Senior Adult Committee

Margot Kling, Chair

Rosita Kaplin Joyce Myers Margaret Mazanec Gale Karem Roy Frye

Emily Podgursky Joe Rothstein Martha Bennett Mag Davis

Dues for the Adult Social Club are as follow \$30.00 JCCM \$35.00 JCC Couple \$80.00 NM \$95.00 NM Couple

JCC Staff

Diane Sadle, Senior Adult Director Natalie Kusyo, Nutrition Site Manager Gerry Burns, Nutrition Cook

Day Trip to Berea, Kentucky Sunday, October 14-Leave JCC at 9:30AM.

Join us as we travel to Berea, KY, first stopping at the historic Boone Tavern for Sunday Buffet Brunch. After the delicious meal, we will visit the Kentucky Guild of Artists & Craftsmen Fall Fair at The Historic Indian Fort Theater. This events showcases products like glass, ironwork, jewelry, pottery, wood, photography, and 2D fine art and much more. Space is limited, so make your reservations early.

Cost of Transportation, Brunch & Admission:

\$42/M, \$50/NM

Reservation & Payment Deadline: Thursday, October 4

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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 September 2018

A Message from Diane & Natalie:

Dear Fellow JCC & Adult Social Club Members:

Hi Friends.

Summer is almost over but our fun at the JCC continues. Many exciting programs are being planned for your enjoyment and we hope to see many of you at the J. Programs and trips are filling up quickly, so remember to get you reservation & payment in as soon as possible so you will not miss out on any of our exciting events. As the High Holidays approach, we wish all of you a very happy and prosperous New

Year. May good health and joy fill your homes throughout this coming year.



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 Meal on Wheels America **KIPDA** Kindred

UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143. For ALL other Reservations, call ext. 149 or ext. 143 The JCC Nutrition Site will be closed on Monday, September 3

for Labor Day, 10th & 11th-Rosh Hashanah, 19th for Yom Kippur & 24-25th for Sukkot.

Senior Retirees Meeting

Tuesday, September 4-12:45PM. Bruce Gadansky, Chief Operating Officer from the Better Business Bureau will speak on Scams & Financial Exploitation. Refreshments will be served after the program.

Reminder: Day Trip to Huber Farm

Thursday, September 6 Leave JCC at 11AM

Annual Sukkot Luncheon

Friday, September 28-12PM. Please join us as we celebrate the holiday Sukkot. We will have a special luncheon in the Sukkah. Rabbi Hillel Smulowitz will be our guest speaker. Please make your reservations by Friday, September 21.

Day Trip to Churchill Downs

Thursday, November 1-Leave JCC at 11:00AM. 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.

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

Reservation & Payment Deadline: Friday, September 14th

JBook Club & Gourmet Dining will not be held in September due to the Jewish Holidays. Both programs will resume in October.

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.

New Class: Crochet Club

First meeting of Crochet Club will take place on Tuesday, September 18 at 11AM in Senior Adult Lounge. This group is for beginners and for those who have experience at crocheting. Marilyn Mattingly & Natalie Kusyo will be the instructors. If you have crochet needles & yarn, bring them with you. You will have the opportunity to crochet items for vourself and will also make items to donate to a local charity.

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

TUESDAY, THURSDAY: Light Weights-10AM TUESDAY, THURSDAY: Regain & Maintain-11AM

FRIDAY: Friday Flex-9:45AM

SEPTEMBER 2018

	Mon	TUE	WED	THU	FRI	SAT/SUN
3	The JCC Nutrition Site will be closed on	Light Weights, 10:00a.m. Regain & Maintain-11AM Senior Retirees Meeting-12:45PM	5 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Turkey Pastrami Sandwich on rye	Light Weights-10 am Regain & Maintain-11AM Huber Farms-11AM	7 Friday Flex– 9:45 am Chair Exercise-10:30 am	8/9
	Monday, September 3 for Labor Day	Chicken Marsala/Bow Tie pasta, vegetable medley, Spinach Fruited Salad, chilled peaches, dinner roll. *	bread, vegetable soup/crackers, potato salad, cole slaw, sliced pears*	Crispy baked fish /dill sauce, macaroni & cheese, Israeli Salad, green beans, tropical fruit, wheat bread *	Cabbage roll, mashed potatoes, peas & carrots, Romaine Salad, chilled pineapple, Challah *	
10	JCC Closed Rosh Hashanah	JCC Closed Rosh Hashanah	Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm	Light Weights-10 am Regain & Maintain-11AM	Friday Flex- 9:45 am Chair Exercise-10:30 am Falls Prevention Pre-Screening 9:30 am- 12:30pm	
	Hashanahl Have a sweet year		Spaghetti with marinara sauce, steamed zucchini & yellow squash, tossed salad, breadstick, pineapple tidbits. *	Hamburger on bun/lettuce, tomato, onion, baked beans, potato wedges, cole slaw, mixed melon salad,*	Oven fried chicken breast, roasted red potatoes, steamed broccoli & carrots, Spinach Fruited salad, tropical fruit, Challah	
17	Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Senior Adult Committee Mtg.12:45PM	Light Weights, 10:00a.m. Regain & Maintain-11AM Crochet Club-11AM Bingo 12:45PM	19 JCC will be closed for the Holiday YOM KIPPUR	Light Weights-10 am Regain & Maintain-11AM Young Hearts Theater-2PM Turkey breast/ stuffing, mashed	Friday Flex- 9:45am Chair Exercise-10:30 am Nutrition Education 11:30 am Shabbat Celebration with J Preschool-11:45AM	22/23
bea	opy Joe on bun, potato salad, baked ns, Israeli salad, sliced peaches/ sins. *	Chicken Cacciatore/penne pasta, vegetable medley, tossed salad, dinner roll, pineapple tidbits. *	May You Be Inscribed for a Good Year This You Kippur	potatoes, vegetable medley, tossed salad, tropical fruit, dinner roll*	Pot Roast, kasha/bow tie pasta, green beans, Romaine Salad, fresh fruit salad, Challah*	
		24-25 The JCC Nutrition	Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm	27 Light Weights-10 am Regain & Maintain 11AM	Friday Flex- 9:45 am Chair Exercise-10:30 am Sukkot Luncheon 12:00 pm	29/30* Tea & Orange Juice
	www.bigstock.com · 152255315	Site will be closed for Holiday Sukkot.	Chicken Salad Sandwich/ on rye bread lettuce &, tomato, minestrone soup/ crackers, cole slaw, pineapple tidbits, parve cookie*	Spanish omelet, zucchini & squash casserole, Israeli salad, apple crisp, wheat bread *	Tuna Salad on bed of lettuce/sliced tomato, noodle kugel, broccoli / raisin salad, apple pie, Challah*	
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						