

Senior Adult Committee

Margot Kling, Chair

Rosita Kaplin	Emily Podgursky
Martha Bennett	Roy Frye
Margaret Mazanec	Joe Rothstein
Joyce Myers	Si Wolf
Mag Davis	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 Manager
Gerry Burns, Nutrition Cook

Frazier Arms Museum- “Magnificent Mona Bismarck -Kentucky Style Icon” Thursday, June 14-10:30AM

Please join us for the guided tour of this exhibit that highlights Louisville native Mona Bismarck who was the first American to be declared the Best-Dressed Woman in the World. This exhibit features over 80 pieces from her personal collection. One of the most photographed socialites in her day, this exhibit will also include extensive images commissioned by Vogue magazine. This show will span 5 decades of Mona’s personal collection beginning with her Golden Years of the 1930s and concluding in the 1970s upon her retirement from the spotlight.

Afterwards you will have time to visit other exhibits in the museum. We will have lunch at Buckheads on Bardstown Road after our visit.

Cost of admission & transportation: \$15/M, \$20/NM

Reservation & Payment Deadline: June 7

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.

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502-459-0660 • www.jewishlouisville.org



SENIOR TIMES

May 2018

UPCOMING EVENTS

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

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.



Gourmet Dining Club

Monday, May 14-5:30PM. Join us for dinner at Cattleman’s on Hurstbourne Lane.

Cost of transportation: \$4



REMINDER:

For those who already have paid reservations for:

Coffee Concert (postponed from January)

Friday, May 11-Leave JCC at 10:15AM,lunch will be at Golden Corral, Clarksville, Indiana after concert.

Derby Dinner Playhouse-Oklahoma

Wednesday, May 16-11:15AM

The JCC Nutrition Site will be closed on Monday, May 21 for Shavuot & Monday, May 28 for Memorial Day.

A Message from your Senior Adult Department Directors Diane Sadle & Natalie Kusyo

Dear Friends,

May is Older American’s Month. This year’s theme “**Engage at Every Age**” emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.”

“Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!”

So take charge of your health and independence and join us for the variety of activities that we offer at the J all year round. Stay active, stay positive and live your life to the fullest!

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

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

MAY 2018

MON	TUE	WED	THU	FRI	SAT/SUN
	1 Light Weights, 10:00 am Boomer Wall, 11:00am Bingo-12:45PM Cabbage roll, mashed potatoes, steamed carrots, Romaine salad, pears, dinner roll*	2 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Spanish Omelet, zucchini & yellow squash casserole, Spinach fruited salad, apple crisp, wheat bread*	3 Light Weights, 10:00 am Boomer Wall, 11:00 am Crispy baked fish/dill sauce, macaroni & cheese, cole slaw, steamed broccoli, pineapple tidbits, dinner role. *	4 Friday Flex 9:45 a.m. Chair Exercise, 10:30 a.m. Chicken Picatta /Bow Tie Pasta, vegetable medley, tossed salad, applesauce, Challah *	
7 Active AdultsFitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am Hot dog on bun, baked beans, potato wedges, cole slaw, pineapple tidbits *	8 Light Weights, 10:00 am Boomer Wall, 11:00am Concertina Tunes-12:45PM Oven fried chicken breast, roasted red potatoes, green beans, Romaine salad, fresh fruit salad, dinner roll*	9 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Tomato stuffed with tuna, cream of mushroom soup/crackers, potato chips, chilled peaches, chocolate chip cookie, wheat bread *	10 Light Weights, 10:00 am Boomer Wall, 11:00 am Fettucine Alfredo/ mushrooms& broccoli, Spinach Fruited salad, breadstick, chilled pears.*	11 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Pot Roast, kasha/bow tie pasta, vegetable medley, tossed salad, sliced hot apples, Challah*	12/13
14 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11am Senior Adult Committee Mtg.-12:45pm Grilled Cheese Sandwich, Tomato Soup/crackers, Israeli salad, sugar cookie, chilled apricots *	15 Light Weights, 10:00 am Boomer Wall, 11:00am Ann Dorzbach-12:45PM Salisbury steak, mashed potatoes, steamed broccoli, Romaine salad, tropical fruit, dinner roll. *	16 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, cole slaw, chocolate pudding, dinner roll.*	17 Light Weights, 10:00 am Boomer Wall, 11:00 am Vegetarian Lasagna, tossed salad, breadsticks, sugar cookie, diced pears *	18 Friday Flex 9:45 a.m. Chair Exercise, 10:30 a.m. Nutrition Education-11:30AM Ginger Barbecue chicken breast, oven roasted potatoes, green beans, tossed salad, mandarin oranges in gelatin, challah	19/20 *Tea & Juice 
21 <i>JCC Nutrition Site will be closed for Jewish Holiday SHAVUOT</i> 	22 Light Weights, 10:00 am Boomer Wall, 11:00am Denine LeBlanc-12:45PM Turkey breast/ stuffing, sweet potato casserole, green beans, tossed salad, pears, dinner role.*	23 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Herbed crusted salmon, herbed rice, garden peas, cole slaw, sliced peaches/craisins, dinner roll *	24 Light Weights, 10:00 am Boomer Wall, 11:00 am Egg salad on rye bread/ lettuce &tomato, vegetable soup/crackers, potato chips, orange wedges, chocolate chip cookie*	25 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Meatloaf, oven brown potatoes, steamed vegetable medley, Romaine salad, applesauce, Challah *	26/27
28 <i>The JCC Nutrition Site will be closed for the Memorial Day</i> 	29 Light Weights, 10:00 am Boomer Wall, 11:00am Mike O'Bryan-12:45PM Chicken Cacciatore/penne pasta, green beans, breadstick, ,Romaine salad, apricots. *	30 Active Adult 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 *	31 Light Weights, 10:00 am Boomer Wall, 11:00 am Hamburger on bun, lettuce, tomato & onion, potato wedges, cole slaw, mixed melon salad *	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	