

Senior Adult Committee

Margot Kling, Chair

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

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

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.

Louisville Orchestra Coffee Concert: Tchaikovsky Violin Concerto Friday, January 12-Leave JCC at 10:15AM

“This concert features 2 masterpieces of radiant beauty: Jean Sibelius-Symphony #7 (In one movement) and Piotr Tchaikovsky's Violin Concerto in D Major. Gabriel Lefkowitz will be the guest performer with Jayce Ogren conducting the orchestra. After the program, we will have lunch at the Golden Corral in Clarksville, Indiana. Cost of ticket, lunch & transportation: \$42/M, \$47/NM. Reservation & Payment Deadline: Wednesday, December 27

Lunch & Show-“Driving Miss Daisy” Sunday, January 21-12:15PM-Lunch, 2PM-Show

Please join us for a catered lunch followed by CenterStage’s Performance.

“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 chauffeur, 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



SENIOR TIMES

December 2017

UPCOMING EVENTS

For ALL other Reservations, call ext. 149 or ext. 143.

Senior Retirees Meeting

Tuesday, December 5- 12:45PM.

Gerina Whethers, executive director of the Office of Senior Protection Kentucky Office of the Attorney General will speak on “How to Avoid Financial Exploitation & Scams.” Refreshments will be served after program.

Chanukah Celebration

Tuesday, December 12, 12PM.

Join us for a special luncheon with Cantor Sharon Hordes as our special guest. Please bring a canned food item for JFCS Food Bank & or a toiletry item for Home Delivered Meal Clients.

Day Trip-Frazier Arms Museum

Thursday, December 14—9:45AM.

Guided tour of “Spirits of the Bluegrass”: Prohibition & Kentucky which traces the rise of the temperance movement, organized crime and the repeal of the 18th amendment in 1933. After, you will have the opportunity to explore on your own the many other exhibits including Nutcracker: The Exhibition, 60 Years of Magic and Majesty, The Great War: Highlights from the Frazier World War I Collection, our Stewart Toy Soldier Gallery, plus The Lewis & Clark Experience, and the Frazier highlights galleries.

At 11:50AM-a historical presentation will be presented. We will depart at 12:45PM for lunch at Buckhead Mountain Grill on Bardstown Road

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

Reservation and Payment Deadline: Thursday, December 7

Annual Holiday / New Year’s Party

Sunday, December 17—11:30-2:00PM

Join us for a delicious lunch catered by Gerry Burns, followed by musical entertainment provided by Tammy & Jamie Whiting-Nashville to New Orleans-songs of the 20’s, 30’s & 40’s. We will end the program giving out terrific door prizes. Cost: \$20/M, \$30/ NM. Transportation available for an additional \$3.

Reservation & Payment Deadline: Friday, December 8th

**THE JCC NUTRITION SITE WILL BE CLOSED ON
DECEMBER 25TH.**

A Message from Diane and Natalie

Dear Friends,

As 2017 is coming to an end, we hope that you were able to participate and enjoyed the variety of programs that we offered to you throughout the year. We would like to assure you that many more events have been planned already for the upcoming new year.

We want to thank everyone who completed the surveys handed out at the Thanksgiving Luncheon. For those who did not get a chance to complete the survey, another opportunity will be available at our Annual Chanukah Luncheon on December 12. We will also mail surveys to those who have not been able to attend recent programs at the J. These surveys are very important to us as they help us for future program planning.

We welcome your opinions and suggestions, as it is a good way for us to know what type of programming interests you.



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
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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.

DECEMBER 2017

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 Friday Flex-9:45AM Chair Exercise-10:30AM</p> <p>Ginger Barbecue Chicken, brown rice/ zucchini, steamed broccoli, Israeli Salad, mandarin oranges in gelatin, Challah. *</p>	2/3
<p>4 Active Adult Fitness-9:45AM Chair Exercise-10:30AM</p> <p>Hamburger on bun/ lettuce, tomato, sweet potato fries, vegetarian beans, coleslaw, tropical fruit.*</p>	<p>5 Light Weights-10AM Boomerwall-11AM Senior Retirees Meeting-12:45PM</p> <p>Chicken Marsala, linguine, Spinach fruited Salad, vegetable medley, breadstick, chilled peaches *</p>	<p>6 Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</p> <p>Crispy baked fish/dill sauce, macaroni & cheese, tossed salad, peas& carrots, wheat bread, pineapple/craisins.*</p>	<p>7 Light Weights-10AM Boomerwall-11AM</p> <p>Chicken salad on rye bread/lettuce/ tomato, minestrone soup/crackers, broccoli & raisin salad, orange wedges*</p>	<p>8 Friday Flex-9:45AM Chair Exercise-10:30AM</p> <p>Turkey breast/gravy, bread stuffing, mashed potatoes, baby carrots, tossed salad, applesauce, Challah*</p>	9/10
<p>11 Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Senior Adult Advisory Committee Meeting 1 pm.</p> <p>Corn beef on rye bread, vegetable soup/crackers, potato salad, sliced peaches. *</p>	 <p>12 Light Weights-10AM Chanukah Celebration with Cantor Hordes, 12 PM</p> <p>Oven fried chicken breast, potato latkes, fresh steamed green beans, Romaine salad, apple sauce, dinner roll. *</p>	<p>13 Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</p> <p>Spanish omelet, zucchini & yellow squash casserole, apple crisp, tossed salad, wheat bread *</p>	<p>14 Day Trip-9:45AM Light Weights-10AM Boomerwall-11AM</p> <p>Tuna, Salad sandwich on wheat bread, cream of mushroom soup, coleslaw, sliced pears, sugar cookie.*</p>	<p>15 Friday Flex-9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM</p> <p>Salisbury steak, mashed potatoes, vegetable medley, Romaine Salad, pineapple tidbits, Challah. *</p>	<p>16/17 New Year/ Holiday Party</p> 
<p>18 Active Adult Fitness-9:45AM Chair Exercise-10:30AM</p> <p>Herbed baked fish/dill sauce, rice pilaf, scalloped tomatoes, broccoli & raisin salad, chocolate pudding, wheat</p>	<p>19 Light Weights-10AM Boomer Wall-11AM Bingo 12::45PM</p> <p>Sloppy Joe on bun, potato wedges, baked beans, Romaine Salad, tropical fruit. *</p>	<p>20 Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</p> <p>Grilled Cheese sandwich, tomato soup/ crackers, Israeli salad, chocolate chip cookie, apricots. *</p>	<p>21 Light Weights-10AM Boomerwall-11AM</p> <p>Cheese Pizza, Greek salad, sliced apricots, sugar cookie*</p>	<p>22 Friday Flex-9:45AM Chair Exercise-10:30AM</p> <p>Pot Roast, roasted red potatoes, steamed carrots, Romaine Salad, baked apples, Challah *</p>	<p>23/24* Tea & Juice Daily</p> 
<p>25 The JCC Nutrition Site will be closed</p>	<p>26 Light Weights-10AM Boomerwall-11AM Bingo-12:45PM</p> <p>Herbed crusted salmon filet, rice pilaf, steamed zucchini/yellow squash, spinach fruited salad, butterscotch pudding, dinner roll*</p>	<p>27 Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</p> <p>Spaghetti/marinara sauce, vegetable blend, tossed salad, breadstick, pineapple tidbits. *</p>	<p>28 Light Weights-10AM Boomerwall-11AM</p> <p>Egg Salad sandwich on rye / lettuce & tomato, cream of mushroom soup/ crackers, orange wedges, brownie.*</p>	<p>29 Friday Flex-9:45AM Chair Exercise-10:30AM</p> <p>Meat Loaf, mashed potatoes, steamed broccoli, Romaine Salad, Chilled peaches, Challah.*</p>	<p>30/31 Happy New Year !</p> 