

## Senior Adult Committee

**Margot Kling, Chair**

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

**Jewish Community Center**  
**(502) 459-0660**

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.

## Day Trip to Belterra Casino

**Thursday, July 19-10AM.**

Join us for a fun day at Belterra Casino. We will leave the JCC at 10 A.M. Upon arriving, you will receive a voucher for \$10 to be used in the Casino plus \$5.00 voucher for either the Buffet or several other eateries. On Thursdays, the Buffet offers buy-one, get one free also.

**When making your reservation, please provide us with your name, mailing address, date of birth, driver's license or State ID number and expiration date. If you have a mychoice account from Belterra, let us know that number also.**

Cost of trip: \$25/M, \$35/NM.

Reservation and payment Deadline:

Friday, June 29. Space is limited, so make your reservation early.

**SAVE THE DATE**

**Sunday, August 13-12PM**

**Paid Up Membership & Volunteer Recognition Luncheon**  
**Entertainment provided by "Sweet Harmony."**



JEWISH COMMUNITY CENTER OF LOUISVILLE  
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# SENIOR TIMES

## June 2018

### Upcoming Events

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

**Please join us for the following Tuesday's Programs in June at 12:45PM**

#### Tuesday, June 5

**"Healing through Meditation & Music" presented by Rabbi Nadia Sirittsky & Cantor Sharon Hordes**



#### Tuesday, June 12

**Musical Entertainment with John Gage . We will celebrate birthdays & anniversaries.**



#### Tuesday June 19

**Tom Owen presents "Mirrors of Our Past-Creeks & Streams of Jefferson County"**

#### Tuesday June 26-Bingo

**Day Trip to 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

#### Gourmet Dining Club

Monday, June 18-5:30PM. Join us for dinner at Peking City Bistro, 12410 Shelbyville Road, Middletown.

Cost of transportation: \$4

#### Lunch & Learn with Matt Goldberg

Friday, June 29-12PM

### *A Message from Diane Sadle and Natalie Kusyo*

Dear Friends,

Summer is finally here! Hope the weather will cooperate so all of you will be able to join us in the many programs that are planned.

We also would like to remind you that one of our big events during the year is our **Membership Appreciation Luncheon**. This event will be held on August 13 at 12PM. So, please make sure to pay your dues, as **this event is for Club Members only!** **Beginning July 1, club dues will be increased to the following rates:**

**\$30/JCCM**  
**\$35/JCCM Couple**  
**\$80/NM**  
**\$95/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 & Jeanette Weinberg Fund  
Jewish Heritage Fund for Excellence  
Meals on Wheels America  
KIPDA

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

# JUNE 2018

MON	TUE	WED	THU	FRI	SAT/SUN
	<b>MONDAY-FRIDAY:</b> Fitness Walking, on the track in the lower gym, <b>MONDAY –WEDNESDAY-FRIDAY:</b> Swimnastics-Water Exercise, 9:30-10:30 a.m. <b>WEDNESDAY -Deep Water Wellness-10:30am</b> <b>MONDAY,WEDNESDAY, FRIDAY :</b> Active Adults Fitness, 9:45a.m., Chair Exercise 10:30a <b>TUESDAYS, THURSDAYS :</b> Light Weights, 10:00 a.m., Boomer Wall-11AM <b>WEDNESDAYS:</b> KIPDA-SHIP Counseling, 12:30-1 p.m. <b>MONDAYS :Tai Chi 11:00am</b>			<b>1</b> Friday Flex -9:45AM Chair Exercise-10:30AM  Oven fried chicken breast, red roasted potatoes, green beans, tossed salad, pineapple tidbits, Challah *	<b>2/3 Please Note:</b> <i>Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</i>
<b>4</b> Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM  Crispy baked fish/dill sauce, macaroni & cheese, cole slaw, steamed broccoli, wheat bread, chilled peaches*	<b>5</b> Light Weights-10AM Boomer Wall-11AM “Healing through Meditation & Music”- 12:45  Cabbage roll, mashed potatoes, steamed carrots, Romaine salad, pears, dinner roll*	<b>6</b> Adult Active Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1:00 PM  Hot Dog on bun, baked beans, potato wedges, cole slaw, pineapple tidbits *	<b>7</b> Light Weights-10AM Boomer Wall-11AM  Spanish omelet, zucchini & squash casserole, Spinach fruited salad, apple crisp, wheat bread *	<b>8</b> Friday Flex -9:45AM Chair Exercise-10:30AM  Pot Roast, kasha/bow tie pasta, vegetable medley, tossed salad, tropical fruit, Challah *	
<b>11</b> Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Sr. Adult Advisory Mtg.-1PM  Tuna sandwich on rye bread/lettuce & tomato, cream of mushroom soup, broccoli & raisin salad, chilled peaches, chocolate chip cookie wheat bread*	<b>12</b> Light Weights-10 AM Boomer Wall 11:00 AM John Gage-12:45PM  Chicken Marsala/penne pasta, vegetable medley, tossed salad, fresh fruit salad, dinner roll *	<b>13</b> Adult Active Fitness-9:45AM Chair Exercise 10:30 AM Line Dancing 1 PM  Beef Stew/ potatoes, carrots, green beans, Spinach Fruited salad, apple sauce, dinner rolls *	<b>14</b> Light Weights-10AM Boomer Wall-11AM Day Trip-Frazier Arms Museum  Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, cole slaw, chocolate pudding, wheat bread*	<b>15</b> Friday Flex-9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM  Turkey /breast stuffing, sweet potato casserole, steamed carrots, tossed salad, pineapple tidbits, challah*	<b>16/17</b> <i>Happy Father’s Day!</i>
<b>18</b> Active Adult Fitness -9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM  Grilled cheese sandwich, tomato soup/ crackers, Israeli Salad, apricots, sugar cookie *	<b>19</b> Light Weights-10AM Boomer Wall 11:00 AM Tom Owen-12:45PM  Salisbury Steak, mashed potatoes, steamed broccoli, Romaine Salad, tropical fruit, dinner roll *	<b>20</b> Adult Active Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1 PM  Herbed crusted salmon, herbed rice, garden peas, cole slaw, sliced peaches/craisins, dinner roll *	<b>21</b> Light Weights-10AM Boomer Wall-11AM  Hamburger on bun with lettuce, tomato & onion, baked bean, potato salad, mixed melon salad *	<b>22</b> Friday Flex -9:45AM Chair Exercise-10:30AM  Ginger Barbecue Chicken Breast, oven roasted potatoes, green beans, tossed salad, mandarin oranges in gelatin, Challah *	<b>23/24* Tea &amp; Orange Juice</b> 
<b>25</b> Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM  Egg Salad sandwich on rye bread/ lettuce & tomato, vegetable soup/ crackers, potato chips, orange wedges, chocolate chip cookie,*	<b>26</b> Light Weights-10AM Boomer Wall 11:00 AM Bingo-12:45PM  Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, dinner roll, apricots*	<b>27</b> Active Adult Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1PM  Corn Beef sandwich on rye bread, chicken noodle soup, cole slaw, tropical fruit *	<b>28</b> Light Weights-10AM Boomer Wall-11AM  Fettucine Alfredo/ mushrooms & broccoli, Spinach Fruited salad, breadstick, chilled pears *	<b>29</b> Friday Flex -9:45AM Chair Exercise-10:30AM Lunch & Learn-12PM  Meat Loaf, mashed potatoes, green beans, Romaine salad/tomato, applesauce, Challah *	