at The J, and she looks forward to meeting campers from various backgrounds with all different food and cooking experiences.

"Who doesn't want to share their knowledge with kids?" says Brighty.

While Brighty is excited to share her love of cooking, some of The J staff are eager to taste the creations.

"I'm excited the camp will be at The J because I'll have easier access to all the food," says Semel.

The 10 weeks of cooking camp this summer are sure to bring fresh ingredients into the awesome mix of camp life at The J. Camp J runs June 5-August 11. Registration for Cooking Camp and all of Camp J is available at www.jccoflouisvillecamp.org.

Active Adults Redefining Retirement

By Susan Kwasny

Health and Wellness Director

Years ago, retirement was simple and clear cut. Retirees left a job for a period of 10-15 years to live off social security and enjoy life. Now, retirement can stretch 25 to 30 years.

Adults, ages 55+, often feel a desire to retire but are concerned about boredom, diminished mental challenges and a drop in physical activity. And their concern is justified. Several studies comparing people across industrialized nations have shown a strong correlation between retirement and diminished cognitive function.

A new demographic has emerged of people ages 55+ who are considering retirement but are not yet ready to be labeled "seniors" or join adult day care programs. The J is establishing a more programming for this new segment of the population, called, the "Active Adult."

At The J, the Kindred Active Adult Program is geared towards adults ages 50-75. The J offers holistic wellness programs to Louisville residents to engage mentally, physically and socially.

The Kindred Active Adult program, can give retirees a sense of purpose and focus



while providing healthy activities throughout the week.

Having a sense of purpose can add years to your life, according to a study published in 2014 in Psychological Science. Researchers from Carleton University in Ottawa, Ontario, and the University of Rochester in New York, tracked the physical and mental health of more than 7,000 American adults ages 20 to 75 for 14 years, and found that those who felt they had a purpose or direction in life outlived those who did not. How do we get that sense of purpose?

Stay active

Exercise comes in many forms. For some, it means taking long walks in a park or in the neighborhood. For others, it could mean taking classes at a fitness center. The J offers dozens of classes a week geared towards the active adult that includes boxing, hi-low aerobics and even muscle building classes. In addition, many Active Adults play Pickleball at The J which offers a physical, social and mental aspect of exercise.

Stay social

Finding a social group can give you a sense of purpose and make your life more enjoyable. Whether it is eating, exercising, going to the opera or watching your favorite team...time spent with others increases your overall enjoyment of the activity.

Continue to challenge yourself mentally

Mental Activities create a sense of purpose and direction while also reducing your risk of dementia. The J offers book clubs, technology courses and meditation workshops to sharpen mental skills.

Retirement is about a lot more than finances. If you are considering retirement or if you are already retired, take a holistic approach to life by enjoying the activities that you did not have the time to enjoy during your career. To learn more about the Kindred Active Adult program at The Jewish Community Center, call 502-459-0660 or go to www.jewishlouisville.org/activeadult

Teen Connection HAVDALLAH & POOL PARTY



Come kick off your summer with a splash! Join Teen Connection for a Pool Party and Havdallah. Pizza and drinks will be provided!

**Saturday, June 3
6-8 p.m.**

Pickup and Drop Off in Children's Place at The J

Fee: \$20, \$15 The J Members

Registration closes Wednesday, May 30.

jewishlouisville.org/havdallah

FIVE SENSES SHAVUOT



Learn about the Jewish holiday of Shavuot using all five senses at this family friendly event! Together, we will harvest our own grains from The J garden, sing songs, enjoy a scavenger hunt and more. There will also be an opportunity to make your own healthy, child-friendly snacks.

**Sunday, June 4
2-4 p.m.**

\$20 per Family
\$15 The J Families

At The J Family Park

jewishlouisville.org/fivesenses

Seniors Learning Technology

Technology is what moves the world around us, but for many seniors, the idea of using a computer can be a daunting task. That's why The J created the Kindred Active Adult Technology Series, a three part series that walks seniors through the basics of using a computer and some of the basic applications that will help better their lives.

The group started first with an introduction to computers on Wednesday, May 10. This class covered basic computer use and sending emails. Week two focused on Facebook and week three on smart phones. The classes were taught by Susan Kwasny and Jeff Slyn.

Facebook can be very useful for seniors to keep in touch with their family and friends, even if they do not actively post much to the social media. Before the class, Kwasny helped the group create a Facebook account.

Slyn used his own personal page to show

the seniors the homepage, how to fill out a personal profile, how to connect with their friends and how Facebook messenger worked.

Kwasny and Slyn explained the personal Facebook wall, and said that this is the place where your friends can see your posts, pictures and "about me" section. One challenge that many people struggle with is finding someone with a popular name and having to sift through multiple profiles in the search results. That is where a good profile picture can help you find the people you are looking for or others find you.

The newsfeed is the central hub for all of your friends' posts, from pictures of their kids to what they had for dinner that night. Based on who your friends are and the pages that you "like," your newsfeed is your world that you've created. The instructors then showed the group Facebook's events

features, which can help you keep track of all those fun weekend plans, and even your friends' birthdays. Facebook ensures that you'll never be that friend who forgets an important date.

Friends are an extremely important part of Facebook, and the instructors demonstrated how to send and accept friend requests. Once you accept some friend requests, you can use the messages feature to say hello to those you have lost touch with. Kwasny explained that Facebook messages can be preferable to texting, as it can be for those friends that you don't have their personal phone number.

Learning all the ins and outs of Facebook can seem like a daunting task for only one hour, but instructors tackled it and taught seniors how to interact with their loved ones online.

PICTURE THIS: EARLY LEARNING CENTER POMEGRANATE GRADUATION



The J Early Learning Center graduated 14 students from the Pomegranate class at a ceremony on Monday, May 22. They were taught by Pomegranate Teachers: Jeanette Fishman, Hope Curry and Donna Anderson. "A majority of the children have been here since they were infants and are now going off to Kindergarten," said ELC Director Norma Cahen. "We are excited for them to graduate, but sad to see them leave the ELC. It has been a pleasure to watch them develop and grow."

As You Age: You and Your Medication

Tuesday, June 6 | 12:45-1:45 p.m. | Located in the Senior Adult Lounge



Learn more about your medications from a board certified Pharmacist. Topics include medication safety, drug interactions, how to save money on medications, when to use generics vs brand name and preferred pharmacies. Free for The J Members.

CenterStage 2017/18 Season Announced

By Marianne Zickuhr
J Arts & Ideas Outreach Manager

CenterStage's 2017/18 Season has something for everyone and season tickets are on sale now! Cole Porter's *Kiss Me Kate* starts off the season July 6-23 with "Another Op'nin' Another Show" & "Brush Up Your Shakespeare!" CenterStage will once again be partnering with KY Shakespeare in Central Park in August. Next up is *Smokey Joe's Café*, a revue with some of your favorite oldies like "Fools Fall in Love," "Poison Ivy," "On Broadway," "Hound Dog," "Love Potion #9" and "Jailhouse Rock" rocking the tunes September 7-17.

Celebrating its 20th anniversary, *Jekyll & Hyde* premiered on Broadway in 1997 and has been nominated for several Tony Awards before coming to CenterStage October 19-November 5. This musical horror drama is based on the Robert Louis Stevenson nov-

el. Stevenson had long been fascinated with split personalities but couldn't figure out how to write about them. One night he had a dream about Dr. Jekyll and Mr. Hyde and wrote the novel in just a few days. The play *Driving Miss Daisy* won the Pulitzer Prize in Drama in 1988 and Morgan Freeman originated the role of Hoke in the off-Broadway production of the play. The film is the only adaptation of an off-Broadway production ever to win an Academy Award for Best Picture. Don't miss our Daisy and Hoke on their drive, January 11-21, 2018.

Andrew Lippa's *Wild Party* is based on a narrative poem from 1928 of the same name- think *Clue* meets *Chicago*! The musical opened Off-Broadway in 2000 at the Manhattan Theatre Club and ran for 54 performances with Broadway star Idina Menzel as Kate. *Wild Party* won the 2000 Drama Desk Award for Outstanding Music and the Outer Critics Circle Award for Outstanding

Off-Broadway Musical. *Wild Party* comes to CenterStage February 15-March 3. The outstanding season closes with a family favorite- *Disney's Little Mermaid*, April 12-29! The musical is based on the animated 1989 Disney film of the same name and the classic story of the same name by Hans Christian Andersen about a mermaid who dreams of the world above the sea and gives up her voice to find love. Come see us "Under the Sea" and be "Part of Our World" in CenterStage's 2017/18!

Season tickets are on sale now. Season Subscribers save 20 percent on the price of tickets, receive early admittance into the theatre and get discounts to other J Arts & Ideas events. Upgrade your seats to VIP and be the first to be escorted into the theatre from the VIP Lounge and receive complimentary concessions. Season tickets are on sale at www.CenterStageJCC.org or by calling 502-238-2709.

CENTERSTAGE 2017/18 SEASON

Kiss Me Kate - July 6-23

Smokey Joe's Café - September 7-17



Jekyll & Hyde - October 12-
November 5

Driving Miss Daisy - January 11-21

Wild Party - February 15-March 3

Disney's Little Mermaid - April 12-29

tickets: www.CenterStageJCC.org

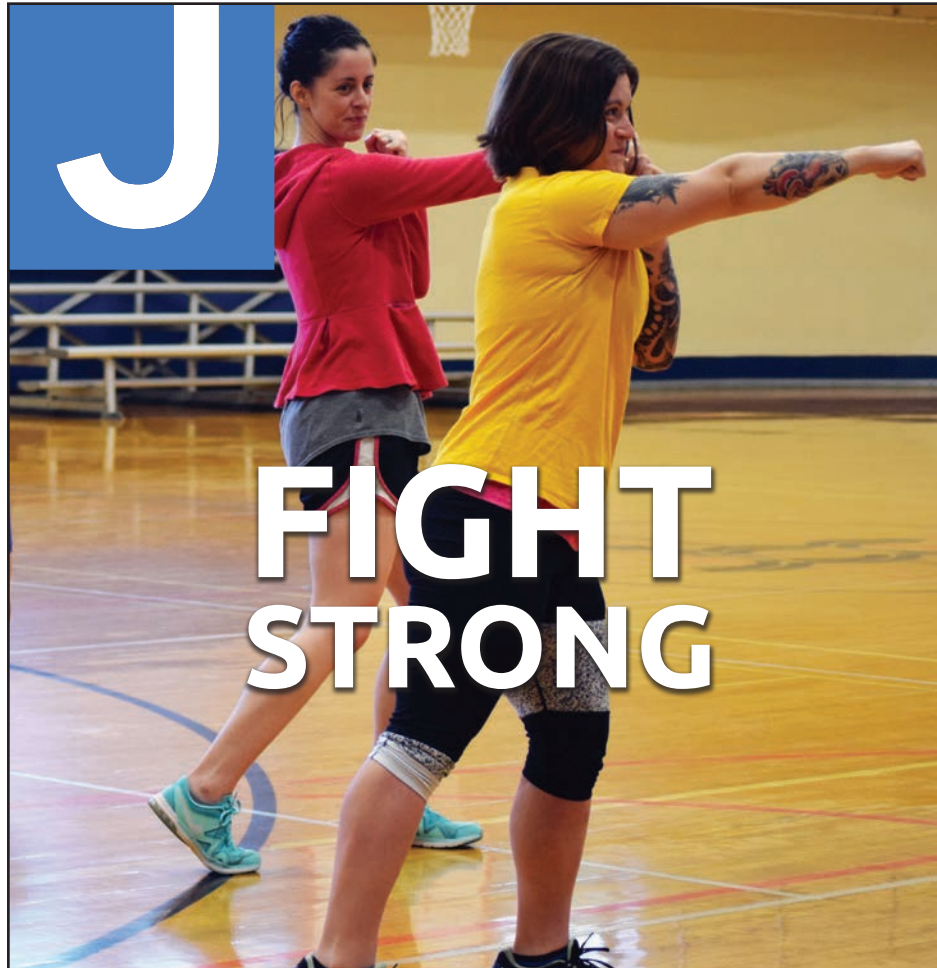
THE ROCKY HORROR SHOW

Don't dream it.
Be it.

Music, Lyrics
and Book by
Richard O'Brien

502-238-2709
CenterStageJCC.org
\$22 in advance
\$24 at the door

JUNE 3 & 10 | 7:30 & 11 P.M.
JUNE 15 | 7:30 P.M.



FIGHT STRONG

Fridays, June 2-23 | 5-6 p.m.

This class will consist of kickboxing cardio to shred fat and integrate intervals of weight training to build muscle.

INSTRUCTOR: Amber Glass | FEE: \$92, \$70 The J Members
www.jewishlouisville.org/fight-strong



AQUA YOGA

Tuesdays • June 6-27
7:30-8:30 a.m.
Fee: \$90,
\$72 The J Members
www.jewishlouisville.org/aquayoga

New Pilates Studio Focuses on Fitness for Everyone

By Syd Bishop
For CenterPiece

Self-motivation is a critical component to physical fitness and well-being, from diet to exercise. For anyone looking to explore fresh alternatives, The J's newly revamped Pilates course is a fantastic opportunity, especially after recently renovating and refreshing the studio space, and hiring new staff including the wonderful Jocelyn Doremus, a pilates instructor with a degree in dance from Florida State University.

For The J Fitness Director Ron Peacock, finding the right candidate for the job was critical. Fortunately, Peacock found Doremus eager and willing; she was surprised to learn about the Pilates studio and excited to get started.

He explains, "All four of the new instructors bring a great upbeat personality that makes a person say 'I want to do reformer pilates with that person.'"

Pilates is an aerobic form of exercise that emphasizes repetition and body weight activities with a specific attention to proper alignment, breathing and control. Breathing and proper posture play a significant role in the routine, which requires focus and attention. As such, the Pilates studio was given a tasteful renovation, with a design that focuses on a clean and relaxed environment.

"The new studio looks amazing. New cabinets, new carpet, new signs, pictures, new blinds. All new signage on the front door so members know we actually have a Pilates Studio. Not only we did overhaul the studio itself, but the reformer machines inside now have all new accessories which

make training easier and more enjoyable," says Peacock.

Part of the update focuses on the Reformer Pilates machines, horizontal workspaces, padded and equipped with pulleys and straps. In emphasizing the Reformer machines in the routine, there is less opportunity for high impact exercise, making it open to a broader potential clientele.

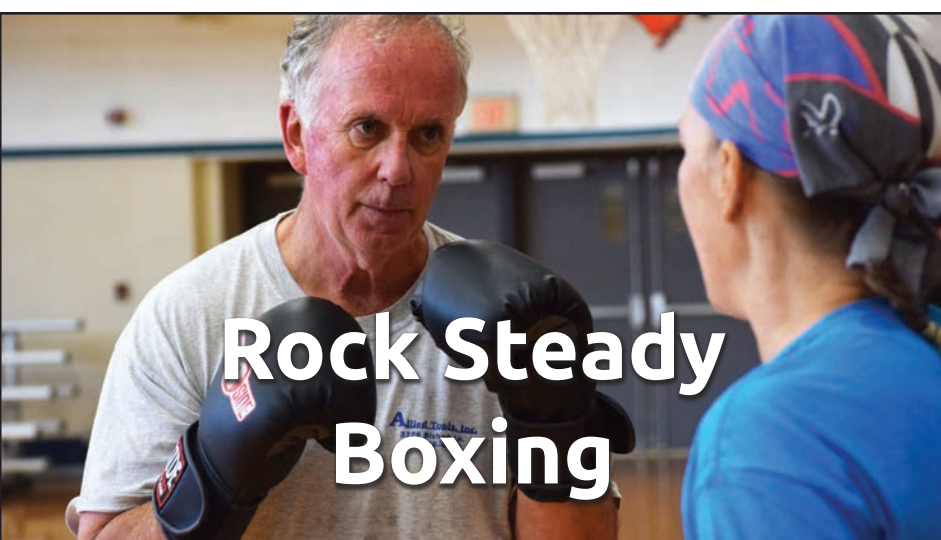
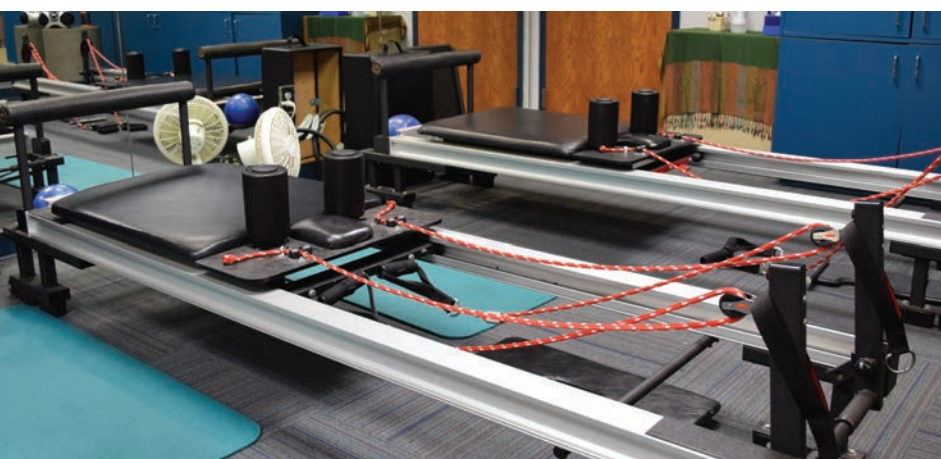
"If you're in here, you are on a different plane of gravity. It's a different way of focusing. It's a very mental focus and very small. We're concentrating on the core," says Doremus.

She adds, "When people leave, they can come in drained, but they're energized. When you come in here, you are awakened."

It's an invigorating exercise. Routines include leg presses, which are essentially horizontal squats, leg and arm work for muscle toning and a lot of core work. The calming atmosphere and cool confidence of Doremus blend for a relaxed, but efficient workout that gets your heart rate up without high impact activity.

"It looks too simple and easy for many people, but if they only knew the results you can get from it then everyone would try it," continues Peacock.

The updated Pilates studio has the ease of a fresh spa, and is comfortable for people of all exercise levels, from new mothers to physically active members and beyond. The music is calming and Doremus knows her way around the machine in a way that lends you confidence. For more information about The J's Pilates program, visit www.jewishlouisville.org/pilates



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



SENIOR CALENDAR

MAY 30

ElderServe Presents—"Enjoy the Power of Fiber in Your Diet, 12:45 p.m.

Come learn about how foods rich in fiber boost health & keep digestive system functioning healthy. Healthy snacks will be served.

JUNE 6

Senior Retirees Meeting - "As You Age: You & Your Medications", 12:45 p.m.

Amanda Bausch, the community pharmacy resident at Norton Healthcare will be the speaker. Some of the topics she will discuss are medication safety, medication financials-how to save money with generics, 90 day supply, preferred pharmacies. Refreshments will be served after the program.

JUNE 13

Musical Entertainment with John Gage, 12:45 p.m.

Join us as our friend John Gage returns to entertain us singing your favorite songs. We will celebrate June birthdays & anniversaries.

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.



John Gage



**The Gendler Grapevine Fresh Stop Market opens
June 7, 4:30-6:30 p.m.,
at The J Pavilion.**

Fresh vegetables at The J!
Purchase your shares by Friday, June 2 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