

CENTERPIECE

INSIDE

 Save 10% on 2018
Traditional Summer
Camp

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SWITCH! offers a customized fitness class

 by Elizabeth Gerber
Special for Community

We've all been there—car won't start, meeting ran late, kids couldn't get ready in time—resulting in you running late and missing your workout class. Rather than miss out on achieving your fitness goals all together, The J's new group fitness class is designed especially for days like this.

SWITCH is a circuit training class at The J taught by personal trainer and group fitness instructor, Mat Shalenko. The class is designed to be completely customizable around your schedule and fitness level.

"The best benefit of SWITCH is the convenience of it," Shalenko said. "You don't have to get there right when the class starts. You can get there whenever you can and hop in whenever the next circuit starts."

The class consists of 10 stations, where participants spend three minutes at each doing a mixture of strength training and cardio exercises before moving on to the next when Shalenko yells, "SWITCH!" Because of the flexibility, you can spend 30-minutes working out if you're pressed for time, or on days when you're more available you can spend 90-minutes in the class.

"You're going to get a good work out in," Shalenko said. "Some stations might be one exercise for the whole three minutes, some could be a circuit within a circuit so you might have a station where you do three exercises and just do as many rounds as you can."

The circuits are varied, some focusing on strength training, some on cardio. But all of them can be modified to make them easier or harder. Participants can expect to do loaded carries, arm work, ab work—really a little bit of everything.

"SWITCH offers variety," Shalenko said.



"If someone is a little intimidated by Boot Camp, SWITCH is a good start to do some of the same movements. But, being at a station for three minutes at a time, you can work at your own pace."

In general, The J is a great place to work out because it's not an intimidating gym to exercise in but it has everything you need for beginners to experienced lifters. Keeping with that theme, each time you stop by SWITCH, there will be something new. Whether that be a new face or a new circuit, your class is sure not to be stagnant.

"It's a really cool class," Shalenko said. "It's great to see everybody at the different stations all working out on their own but in a class together working hard. It's a really cool vibe in there."

SWITCH, a free group fitness class, is offered on Mondays at 6 a.m. in the Lower Gym and Wednesdays at 5 p.m. in the Upper Gym.



Vamvas steps into new role as Fitness Director

 by Shiela Steinman Wallace
Editor Emeritus

For nearly four years, Matt Vamvas has greeted people who have come to The J with a warm smile and a commitment to make each person who walks through the door welcome and comfortable.

First you found him at either the front desk or the Health and Wellness desk. More recently, he was The J's membership director, welcoming prospective members and helping them feel that The J is the right place for them.

Now, Vamvas has taken on a new role. He has been named The J's Fitness Director, and he's committed to ensuring that everyone who visits the gym has a positive experience.

A native Kentuckian, Vamvas hails from Bowling Green and earned his bachelor's degree in sociology from the University of Kentucky.

His first job after college was with AmeriCorps' Volunteer Talent Center. "It's kind of like the Peace Corps," Vamvas explained, "but it's here in the United States." The year-long program served as his introduction to the nonprofit world, and he knew he had found his passion.

Prior to coming to The J, Vamvas ran the Angel Tree program for the Salvation Army,

helped get gifts for low-income families and cooked meals for the homeless. "We did a lot of outreach," he explained.

He also worked for the American Cancer Society, where he ran a Look Good Feel Better group, which helped women who were going through chemotherapy get makeovers. He also ran a Man-to-Man program, a group for prostate cancer survivors.

Vamvas also has a strong fitness background. "My Dad used to be a body builder," he said, and "he used to take me to the gym with him all the time. That's where my love of fitness came from."

Shortly before Vamvas started working at The J, he earned his personal training certification, and while he was working the desk at The J, became a personal trainer. "A lot of members would come to me and ask me for personal tips—'am I doing this right?,' 'what's the best exercise if I have a bad back?' and that sort of thing," he said.

The transition to membership director was easy and natural. Vamvas knows that The J has a lot to offer. In fact, he and his wife, Meghann, consider it their second home. So showing the facility off and making people feel comfortable and welcome was just what he wanted to do.

Now, stepping into his new role, Vamvas is taking that attitude into the gym and he's starting out by focusing on member integration, ensuring that every member has



a good experience and someone is there to help them achieve their fitness goals.

The first step is already in place. Through the Ambassadors Program, Vamvas matches people who are experienced with specific programs with those who might be interested in trying those programs. The ambassadors might connect a new member with a group exercise instructor or even attend a class with that person.

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THANKSGIVING HOURS

The J Hours 7 a.m.-3 p.m.

Pre-Feast Fitness Fest

 Breakfast..... 7:30-8 a.m.
30-minute classes 8:00, 8:30,
..... 9:10, 9:45
Boot Camp - Upper Gym - Susan
Body Pump - Lower Gym - Clinton
Yoga - Aerobics Studio - Stefanie
Cycle - Cycle Studio - Lisa
JBarre - Dance Studio - Mary

Snowflake Shoppe continues expanding

The third annual Snowflake Shoppe, presented by Miller Williams Insurance, will bring holiday shopping to The J with expanded hours. On Sunday, November 19, the event will be extended to 10 a.m.-3 p.m. and is still free for everyone.



A Preview Party will take place on Saturday, November 18 from 6-9 p.m. The ticketed event will include first selection from the more than 75 vendors, including Chartreuse Boutique; Pink Zebra Candles; Ahoy Amigo and MDA Monograms, as well as a drink ticket, appetizers and a chance to win door prizes.

"Our goal is to make shopping local easy for everyone by bringing local vendors together under one roof," says Snowflake Shoppe chair Nikki Grizzle. "The event keeps getting better each year and we can't wait for everyone to see some of the exciting things we have planned for the Saturday night preview party."

Vendors will again take over the entire first floor of The J for the holiday boutique. Gifts available for purchase will include leather goods, candles, customized wreaths, monogrammed gifts, hand-painted glassware, wine accessories, local handmade jewelry, jewelry from nationally known vendors, health and skin care products, locally handcrafted soaps, pet items, toys, books, women and children's clothing and accessories, home decor, Kentucky Proud items and more.

Proceeds from this event will benefit The J's Early Learning Center to assist with the purchase of much needed educational toys and equipment.

For more information or tickets to the preview night, visit www.jewishlouisville.org/snowflakeshoppe.

PARENT'S NIGHT OUT



Nov. 18 • 6:30-10:30 p.m.

Parents, enjoy a night out while your children, ages 2 years-6th grade, have fun at The J!

Fee:

\$35, + \$10 additional child*

The J Member Fee:

\$25, + \$10 additional child*

*Children must be from the same household

www.jewishlouisville.org/pno

Early Bird Registration for Summer Camp opens in November

The calendar may still say fall, but The J is already gearing up for another great Summer Camp. Early bird registration, where families can save 10%, opens in mid-November for traditional camps.

Children will love our theme for the 2018 Camp, "Summer of Superheroes." The good times will run June 4-August 10 for children entering Kindergarten through Counselors in Training (CITs) going into the 10th grade. Each week of camp will be themed around a superhero and their values. For example, Wonder Woman will demonstrate Peace while Superman will teach us about Justice.

"Camp is the best time of our children's lives," says Mindye Mannel, The J Summer Camp Director. "This summer, we are going to have so much fun learning values from and pretending to be our favorite superheroes"

Traditional camp will include daily swimming, arts and crafts, sports and games, music, Israeli culture and more.

"We are incorporating more science and nature into our camps this year," says Mannel. "Plus, our sports curriculum is enhanced for all of our traditional campers and we will have dance specialists all summer long."

There are many specialty camps being planned for the summer including Triathlon Camp, Snapology Camp, Weather Camp with Matt Milosevich, Chess Camp, Soccer Camp, Basketball Camp, Spotlight and much more. Registration for those will open in January.

For more information, contact the camp office at 502-238-2716. Early bird registration for Traditional Summer Camp opens in mid-November and can be done online at www.jclouisvillecamp.org.



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

WINTER CAMP



Join us on our quest at Winter Camp!
Dec. 20, 2017-Jan. 2, 2018

Register online at jewishlouisville.org/wintercamp

Jekyll & Hyde: The Musical picks up where book leaves off

by David Wallace

Special for Community

Jekyll & Hyde: The Musical is loosely based on Robert Louis Stevenson's *The Strange Case of Dr. Jekyll and Mr. Hyde* written in 1886. The show premiered in Alley Theatre in Houston, Texas in 1990 and went to Broadway in 1997.

The characters, Lucy Harris, a prostitute from the dark side of London, and Emma Carew, Henry Jekyll's intended bride, were not in Stevenson's book but were added to the musical.

In the musical Edward Hyde is portrayed as an avenger who kills the venal members of the board of directors who have rejected Jekyll's proposal of a scientific experiment that could cause good to triumph over evil in all individuals.

Hyde murders all of the board members one at a time and finally Lucy, who loves both Jekyll and Hyde. Emma, dressed in white, represents the good side of humanity

while Lucy, dressed in red and black, shows what happens to those who are trodden down by life.

The company, which represents the dark side of London, sings three reprises of the song "Façade," which refers to the superficial good that masks the evil in mankind.

For *Hyde: The Musical* to succeed, the character of Henry Jekyll/Edward Hyde, played in CenterStage's production by Mike Fryman, must have versatility and a strong singing presence. Fryman pulls this off with panache and the aid of superb lighting. When he transforms from Jekyll to Hyde his voice gets deeper and gruff, he becomes physically larger and he represents the personification of evil.

When he is Jekyll he has a naïve goodness, but is unable to stand up to the evil Hyde. Near the end, at the ceremony where he is to marry Emma, he doubles over in pain, switching constantly from Jekyll to Hyde and back, from lightness to darkness, until finally he defeats Hyde the only way he can, by taking his own life.



Jessica Adamson, as Lucy, and Margo Wooldridge, as Emma, convey poignancy with their strong nuanced voices especially when they sing "In His Eyes" together in Act II, Scene Two. Jason Cooper should be

commended in his debut as director at CenterStage.

Jekyll & Hyde runs through November 5. Next up is *Driving Miss Daisy*, from January 11 to 21, 2018

ELEMENTARY SPORTS & GAMES

Soccer 2017

November 8-December 13

K-2nd Grade | Wednesdays, 4-4:54 p.m.

3-5th Grade | Wednesdays, 5-5:45 p.m.



SOCCER CAMP WITH GUY ABEND



December 20-22,
during Winter Camp

www.jewishlouisville.org/wintercamp

MAZIN

JURIED ART EXHIBITION

OPENING RECEPTION

Sunday, Nov. 12, 2017 | 2-4 p.m.

Show runs November 12-January 16
at The J Patio Gallery



We want to serve you better!

We are conducting The J Membership Benchmarking Survey, **October 19-November 1**.

Visit jcoflouisville.org to complete the survey.

Your answers will be confidential and your email address will not be shared.

Thank you for your feedback!

PICTURE THIS: TEVYE AND HIS DAUGHTERS



CenterStage Acting Out presented *Tevye and His Daughters* on October 1, 8 and 15 at the Standard Club. In a changing time, Tevye loves his daughters but struggles to adapt to their new way of thinking. While the play was written more than 100 years ago, it still rings true to families struggling with similar themes.



EMPTY NESTERS CLUB

**Monday, November 13
11:30 a.m. at The J Library**

Enjoy a discussion about the history and the future of The J! A free lunch will be served. Also, enjoy "brain games" with the group. jewishlouisville.org/emptynester

SENIOR CALENDAR

OCTOBER 31

Musical Presentation-Todd Hildreth, 12:45 p.m.

Todd Hildreth will be our guest, performing both on the piano and accordion. Refreshments will be served after performance.

NOVEMBER 5

Chamber Music Society of Louisville Concert, 1:30 p.m.

A dessert reception will follow the concert in the Senior Adult Lounge- RSVP-238-2749.

NOVEMBER 12

Mike O'Bryan-The Accordion Man, 12:45 p.m.

Join us as Mike O'Bryan entertains us with some of your favorite songs. Refreshments will be served after the program.

NOVEMBER 14

Annual Thanksgiving Luncheon, noon

Following the traditional holiday lunch in The J Auditorium, The Rascals of Ragtime will perform. In memory of Teresa Barczy,

our beloved volunteer who passed away several months ago, we are asking everyone who attends this event to bring a canned food item that will be donated in her memory to the JFCS Food Bank. RSVP by Friday, November 10.

NOVEMBER 21

Special Bingo, 12:45 p.m.

Seneca Place-A Diversicare Transitional Care Center sponsor Bingo.

NOVEMBER 28

Cantor Lipp- "These are a few of my Favorite Tunes", 12:30 p.m.

The children from the Pomegranates Class will join us for this enjoyable program. Cantor Lipp will perform some favorite Disney songs followed by some of your favorite Broadway tunes. Refreshments will be served after the program.



VAMVAS

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The ambassador might also reach out to a person who has been a member for a long time and encourage that person to try something new, "maybe even try to get them out of their comfort zone," Vamvas said.

"We offer a lot of awesome things here," he said, "and I want members to come in and to feel welcome and to not be overwhelmed or scared with doing free weights or doing machines" or any of the other programs.

Vamvas is also committed to staying on

top of what's trending in fitness and ensuring that The J offers new and exciting programs.

"The bottom line," he said, is "our members are most important and providing them with the best experience that I can here is my focus. While they're here, I feel like they're under my care and I want them to come to me with any questions and provide that warm, welcoming, fun environment."

"My door's always open to everyone," he added.

THE IBN ALI BOXING PROGRAM RETURNS IN NOVEMBER!



**Adult Classes: Mondays | 7-8 p.m.
Kids' Classes: Mondays | 6-6:45**

jewishlouisville.org/ali-boxing