

## Senior Adult Committee

Margot Kling, Chair

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

Dues for the Senior Adult Social Club are:

\$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 Federation of Louisville 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.

## Derby Dinner Presents-"Oklahoma" Wednesday, May 16-11:15AM Cost of admission & transportation: \$40/M, \$45/NM

Please join us for "this Rodgers & Hammerstein classic which brings the West alive with its jubilant dance numbers, romantic tale, and enchanting songs."



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JEWISH COMMUNITY CENTER OF LOUISVILLE  
3600 Dutchmans Lane • Louisville, KY 40205  
502-459-0660 • www.jewishlouisville.org



# SENIOR TIMES

## March 2018

### *A Message from Diane & Natalie:*

Dear Fellow JCC  
& Adult Social Club Members:

Starting March, 2018, as a fundraiser, the JCC Senior Club will begin selling raffle tickets for \$1. On the back of the ticket write your name and phone number and drop it in the pot. Once a month there will be a drawing and the winner will receive ½ of the money collected for the pot. The other ½ of the pot will go to the Goodwill Fund to help subsidize programs & trips. Please support your Senior Club by participating in this fundraising event.

Many exciting trips & programs are being planned for this year. Please make your reservations early as many of these events are filling up quickly. We would not want you to miss out on any of these great events!

Remember to renew your Club Membership!  
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.*

### 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 and Jeanette Weinberg Foundation  
Jewish Heritage Fund for Excellence  
Meals on Wheels America  
KIPDA

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



### Musical Presentation

**Tuesday, March 6-12:45PM.** Aaron Boaz, classical violinist and his wife, Dr. Krista Wallace-Boaz, pianist will perform. Refreshments will be served after the program.

### Senior Retirees Meeting

**Tuesday, March 13-12:45PM.** Shelley Golde Dowell, Elderlaw Attorney, presents "What Seniors need to know-Medicare, Medicaid, Power of Attorney, Living Will & much more." Refreshments will be served after program.

### Mammogram Screenings -Brown Cancer Center

**Monday, March 19 8:30AM-3:15PM**

Call 238-2749 to schedule an appointment.

### JBook Club-Monday, March 19, 11am at the JCC Library



### Gourmet Dining Club

**Monday, March 19,-5:30PM.** Join us at Longhorn's Restaurant on Hurstbourne Parkway.

Cost of transportation: \$4



### Musical Presentation

**Tuesday, March 20-12:45PM.** Gabriel Lefkowitz, Louisville Orchestra Concertmaster will speak about his career, role as concertmaster and perform some violin favorites. Refreshments will be served after program.

### Intergenerational, Interfaith Model Seder

**Wednesday, March 21-4:45PM**

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, RSVP by Wednesday, March 14<sup>nd</sup>.

Transportation available for an additional \$3.



### Lunch & Learn

**Friday, March 23-12PM.** Join us during lunch as Matt Goldberg, JCRC Director will speak about current events affecting both US & Israel.

### Bingo



**Tuesday March 27, 12:45PM**

"Bingo will be sponsored by "The Grand" a new Senior Living Facility being built off Chamberlain near Norton Commons. Refreshments will be served.



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

# March 2018

MON	TUE	WED	THU	FRI	SAT/SUN
<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>			<p>1 Light Weights-10am Boomer Wall-11am</p> <p>Corn Beef Sandwich on rye bread, chicken noodle soup, potato salad, sliced peaches*</p>	<p>2 Active Adult Fitness-9:45am Chair Exercise 10:30am</p> <p>Meat Loaf, red bliss potatoes, vegetable medley, Romaine salad, pineapple tidbits, Challah. *</p>	3/4
<p>5 Active Adult Fitness-9:45am Chair Exercise 10:30am 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-10am Boomer Wall-11am Aaron &amp; Krista Boaz-12:45pm</p> <p>Cabbage Roll, mashed potatoes, steamed carrots, tossed salad/tomato, sliced , dinner roll *</p>	<p>7 Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Chicken Salad Sandwich on rye bread/lettuce &amp; tomato, minestrone soup/crackers, pineapple tidbits, broccoli &amp; raisin salad. *</p>	<p>8 Light Weights-10am Boomer Wall-11am</p> <p>Cheese Pizza, Greek Salad, apricots, chocolate chip cookie. *</p>	<p>9 Active Adult Fitness-9:45am Chair Exercise 10:30am</p> <p>Ginger Barbecue Chicken breast, baked potato, vegetable medley, Romaine salad, sliced pears, Challah.*</p>	10/11
<p>12 Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am Senior Adult Committee Mtg.-1pm</p> <p>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, chocolate chip cookie, apricots. *</p>	<p>13 Light Weights-10am Boomer Wall-11am Elderlaw Presentation-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 10:30am Continuous Line Dancing-1pm</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 Active Adult Fitness-9:45am Chair Exercise 10:30am Nutrition Education-11:30am</p> <p>Salisbury Steak, mashed potatoes, steamed carrots, Romaine Salad, tropical fruit, Challah. *</p>	<p>17/18 * Tea &amp; Orange Juice</p> 
<p>19 Active Adult Fitness-9:45am Chair Exercise, 10:30am JBook Club-11am Gourmet Dining- 5:30 pm</p> <p>Hamburger on bun, potato wedges, baked beans, cole slaw, sliced peaches</p>	<p>20 Light Weights-10AM Boomer Wall-11am Gabe Lefkowitz-12:45pm</p> <p>Oven fried chicken breast, roasted red potatoes, vegetable medley, Spinach fruited salad, applesauce, dinner rolls. *</p>	<p>21 Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Tomato stuffed with tuna, vegetable soup/crackers, potato chips, chocolate pudding, orange slices, wheat bread*</p>	<p>22 Light Weights-10am Boomer Wall-11am</p> <p>Spaghetti/marinara sauce, steamed zucchini &amp; yellow squash, tossed salad/tomato, breadstick, pineapple tidbits. *</p>	<p>23 Active Adult Fitness-9:45am Chair Exercise 10:30am Current Events with Matt Goldberg 12pm</p> <p>Pot Roast, kasha/bow tie pasta, green beans, tropical fruit, Israeli salad, Challah. *</p>	24/25
<p>26 Active Adult Fitness-9:45am Chair Exercise, 10:30am Tai Chi-11am</p> <p>Egg Salad sandwich on rye bread/lettuce and tomato, cream of mushroom soup/crackers, broccoli/raisin salad, mixed melon salad, chocolate chip cookie.*</p>	<p>27 Light Weights 10am Boomer Wall-11am Bingo 12:45pm</p> <p>Chicken Cacciatore/penne paste, green beans, Romaine Salad, breadsticks, pineapple tidbits. *</p>	<p>28 Active Adult Fitness-9:45am Chair Exercise 10:30am Continuous Line Dancing-1pm</p> <p>Herbed crusted salmon/dill sauce, rice pilaf, vegetable medley, Israeli salad, sliced peaches, dinner roll.*</p>	<p>29 Light Weights-10am Boomer Wall-11am</p> <p>Hot Dog on bun, baked beans, potato wedges, cole slaw, chilled pears *</p>	<p>30 The JCC Nutrition Site will be closed from Friday, March 30 through Friday, April 6th for the Passover Holiday. We will be re-open on Monday, April 9th.</p>	