

## Senior Adult Committee

Margot Kling, Chair

Mag Davis	Emily Podgursky
Rosita Kaplin	Joe Rothstein
Joyce Myers	Sy Wolf
Margaret Mazanec	Martha Bennett
Roy Frye	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 Site 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.

### Speed Art Museum Special Exhibit

**Thursday, February 22-10:15AM.** Join us for a guided tour of "Women Artist in the Age of Impressionism." This exhibition features over 80 exceptional paintings by 37 women artists. We will then have a boxed lunch, consisting of Gourmet Sandwich (selection to be determined), sides, drink. You will also have the opportunity to look at other exhibits presently being shown at the museum.

Cost of admission, lunch & transportation: \$35/M, \$40/NM

**Reservation & Payment Deadline: February 9**

### Derby Dinner Playhouse Presents: "Mamma Mia"

**Thursday, March 1 Leave JCC at 11:15AM**

Join us for this musical about "A mother, a daughter, three possible dads and a trip down the aisle you won't soon forget. The story-telling magic of ABBA's timeless songs propels this tale of love, laughter, and friendship. The ultimate feel-good show!" Cost of admission, lunch & transportation: \$40/M, \$45/NM

**Payment & Reservation Deadline: Thursday, February 1st**



# SENIOR TIMES

## January 2018

### A Message from Diane and Natalie:

### Dear Friends

We would like to wish you and your family good health and prosperity for the upcoming year. Many new & exciting programs have been planned for 2018 and we hope that you will join us in participating in these events.

A Senior Adult Poker Game Night has been added to the schedule. The group meets every Monday in the Senior Lounge at 6:30PM.. If you are interested in joining this group, please contact Diane at 238-2749.

**Friendly Reminder: Diane or Natalie will gladly accept your Club Dues Renewal.**

### Dues for the Adult Social Club are as follow:

\$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  
Meals on Wheels America  
KIPDA

### Celebrating the New Year with Sara Robinson on The Keys

**Tuesday, January 2-12:45PM.** Join us as Sara plays some your old time favorites and Broadway Tunes. Refreshments will be served.

### Musical Program with Tyrone Cotton-Singer, Songwriter & Guitarist

**Tuesday, January 9-12:45PM.** Tyrone Cotton began playing the guitar at 13. His music combines blues, folk & rock. Come & enjoy this wonderful musical event. Refreshments will be served after the program.

### Senior Retirees Meeting

**Tuesday, January 16-12:45PM.** Chaplain Dale McAbee from Baptist Health will be our guest speaker. He will speak on Martin Luther King's "Living the Dream". Refreshments will be served after program.

### Current Events with Matt Goldberg

**Friday, January 19-12:00PM.** Matt Goldberg, director of the JCL Jewish Community Relations Committee, will be our guest speaker.

### Lunch & Show-"Driving Miss Daisy"

**Sunday, January 21-12:15PM-Lunch, 2PM Show** "A play by American playwright, Alfred Uhry, *Driving Miss Daisy*, set in Atlanta, Georgia, explores the complicated relationship of an elderly, white, Southern, Jewish woman, Daisy Werthen and an African-American chauffer, Hoke Colburn, from 1948 to 1973. Over the 25 year journey of Hoke "driving Miss Daisy", they learn much about each other as well as themselves, ultimately forming a strong bond and lifelong friendship. *Driving Miss Daisy* won the 1988 Pulitzer Prize for Drama. Cost of ticket & lunch: \$25/M, \$30/NM  
Reservation & Payment Deadline: Friday, January 12

### Musical Program

**Tuesday, January 23-12:45PM.** Join us for a musical program featuring Dr. Stephen Mattingly and the University of Louisville Guitar students. Refreshments will be served after the program.

### Tu B'Shevat Seder

**Tuesday, January 30-12:45PM.** Please join Rabbi Nadia Siritsky & Cantor Sharon Hordes as we celebrate **The New Year of the Trees**. This is the season in which the earliest blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. We will be eating fruits such as grapes, figs, pomegranates, olives & dates. This holiday reminds of our connection to the earth and role as caretakers of the environment.




**The JCC Nutrition Site will be closed on Monday, January 1 for the New Year Holiday!**



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# January 2018

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

MON	TUE	WED	THU	FRI	SAT/SUN
<p><b>1</b> <b>The JCC Nutrition Site will be closed for the New Year Holiday</b> <i>Happy New Year!</i></p>	<p><b>2</b> Light Weights, 10 am Boomer Wall, 11:00 a.m. Sara Robinson 12:45 pm</p> <p>Barbecue Chicken, baked potato, vegetable medley, Romaine Salad sliced pears, dinner roll *</p>	<p><b>3</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Corn Beef Sandwich on rye bread, vegetable soup/crackers, sweet potato fries, cole slaw, sliced peaches. *</p>	<p><b>4</b> Light Weights-10am Boomer Wall-11am</p> <p>Panko &amp; Feta Tilapia/ dill sauce, rice pilaf, garden peas, Israeli Salad, tropical fruit salad, wheat bread.*</p>	<p><b>5</b> Friday Flex-9:45am Chair Exercise 10:30am</p> <p>Turkey breast, /stuffing, sweet potato casserole, green beans, pears, Challah*</p>	<p><b>6/7</b> Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief, macular degeneration and pain management.</p>
<p><b>8</b> Active Adult Fitness 9:45AM Chair Exercise, 10:30 a.m. Committee Meeting 1 pm</p> <p>Chicken salad sandwich on rye bread / lettuce &amp; tomato, minestrone soup/ crackers, broccoli &amp; raisin salad, pineapple tidbits *</p>	<p><b>9</b> Light Weights, 10 am Boomer Wall, 11 a.m. Tyrone Cotton-12:45PM</p> <p>Cabbage roll, mashed potatoes, peas &amp; carrots, tossed salad/tomato, pineapple tidbits, dinner roll. *</p>	<p><b>10</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, chocolate chip cookie, apricots. *</p>	<p><b>11</b> Light Weights-10am Boomer Wall-11am</p> <p>Spanish omelet, hash brown potatoes, tossed salad/tomato, apple crisp, wheat bread.*</p>	<p><b>12</b> Friday Flex-9:45am Chair Exercise 10:30am Louisville Orchestra Coffee Concert 10:15am</p> <p>Chicken Marsala, linguine, steamed broccoli, Spinach fruited salad, Challah, applesauce *</p>	<p><b>13/14</b></p>
<p><b>15</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Gourmet Dining 5:30p.m. Carrabbas's Hurstbourne PKY</p> <p>Crispy baked fish, scalloped tomatoes, macaroni &amp; cheese, butterscotch pudding, wheat bread.*</p>	<p><b>16</b> Light Weights, 10 am Boomer Wall, 11:00 a.m. Chaplain Dale McAbee 12:45PM</p> <p>Chicken Picatta/ Bow Tie Pasta, vegetable medley, Romaine Salad, sliced hot apples, Dinner rolls*</p>	<p><b>17</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Sloppy Joe on bun, potato wedges, baked beans, Israeli Salad, sliced peaches. *</p>	<p><b>18</b> Light Weights-10am Boomer Wall-11am</p> <p>Cheese pizza, Greek salad, apricots, chocolate chip cookie.*</p>	<p><b>19</b> Friday Flex-9:45am Chair Exercise 10:30am Nutrition Education-11:30am Mat Goldberg-12PM</p> <p>Pot Roast , potato kugel green beans, tossed salad, tropical fruits, Challah *</p>	<p><b>20/21</b> Lunch &amp; Show Driving Miss Daisy-12:15PM</p> 
<p><b>22</b> Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m.</p> <p>Tomato stuffed/tuna, cream of mushroom soup/crackers, potato chip, honey wheat bread, orange slices, sugar cookie.*</p>	<p><b>23</b> Light Weights, 10 am Boomer Wall, 11 a.m. UofL Guitar Students-12:45PM</p> <p>Chicken Cacciatore/penne pasta, green beans, Romaine Salad pineapple tidbits, dinner rolls.*</p>	<p><b>24</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Hamburger on bun/lettuce, tomato &amp; pickle potato salad, baked beans, sliced pears*</p>	<p><b>25</b> Light Weights-10am Boomer Wall-11am</p> <p>Herbed crusted salmon, rice pilaf, garden peas, cole slaw, sliced peaches/ craisins, dinner roll.*</p>	<p><b>26</b> Friday Flex-9:45am Chair Exercise 10:30am</p> <p>Oven fried chicken breast, roasted red potatoes, vegetable medley, Spinach fruited salad, applesauce, Challah*</p>	<p><b>27/28</b> * Juice &amp; tea</p> 
<p><b>29</b> Active Adult Fitness 9:45AM Chair Exercise, 10:30 a.m.</p> <p>Spaghetti/Marinara sauce, steamed zucchini &amp; yellow squash, tossed salad/tomato, pineapple tidbits, Breadstick.*</p>	<p><b>30</b> Light Weights, 10 am Boomer Wall, 11 a.m. Tu B'Shevat Seder-12:45PM</p> <p>Salisbury Steak, mashed potatoes, steamed carrots, Romaine salad, tropical fruits, dinner roll. *</p>	<p><b>31</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Herbed baked tilapia, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread. *</p>		<p><b>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym</b>  <b>MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30</b>  <b>WEDNESDAY: Deep Water Wellness-10:30AM</b>  <b>MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM,</b>  <b>MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM</b>  <b>MONDAY-Tai Chi-11AM</b>  <b>TUESDAY, THURSDAY: Light Weights-10AM</b>  <b>TUESDAY, THURSDAY: Boomer Wall-11AM</b>  <b>FRIDAY: Friday Flex-9:45AM</b></p>	