

Senior Adult Committee

Margot Kling, Chair

Mag Davis

Rosita Kaplin

Margaret Mazanec

Joyce Myers

Gale Karem

Joe Rothstein

Emily Podgursky

Si Wolf

Martha Bennett

Roy Frye

Dues for the Adult Social Club are as follow:

\$30.00 JCCM

\$35.00 JCC Couple

\$80.00 NM

\$95.00 NM Couple

Day Trip to Huber Farms

Thursday, September 6-Leave JCC at 11AM..

Join us for a relaxing day at Hubers. Will first start our visit by having lunch at Joe Huber's Restaurant followed by shopping at the farm markets, visiting the winery and Ice Cream Parlor!

Cost of transportation-\$10M, \$15/NM.

Day at the Downs

Thursday, November 1-Leave JCC at 11AM

Join us on Millionaire's Row-4th floor. We will have a delicious buffet lunch and be able to watch the races from the four tier balcony overlooking the finish line. Cost includes lunch, admission, reserved seat, racing form & transportation.

Space is limited. Reservation & Payment Deadline: Friday, September 14


Cost: \$32/M, \$38/NM

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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SENIOR TIMES

August 2018



A Message from Diane & Natalie:

Dear Fellow JCC & Club Members:

We hope all of you are staying cool during this hot summer. One way to enjoy this time of the year is to come to the air conditioned J and participate in the many programs that we offer. Remember make your reservations early for the day trips as they fill up quickly.

On Sunday, August 12, The Adult Social Club Membership Luncheon will be held. This is a free event for Club Members only. Sweet Harmony will be our guest performers. Our dedicated senior volunteers will be honored during this event. If you have not renewed your membership for 2018, please see Natalie or Diane

New Adult Social Club dues are as follows:

\$30.00 JCCM

\$35.00 JCC Couple

\$80.0000 NM

\$95.00 NM Couple

UPCOMING EVENTS


For LUNCH Reservations, call 459-0660, ext. 143.

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

Lunch & Show: "Hairspray"

Sunday, August 5-12:15PM

Cost of Lunch & Show: \$25/M, \$30/NM.



Adult Social Club Paid-Up Membership Luncheon


Sunday, August 12-12PM.-2:30PM

Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored. Sweet Harmony will perform a variety of Pop, Rock, Doo Wop & Show Tunes.

Free for all Club Members! Transportation will be provided upon request.

Classical Pianist Nada

Tuesday, August 14-12:45PM–Nada returns for another amazing performance. Refreshments will be served after program.



REMINDER: THURSDAY, AUGUST 16-10AM

TRIP TO FALLS OF THE OHIO INTERPRETIVE CENTER

Lunch & Learn

Friday, August 17-12:30PM. Our guest speaker will be Rabbi Diane Tracht, Chaplain Resident at Baptist Health. Her topic will be "Hello? Goodbye" exploring how we show up in relationships and how we conclude relationships.

Gourmet Dining Club

Monday, August 20-5:30PM. Join us at Bristol Bar & Grill on N. Hurstbourne Parkway for dinner.

Cost of transportation: \$4

Bingo-Sponsored by Creekside on Bardstown Road

Tuesday, August 21-12:45PM. Come learn about Creekside, a brand new Assisted Living facility being built near Bashford Manor. Bingo will follow a short discussion of this new facility.


Tyrone Cotton-Singer, Songwriter & Guitarist


Tuesday, August 28-12:45PM. Tyrone Cotton returns to perform on guitar some blues, folk & rock music. Come & enjoy this wonderful musical event. Refreshments will be served after the program.

Attention:

Boomer Wall Exercise Class has been renamed: "Regain & Maintain". This class will help with your balance, coordination & stability.

Class will be held on Tuesdays & Thursdays @ 11:00AM in Dance Studio.





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



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

KIPDA

Meals on Wheels America

Kindred

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

AUGUST 2018

MON	TUE	WED	THU	FRI	SAT/SUN
MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Swimnastics-Water Exercise, 9:30-10:30 outdoor swimming pool 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: Regain & Maintain -11AM FRIDAY: Friday Flex-9:45AM		1Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing 1p.m. Crispy baked fish/dill sauce, macaroni & cheese, Israeli Salad, vegetable medley, wheat bread, chilled peaches. *	2Light Weights-10am Regain & Maintain11AM Spaghetti/marinara sauce, steamed zucchini & yellow squash, Romaine salad, breadstick, pineapple tidbits *	3Friday Flex-9:45am Chair Exercise-10:30am Oven fried chicken breast, red roasted potatoes, steamed broccoli & carrots, Spinach Fruited Salad, tropical fruit, Challah *	
6Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi-11am Corn Beef sandwich on rye bread, vegetable soup/crackers, potato salad, cole slaw, sliced pears. *	7Light Weights-10AM Regain & Maintain 11:00 a.m. Bingo-12:45PM Sloppy Joe on bun, potato wedges, baked beans, Romaine Salad, sliced peaches/craisins *	8Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Tuna sandwich on rye bread/lettuce & tomato, cream of mushroom soup/crackers, potato chips, pineapple tidbits, chocolate chip cookie, wheat bread *	9Light Weights-10am Regain & Maintain11AM Vegetarian Lasagna, tossed salad, tropical fruit, brownie, breadsticks*	10Friday Flex-9:45am Chair Exercise-10:30am Pot Roast, kasha/bow tie pasta, green beans, Spinach salad, fruit salad, Challah*	11/12 Paid-Up Membership Luncheon
13Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Senior Adult Committee Meeting-1PM Herbed baked tilapia/dill sauce, rice pilaf, scalloped tomatoes, cole slaw, chocolate pudding, wheat bread *	14Light Weights-10AM Regain & Maintain 11:00 a.m. Nada-Classical Pianist-12:45PM Turkey breast/stuffing, sweet potato casserole, vegetable medley, tossed salad, pineapple tidbits, dinner roll. *	15Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Spanish omelet, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread, *	16Light Weights-10am Regain & Maintain11AM Falls of the Ohio-10AM Chicken Salad Sandwich on Rye bread with lettuce & tomato, minestrone soup/crackers, broccoli & raisin salad, tropical fruit. *	17Friday Flex-9:45am Chair Exercise-10:30am Nutrition Education 11:30 a.m. Salisbury steak, mashed potatoes, steamed broccoli, Romaine Salad, fresh fruit salad, Challah *	18/19 * Tea & Orange Juice 
20Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am J Book Club 11am Hot Dog on bun, baked beans, potato wedges cole slaw, watermelon slice. *	21Light Weights-10am Regain & Maintain-11 a.m. Bingo-12:45PM Herb crusted salmon /dill sauce, herbed rice, garden peas, Israeli salad, sliced peaches/craisins, dinner roll *	22Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Chicken Cacciatore, penne pasta, vegetable medley, Romaine Salad, pineapple tidbits, dinner roll, *	23Light Weights-10am Regain & Maintain11AM Cheese Pizza Slice, Greek salad, apple sauce, brownie. *	24Friday Flex-9:45am Chair Exercise-10:30am Ginger Barbecue Chicken Breast, oven roasted potatoes, green beans, tossed salad, mandarin oranges in gelatin, Challah. *	25/26
27Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Grilled cheese sandwich, tomato soup/crackers, Israeli salad, sugar cookie, mixed melon salad. *	28Light Weights 10am Regain & Maintain 11:00 a.m. Tyrone Cotton-12:45Pm Meat Loaf, mashed potatoes, vegetable medley, Romaine Salad, apple sauce, dinner roll. *	29Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m. Egg Salad on rye bread /lettuce & tomato, cream of mushroom soup/crackers, broccoli & raisin salad, orange wedges, chocolate chip cookie *	30Light Weights –10AM Regain & Maintain11AM - Beef Stew/potatoes, carrots, green beans, peas, tossed salad, pineapple tidbits, dinner roll. *	31Friday Flex-9:45am Chair Exercise-10:30am Chicken Picatta, linguine, vegetable medley, Romaine salad, sliced pears, Challah *	