

Senior Adult Committee
Margot Kling, Chair

Mag Davis
Rosita Kaplin
Margaret Mazanec
Si Wolf
Roy Frye

Joyce Myers
Gale Karem
Emily Podgursky
Joe Rothstein
Martha Bennett

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, Cook

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.

Paid-Up Membership & Volunteer Recognition Luncheon

Sunday, August 20-12PM. Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Entertainment will be provided by Jennifer Diamond and Acoustics Guitarist Daniel Worley. A variety of musical genres will be performed. Transportation will be provided upon request. Remember to pay your 2017 Club Membership Dues!



Day Trip to Abraham Lincoln Museum & Birthplace

Thursday, August 31-10AM. Reservation & Payment Deadline: Tuesday, August 15. We will first have lunch at Golden Corral in Elizabethtown, KY followed by a guided tour of the Abraham Lincoln Museum in Hodgenville, KY. We will also visit Lincoln’s Birthplace. Limited to 33 participants. Cost of transportation, admission & lunch: \$18/M, \$23/NM



SENIOR TIMES
July 2017

A Message from Diane & Natalie:

Dear Fellow JCC
& Adult Social Club Members:

We have many exciting programs and trips planned for you and hope that all of you will come and participate in the variety of senior activities at the “J.” Remember many of the trips fill up quickly so make your reservations early.

In August, we will have our Annual Paid-Up Membership Luncheon. This event is only for paid up members of the Adult Social Club and will be an exciting program. Vocalist Jennifer Diamond & Acoustic Guitarist Daniel Worley will perform a variety of musical selections.

Now is a good time, if you have not done so already, to pay your yearly dues for 2017.

Dues for the Adult Social Club
are as follows:

\$25.00 JCCM
\$30.00 JCC Couple
\$75.00 NM
\$90.00 NM Couple

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 Foundation
Jewish Heritage Fund for Excellence.
KIPDA
Meals on Wheels America

UPCOMING EVENTS

For LUNCH Reservations, call 238-2743.
For ALL other Reservations, call 238-2749 or 238-2743
THE JCC NUTRITION SITE WILL BE CLOSED ON
TUESDAY, JULY 4TH FOR THE INDEPENDENCE HOLIDAY.

Patriotic Music Celebration

Tuesday, July 11-12:45PM.

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

Tuesday, July 11-1:30PM. 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.

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

Gourmet Dining Club

July 17-5:30 pm

Join us for dinner at Bristol Bar & Grille on Hurstbourne Pkw. Call 238-2749 to make reservations.



Cost of transportation: \$4

Senior Retirees Meeting

Tuesday, July 18-12:45PM. 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.

Lunch & Show “Kiss Me Kate”

Sunday, July 23-12:15PM Lunch, 2PM-Show.

It is “Another Op’nin, Another Show for a troupe of actors as they arrive in Boston and are preparing for opening night of a musical version of Shakespeare’s Taming of the Shrew. Soon a play-within-play unfolds where each character’s onstage life is complicated by what is happening offstage. Kiss Me Kate, a five time Tony Award winning, Cole Porter classic, has been a favorite among theatre audiences for nearly seventy years and is considered to be a jewel in Broadway’s crown.”

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

ElderServe Presents: Eating Healthy on a Budget

Tuesday, July 25-12:45PM. Come learn skills to help save money at the grocery store and eat healthy on a budget. Healthy snacks will be served.

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PERMIT NO. 510

Jewish Community Center of Louisville
3600 Dutchmans Lane • Louisville, KY 40205
502.459.0660 • www.jewishlouisville.org



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

July 2017



Our Nutrition Program is partially
funded by MAZON:
A Jewish Response to Hunger.

MON	TUE	WED	THU	FRI	SAT/SUN
3 Active Adults Fitness– 9:45 am Chair Exercise 10:30am Tai Chi - 11 am Hot dog on bun, potato salad, cole slaw, dill pickle, watermelon slice*	4 Independence Day  Nutrition Site Closed	5 Active Adult Fitness-9:45am Chair Exercise, 10:30am Continuous Line Dancing, 1pm Tomato stuffed/tuna, cream of mush- room soup/crackers, cole slaw, honey wheat bread, orange slices, chocolate chip cookie. *	6 Light Weights-10am Boomer Wall-11am Fettucine Alfredo with broccoli & mushrooms, Spinach Fruited salad, breadstick, sliced peaches *	7 Friday Flex-9:45am Chair Exercise-10:30am Chicken Marsala, linguine, steamed vegetable medley, Romaine salad, applesauce, Challah *	8/9
10 Active Adult Fitness-9:45am Tai Chi-11am S r. Adult Committee Mtg. 1pm Crispy baked fish with dill sauce scalloped tomatoes, macaroni & cheese, Israeli Salad, butterscotch pudding, wheat bread. *	11 Light Weights-10am Boomer Wall 11:00am July 4th Celebration 12:45pm iPad Class-1:30pm Cabbage roll, mashed potatoes, peas & carrots, Romaine salad, pineapple tidbits, dinner roll. *	12 Active Adult Fitness-9:45am Chair Exercise, 10:30 Continuous Line Dancing, 1pm Corn Beef Sandwich on rye bread, veg- etable soup/crackers, potato salad, sliced peaches. *	13 Light Weights-10am Boomer Wall-11am Spanish Omelet, zucchini & yellow squash casserole, Israeli salad, apple crisp, wheat bread*	14 Friday Flex-9:45am Chair Exercise-10:30am Pot Roast, roasted red potatoes, green beans, Romaine salad, chilled pears, Challah*	15/16
17 Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am J Book Club-11am Gourmet Dining at 5:30 pm Spaghetti/marinara sauce, vegetable medley, tossed salad/tomato, breadstick, chilled peaches/craisins, *	18 Light Weights-10am Boomer Wall 11:00am Senior Retirees Meeting 12:45 pm Herbed crusted salmon filet /dill sauce, rice pilaf, steamed zucchini & yellow squash, Orzo salad, fresh fruit salad, dinner roll. *	19 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 pm Beef Stew, with potatoes, carrots, green beans, Israeli salad, baked apple slices, dinner roll. *	20 Light Weights-10am Boomer Wall-11am Egg salad on rye bread with lettuce & tomato, cream of mushroom soup/ crackers, potato chips, orange wedges, chocolate chips cookies*	21 Friday Flex-9:45am Chair Exercise-10:30am Nutrition Education-11:30am Barbecue Chicken, mashed potatoes, green beans, Romaine salad, manda- rin oranges in gelatin, Challah. *	22/23 Lunch & Show-Kiss Me Kate
24 Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am Tomato soup with crackers, grilled cheese sandwich, tossed salad/ tomato, sugar cookie, apricots. *	25 Light Weights-10am Boomer Wall 11:00am ElderServe Presents-12:45pm Sloppy Joe on bun, potato wedges, baked beans, Israeli salad, sliced peaches/craisins. *	26 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 pm Herbed baked tilapia/dill sauce, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread*	27 Light Weights-10am Boomer Wall-11am Cheese Pizza, Greek Salad, tropical fruit, chocolate chip cookie. *	28 Friday Flex-9:45am Chair Exercise-10:30am Oven fried chicken breast, red roasted potatoes, green beans, Romaine salad, pineapple tidbits, Challah *	29/30 *Juice & Tea
31 Active Adult Fitness-9:45am Chair Exercise10:30am Tai Chi-11am Turkey sandwich on rye bread/lettuce & tomato, vegetable soup/crackers, cole slaw, tropical fruit. *	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 AM, Deep Water Wellness-10:30AM MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM, MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM MONDAY-Tai Chi-11AM TUESDAY, THURSDAY: Light Weights-10AM TUESDAY, THURSDAY: Boomer Wall-11AM FRIDAY: Friday Flex-9:45AM			 Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.	