

Senior Adult Committee

Margot Kling
Joyce Myers
Margaret Mazanec
Martha Bennett
Gale Karem

Rosita Kaplin
Joe Rothstein
Emily Podgursky
Si Wolf
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.

SAVE THE DATE
Tuesdays in May-Join us for these exciting programs at 12:45PM

Tuesday, May 8
Concertina Tunes, presented by Dr. Frances Weinstock and Carol Savkovich.



Tuesday, May 15
Ann Dorzback "My Experience with Puppets"

Tuesday, May 22
Denine LeBlanc, Concert Pianist presents
Classical Music & Gershwin



Tuesday, May 29
Mike O 'Bryan Returns with great Accordion Tunes



SENIOR TIMES
April 2018

UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143.
For ALL other Reservations, call ext. 149 or ext. 143

Tuesday, April 10-12:45PM.
Sara Robinson plays some of your musical favorites.
We will celebrate April Birthdays & Anniversaries.



Tuesday, April 24-12:45pm
Bingo



Friday, May 11-10:15am
Coffee Concert/Louisville Orchestra
This concert is only for those who had paid reservations for concert cancelled on January 12. No new reservations will be accepted. After concert, we will have lunch at Golden Corral in Clarksville, Indiana.



Wednesday, May 16-11:15 am
Derby Dinner Playhouse- "Oklahoma"
Cost of admission and transportation : \$40/M, \$45/ NM



JCC Nutrition Site will be closed
Monday, April 2 through Friday April 6
for the Passover Holiday.
We will resume regular schedule
on Monday, April 9.



A Message from
Diane Sadle & Natalie Kusyo
Spring is here and many programs have been planned for April and May. Please make your early reservations for your favorite programs and remember that our Annual Membership Brunch is coming soon, so please make sure to pay your Annual Club Dues.

Dues for the Senior Adult Social Club are:
\$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 and Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
Meals on Wheels America
KIPDA

NONPROFIT ORG.
U.S. POSTAGE
PAID
LOUISVILLE, KY
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.**

April 2018

MON		TUE		WED		THU		FRI		SAT/SUN	
2 Chair Exercise, 10:30 a.m. Active adults Fitness, 9:45am The JCC Nutrition Site will be closed <u>Monday, April 2</u> through <u>Friday, April 6</u> for the Passover Holiday		3 Light Weights, 10:00 am Boomer Wall, 11:00am 		4 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am 		5 Light Weights, 10:00 am Boomer Wall, 11:00 am		6 The JCC will be closed for the Passover Holiday			
9 Active adults Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am. Senior Adult Committee Mtg.-12:45PM Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, Greek salad, chocolate pudding, wheat bread *		10 Light Weights, 10:00 am Boomer Wall, 11:00am Musical program with Sara Robinson-12:45PM Meat Loaf, red bliss potatoes, vegetable medley, Romaine salad, pineapple tidbits, dinner roll. *		11 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Corn Beef sandwich on rye bread, chicken noodle soup, potato salad, tropical fruit.*		12 Light Weights, 10:00 am Boomer Wall, 11:00 am Fettucine Alfredo/broccoli & mushrooms, Spinach fruited salad, breadstick, chilled pears. *		13 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Nutrition Education-11:30am Ginger Barbecue Chicken Breast, mashed potatoes, green beans, tossed salad/ tomato, mandarin oranges in gelatin, Challah. *		14/15	
16 Active adults Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am. Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, sugar cookie, apricots. *		17 Light Weights, 10:00 am Boomer Wall, 11:00am Oven fried chicken breast, roasted red potato, green beans, Romaine Salad, dinner roll, pineapple tidbits.*		18 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1 p.m. Sloppy Joe on Bun, potato wedges, baked beans, tossed salad, tropical fruit.*		19 Light Weights, 10:00 am Boomer Wall, 11:00 am Crispy baked fish, macaroni & cheese, cole slaw, steamed broccoli, butterscotch pudding, wheat bread *		20 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Pot Roast, kasha/bow tie pasta, vegetable medley, Spinach fruited salad, sliced hot apples, Challah. *		21/22* <i>Tea & Orange juice</i> 	
23 Active adults Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am. Egg salad sandwich on rye bread/ lettuce & tomato, vegetable soup/ crackers, potato chips, orange wedges chocolate chip cookie *		24 Light Weights, 10:00 am Boomer Wall, 11:00am Bingo, 12:45 pm Herbed crusted Salmon, herbed rice, garden peas, Israeli salad, sliced peaches/craisins, dinner roll *		25 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1 p.m. Hamburger on bun with lettuce, tomato & onion, potato wedges, cole slaw, mixed melon salad. *		26 Light Weights, 10:00 am Boomer Wall, 11:00 am Vegetarian Lasagna, tossed salad, sliced pears, sugar cookie, breadstick, *		27 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, tropical fruit, Challah *		28/29	
30 Active adults Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am. Tuna Salad sandwich, on Rye bread/ lettuce & tomato, cream of mushroom, soup/crackers, broccoli & raisin salad, sliced peaches, chocolate chip cookie.*				MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym, MONDAY –WEDNESDAY-FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 a.m. WEDNESDAY -Deep Water Wellness-10:30am MONDAY,WEDNESDAY, FRIDAY : Active Adults Fitness, 9:45a.m., Chair Exercise 10:30a TUESDAYS, THURSDAYS : Light Weights, 10:00 a.m., Boomer Wall-11AM WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m. MONDAYS :Tai Chi 11:00am						Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.	