

## Senior Adult Committee

Margot Kling, Chair

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

Dues for the Adult Social Club are:  
 \$25.00 JCCM  
 \$30.00 JCC Couple  
 \$75.00 NM  
 \$90.00 NM Couple

### Jewish Community Center JCC Staff

Diane Sadle, Senior Adult Director  
 Natalie Kusyo, Nutrition Site Manager  
 Gerry Burns, Nutrition Cook

## Intergenerational, Interfaith Model Seder

Wednesday, March 21-4:45PM –Patio Gallery

Sponsored by the *Bensinger Family* in memory of *Judith Bensinger*. Join us for this annual event with the *Hebrew School* students. *Cantor Sharon Hordes* from *Keneseth Israel Synagogue* will lead us in the service followed by a catered dinner prepared by *Gerry Burns*.

Cost of event: \$5/M, \$8/NM. RSVP by Wednesday, March 14.

### SAVE THE DATE

Tuesday, March 20-12:45PM

*Gabriel Lefkowitz*, concertmaster for the *Louisville Orchestra* will be our guest speaker.



Wednesday, May 16

*Derby Dinner Playhouse* Presents:  
*Oklahoma*



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 the Office of Resilience & Community Services, KIPDA & The Commonwealth of KY, Cabinet for Health & Family Services with funds from U.S. Department of Health & Human Services, 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.



# SENIOR TIMES

## February 2018

### A Message from Diane & Natalie:

Dear Fellow JCC & Adult Social Club Members:

As the New Year has started, we would like to remind you of your Club Dues renewal. Dues for the Adult Social Club are as follows:

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

Being a Club member is not only a rewarding experience and opportunity to socialize with your friends and meet new people, but also a great way to participate in many programs for minimal or no fee. So make your New Year's Resolution to come to the J and participate in the many great activities being offered for our senior members. You won't be disappointed! Hope to see you soon!

**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  
 Metro United Way  
 Meals on Wheels America  
 KIPDA

**For LUNCH Reservations, call 238-2743**  
**For ALL other Reservations 238-2749**

### Classical Pianist Nada

**Tuesday, February 6-12:45PM**—Nada returns for another amazing performance. Refreshments will be served after program.

### Jewish Film Festival-The Pickle Recipe

**Pickle Tasting Demo with Michael Fraade, JOFEE Fellow**  
**Wed, Feb. 7 Congregation Adath Jeshurun, 7:00PM for Pickle Tasting; 7:30PM for film**

Pickle Tasting Demonstration with Michael Fraade, JOFEE Fellow  
 To set the mood for this hilarious comedy, Michael will demonstrate how to make some different pickled products, followed by a tasting table to sample his recipes.

In this endearing family comedy, the king of Detroit's Jewish party scene is in debt and desperate to find a way to pay for his daughter's Bat Mitzvah. He turns to his shady Uncle Morty, who agrees to loan him the money if Joey will steal his grandmother's secret pickle recipe. With the help of a pseudo rabbi to gain the trust of Grandma Rose, he infiltrates her popular deli, and nothing goes as planned.

Cost of admission & transportation: \$10/M, \$14/NM.

### Suzuki Students Performance

**Tuesday, February 13-12:45PM**

Farmer Elementary School Suzuki Students are excited to come to the Jewish Community Center on February 13. You will hear students playing the violin and cello from ages Kindergarten through 5th grade. They will be performing some of their Suzuki Songs, our new beginners will perform some special pieces, our cellists will perform and then we will end with a few fiddle tunes. They are so excited to come and share their love of music with you in the New Year! Refreshments will be served after the program.

### 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 the have 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**

### Purim Celebration

**Tuesday, February 27-12:45PM.** Cantor David Lipp returns to sing some of your favorite Purim songs.

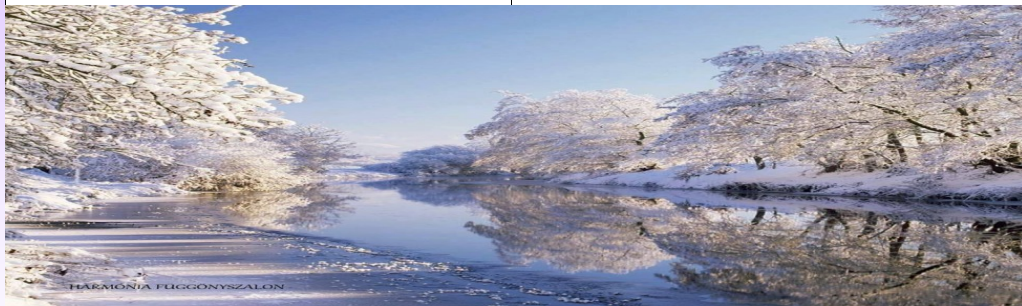

**Save the Date:**  
**Mammogram Screenings**  
**BROWN CANCER CENTER MOBILE UNIT**  
**Monday, March 19, 8:30AM-3:30PM.**

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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.**

# February 2018

MON	TUE	WED	THU	FRI	SAT/SUN
		<p><i>* Tea &amp; Orange Juice</i></p> 	<p>1 Light Weights-10am Boomer Wall-11am</p> <p>Turkey Sandwich on rye bread, vegetable soup/crackers, sweet potato fries, cole slaw, sliced peaches</p>	<p>2 Friday Flex-9:45am Chair Exercise 10:30am</p> <p>Ginger barbecue chicken breast, baked potato, vegetable medley, Romaine salad, sliced pears, Challah *</p>	3/4
<p>5 Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m. Tai Chi-11AM</p> <p>Panko &amp; Feta Tilapia/dill sauce, rice pilaf, garden peas, Israeli Salad tropical fruit salad, wheat bread. *</p>	<p>6 Light Weights, 10 am Boomer Wall, 11:00 a.m. Nada, Classical Pianist-12:45PM</p> <p>Meatloaf, red bliss potatoes, vegetable medley, Romaine salad, pineapple tidbits, dinner roll. *</p>	<p>7 Light Weights, 10 am Boomer Wall, 11:00 a.m. Continuous Line Dancing, 1 p.m Jewish Film Festival-7PM</p> <p>Egg salad on rye bread/lettuce &amp; tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie *</p>	<p>8 Light Weights-10am Boomer Wall-11am</p> <p>Fettuccine Alfredo with broccoli &amp; mushrooms, Spinach fruited salad, breadstick, apple sauce.*</p>	<p>9 Friday Flex-9:45am Chair Exercise 10:30am</p> <p>Cabbage Roll, mashed potatoes, steamed carrots, tossed salad/tomato sliced peaches, Challah *</p>	10/11
<p>12 Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m. Tai Chi-11AM Senior Adult Committee Meeting-1PM</p> <p>Grilled Cheese sandwich, tomato soup/ crackers, Israeli salad, chocolate chip cookie, apricots *</p>	<p>13 Light Weights, 10 am Boomer Wall, 11:00 a.m. Suzuki Students Perform-12:45PM</p> <p>Turkey breast/stuffing, sweet potato casserole, green beans, Romaine salad, pears, dinner roll.*</p>	<p>14 Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Spanish Omelet, hash brown potatoes, tossed salad/tomato, apple crisp, wheat bread *</p>	<p>15 Light Weights-10am Boomer Wall-11am</p> <p>Crispy baked fish, scalloped tomatoes, macaroni &amp; cheese, cole slaw, butterscotch pudding, wheat bread *</p>	<p>16 Friday Flex-9:45am Chair Exercise 10:30am Nutrition Education-11:30AM</p> <p>Chicken Picatta / Bow Tie Pasta, vegetable medley, Romaine salad tropical fruit, Challah *</p>	17/18
<p>19 Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m. Tai Chi-11AM Gourmet Dining Club -5:30pm</p> <p>Sloppy Joe on bun, potato wedges, baked beans, cole slaw, sliced peaches. *</p>	<p>20 Light Weights, 10 am Boomer Wall, 11:00 a.m. Bingo-12:45PM</p> <p>Chicken Cacciatore /penne pasta, Green beans, Romaine Salad, dinner rolls, pineapple tidbits. *</p>	<p>21 Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Tomato stuffed/tuna, cream of mushroom soup/crackers, potato chips, honey wheat bread, orange slices, chocolate pudding. *</p>	<p>22 Light Weights-10am Boomer Wall-11am Speed Art Museum-10:15am</p> <p>Vegetarian Lasagna, tossed salad, sliced pears, breadstick, sugar cookie*</p>	<p>23 Friday Flex-9:45am Chair Exercise 10:30am</p> <p>Pot Roast, potato kugel, green beans, tropical fruits, Israeli salad, Challah *</p>	<p>24/25 <b>Film Festival-12:30PM</b>  <i>* Tea &amp; Orange Juice</i></p>
<p>26 Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m. Tai Chi-11AM</p> <p>Herbed baked tilapia, baked sweet potato, steamed broccoli, cole slaw, apricots, wheat bread *</p>	<p>27 Light Weights, 10 am Boomer Wall, 11:00 a.m. Purim Celebration-Cantor Lipp-12:45PM</p> <p>Oven fried chicken breast, roasted red potatoes, vegetable medley, Spinach fruited salad, applesauce, dinner rolls. *</p>	<p>28 Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m.</p> <p>Spaghetti/marinara sauce, steamed zucchini &amp; yellow squash, tossed salad/ tomato, breadstick, pineapple tidbits *</p>	<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY -WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 WEDNESDAY: 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</p>		