

Senior Adult Committee

Margot Kling, Chair

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

Dues for the Adult Social Club are as follow:

\$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, Nutrition Cook
Jewish Community Center
(502) 459-0660

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 Community Federation 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.

DERBY DINNER PLAYHOUSE
“MUSIC MAN”

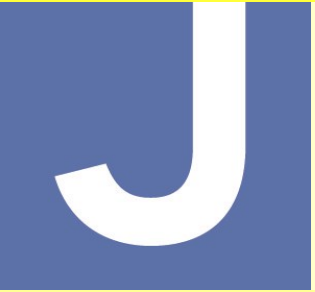
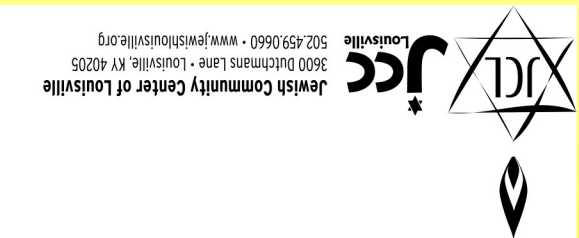
Wednesday, August 2—11 AM

“This romantic and touching Broadway musical features a nostalgic score, rousing dance numbers, and is a grand tribute to the simplicity and optimism of Smalltown, USA.”

Cost of admission, lunch and transportation: \$40/M, \$45/NM
Reservation & Payment Deadline: WEDNESDAY, JULY 12



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SENIOR TIMES
June 2017

A Message from Diane Sadle and Natalie Kusyo

Dear Friends,

Summer is finally here! Hope the weather will cooperate so all of you will be able to join us in the many programs that are planned. Please join us on Thursday, June 8 at 6:30PM for the JCL Annual Meeting. Dolores Levy will be honored as this year’s Elsie P. Judah Award recipient. Dolores has been working with Natalie to help seniors prepare for their citizenship test.

We also would like to remind you that one of our big events during the year is our **Membership Appreciation Luncheon**. This event will be held on August 20 at 12PM. So, please make sure to pay your dues, as **this event is for Club Members only!**

Mary Adams, JCC’s longtime exercise instructor has retired as of June 2. Thank you Mary for all the years working at the J. We wish Mary all the best as she starts a new chapter in her life. Starting on Monday, June 5, a new schedule will begin offering seniors a variety of exercise classes. The enclosed flyer lists the classes, times and instructors.

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 & Jeanette Weinberg Fund
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

Senior Retirees Meeting

“As You Age: You & Your Medications”

Tuesday, June 6-12:45PM. 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.



Musical Entertainment with John Gage

Tuesday, June 13-12:45PM. Join us as our friend John Gage returns to entertain us singing your favorite songs. We will celebrate June birthdays & anniversaries.



ElderServe Presents: “Dairy Foods: Calcium & Vitamin D”

Tuesday, June 27-12:45PM. Come learn about the important nutrients in dairy and ways to incorporate low-fat dairy products in your diet. Healthy snacks will be served.



American Bone Health Presents: Healthy Bones, Healthy Life

Friday, June 30-1PM. 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.

SAVE THE DATES:

Day Trip-Slugger Museum & Glassworks

Thursday, July 13-10AM. 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 6th. Fee for admission and transportation: \$25/M, \$28/NM

Lunch & Show-”Kiss Me Kate”

Sunday, July 23. Cost \$25/M, \$30/NM

Paid-Up Membership & Volunteer Recognition Luncheon

Sunday, August 20-12PM

Remember to pay your 2017 Club Membership Dues!



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

JUNE 2017

MON	TUE	WED	THU	FRI	SAT/SUN
MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 outdoor swimming pool WEDNESDAY- Blood Pressure Screenings-10:15, Deep Water Wellness-10:30AM, Walk with Ease-12:45PM MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM, M-W-Active Adult Fitness-9:45AM, Friday Flex-9:45AM TUESDAY-Light Weights-10AM, Thursday-10AM TUESDAY-Boomer Wall-11AM, THURSDAY-11AM MONDAY-Tai Chi-11AM			1 The JCC Nutrition Site will be closed for Jewish holiday SHAVUOT 	2 Light Weights-9:30AM Tai Chi-10:15AM Chicken Marsala, linguine, steamed broccoli, Spinach fruited salad applesauce, Challah *	3/4
5 Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Tomato stuffed/tuna, cream of mushroom soup/crackers, cole slaw, honey wheat bread, orange slices, sugar cookie *	6 Light Weights-10 AM Boomer Wall 11:00 AM Sr. Retirees Meeting—12:45 PM Barbecue chicken, herbed rice, steamed vegetable medley, tossed salad/tomato, mandarin oranges in gelatin, dinner roll*	7 Adult Active Fitness-9:45 AM BP Screening –10:15 AM Chair Exercise, 10:30 AM Line Dancing 1:00 PM Cheese pizza, Greek salad, apricots, chocolate chip cookie, *	8 Light Weights-10AM Boomer Wall-11AM JCL Annual Meeting-6:30PM Spanish omelet, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread *	9 Friday Flex -9:45AM Chair Exercise-10:30AM Pot Roast, roasted red potatoes, green beans, Romaine salad, chilled peaches, Challah *	10/11 * <i>Tea & Orange Juice</i>
12 Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Sr. Adult Advisory Mtg.-1PM Herbed baked tilapia/dill sauce, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread*	13 Light Weights-10 AM Boomer Wall 11:00 AM John Gage-12:45 PM Cabbage roll, mashed potatoes, peas & carrots, Romaine salad, pineapple tidbits, dinner roll*	14 BP Screening-10:15 AM Adult Active Fitness-9:45AM Chair Exercise-10:30 AM Line Dancing 1 PM Chicken Salad Sandwich on rye bread/ lettuce & tomato, minestrone soup/ crackers, tropical fruit, broccoli & raisin salad*	15 Light Weights-10AM Boomer Wall-11AM Spaghetti/marinara sauce, vegetable medley, tossed salad/ tomato, breadstick, chilled pears. *	16 Friday Flex-9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM Chicken Picatta/Bow-Tie Pasta, steamed zucchini & yellow squash, Israeli Salad, sliced hot apples, challah	17/18 <i>Happy Father's Day!</i>
19 Active Adult Fitness -9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Turkey Pastrami Sandwich on rye bread, vegetable soup/crackers, potato salad, sliced peaches. *	20 Light Weights-10AM Boomer Wall 11:00 AM Beef Stew/ sliced potatoes, carrots, green beans, tossed salad/tomato, apple sauce, dinner rolls *	21 BP Screening-10:15 AM Adult Active Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1 PM Panko & Feta Tilapia/dill sauce, rice pilaf, cole slaw, tropical fruit salad, wheat bread. *	22 Light Weights-10AM Boomer Wall-11AM Vegetarian Lasagna, Romaine salad, sliced pears, breadsticks *	23 Friday Flex -9:45AM Chair Exercise-10:30AM Meat Loaf, red potatoes, baby carrots, tossed salad/tomato, fresh fruit salad, Challah *	24/25 
26 Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Grilled cheese sandwich, tomato soup/ crackers, tossed salad/tomato, chilled apricots, sugar cookie *	27 Light Weights-10AM Boomer Wall 11:00 AM ElderServe Presents; Dairy Foods Oven fried chicken breast, red roasted potatoes, green beans, Romaine Salad, pineapple tidbits, dinner roll *	28 Active Adult Fitness-9:45 AM Blood Pressure Screening 10:15 AM Chair Exercise, 10:30 AM Line Dancing 1PM Crispy baked fish, scalloped tomatoes, macaroni & cheese, butterscotch pudding, wheat bread *	29 Light Weights-10AM Boomer Wall-11AM Sloppy Joe on bun, potato wedges, baked beans, Israeli salad, sliced peaches/craisins *	30 Friday Flex -9:45AM Chair Exercise-10:30AM Healthy Bones, Healthy Life 12:30 PM Turkey breast/ stuffing, sweet potato casserole, steamed vegetable medley, chilled pears, challah*	Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and