

Senior Adult Committee

Margot Kling, Chair

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

Dues for the Adult Social Club are as follows:

\$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, 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.

Irving Berlin's Holiday Inn at Derby Dinner Playhouse

Thursday, December 13-11:15AM

“Based on the classic film, this joyous musical features thrilling dance numbers, laugh-out-loud comedy, and a hit parade of Irving Berlin songs. A romantic holiday classic that is sure to sparkle and delight!”
Cost of admission & transportation: \$40/M, \$48/NM
Payment & Reservations due by Friday November 16th.



SAVE THE DATES:

Thanksgiving Luncheon-Tuesday, November 13-12PM



Annual Holiday/New Years Party-Sunday, December 16-12PM



SENIOR TIMES

OCTOBER 2018

A Message from Diane Sadle & Natalie Kusyo:

Hope you all had a healthy and happy holiday. With Fall Season here a lot of exciting programs are coming your way including our **Day Trip to Berea on October 14, Churchill Downs on November 1, Thanksgiving Luncheon, November 13 and New Year's Party on December 16th.** Make sure to check your bulletin regularly, as many of our past programs have been sold out.

A Health Fair will be held on Monday, October 29th. Students from Bellarmine's Clinical Nursing Program will be providing this service. More details to follow!

The Senior Adult Department is again partnering with Meals on Wheels America & Subaru in the 2018 "Share the Love Event." We are asking everyone who attends the Thanksgiving Luncheon on November 13th to bring an item for JFCS Food Bank. More details will follow about this event in the November Bulletin.

The Senior Adult Department has received from Meals & Wheels & Subaru over \$7000 to help subsidize our Kosher Nutrition Program.

Hope to see You at The J!



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

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, October 1 & Tuesday, October 2nd for the Jewish holidays Shemini Atzaret & Simchat Torah..

Elderlaw Presentation-Part II

Tuesday, October 9-12:45PM. Shelley Dowell from Kentucky Elderlaw, PLLC will continue the discussion on seniors need to know about Nursing Home Costs, Medicare, Medicaid, Veterans Benefits. Refreshments will be served after the presentation.

REMINDER: Day Trip to Berea, October 14-9:30AM

Gourmet Dining Club

Monday, October 15-5:30PM. Join us for dinner at Bonefish Grill on Hurstbourne Parkway.
Transportation Fee: \$4/M

Bingo

Tuesday, October 16-12:45PM.
Bingo this month will be sponsored by Masonic Home. A representative from this facility will speak on the many changes taking place at Masonic Home and what opportunities and programs they could offer to seniors.

Shabbat Celebration with The J Preschool

Friday, October 19-11:45AM

Lunch & Learn with Matt Goldberg

Friday, October 19-12:30PM

Senior Retirees Meeting

Tuesday, October 23-12:45PM. Rabbi Nadia Siritsky will speak on Human Trafficking.
Refreshments will be served.

Musical Presentation

Tuesday, October 30-12:45PM. Dr. Stephen Mattingly and his guitar students from the University of Louisville return for another great performance. Refreshments will be served.





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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.

OCTOBER 2018

MON	TUE	WED	THU	FRI	SAT/SUN
1-2 <i>JCC Nutrition Site will be closed for Jewish Holidays of Shemini Atzaret & Simchat Torah</i> 		3 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Corn Beef Sandwich on rye bread chicken noodle soup/crackers, potato salad, cole slaw, sliced pears *	4 Light Weights, 10:00a.m. Regain & Maintain-11am Panko & Feta baked fish/dill sauce, orzo salad, scalloped tomatoes, tropical fruit, dinner roll *	5 Friday Flex– 9:45am Chair Exercise-10:30 am Meat Loaf, oven brown potatoes, peas & carrots, Romaine Salad, chilled pineapple, Challah *	
8 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Sr. Adult Committee Mtg.-1pm Spaghetti /marinara sauce, steamed zucchini & yellow, tossed salad, breadstick, pineapple tidbits *	9 Light Weights, 10:00a.m. Regain & Maintain-11am Crochet Club-11am Elder Law Presentation-12:45pm Hamburger on bun / lettuce, tomato, onion, baked beans, potato wedges, cole slaw, mixed melon salad *	10 Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Line Dancing-1pm Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, chilled pears, dinner roll*	11 Light Weights, 10:00a.m. Regain & Maintain-11am Egg salad on rye bread/lettuce, tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie*	12 Friday Flex– 9:45am Chair Exercise-10:30 am Nutrition Education-11:30am Pot Roast, mashed potatoes, green beans, Spinach Salad, chilled peaches, Challah *	13/14 <i>Day Trip to Berea</i> <i>9:30AM</i>
15 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Gourmet Dining Club-5:30pm Herbed baked tilapia, baked sweet potato, steamed broccoli, cole slaw, chocolate pudding, wheat bread *	16 Light Weights, 10:00a.m. Regain & Maintain 11:00 a.m. Crochet Club-11a.m Bingo-12:45pm Oven fried chicken breast, roasted red potatoes, vegetable medley, Romaine salad, tropical fruit, dinner roll*	17 Active Adults Fitness– 9:45 Chair Exercise-10:30 am Line Dancing 1pm Sloppy Joe on bun, potato salad, baked beans, Israeli salad, sliced peaches/ craisins *	18 Light Weights-10 am Regain & Maintain-11am Chicken Salad Sandwich on rye bread/ tomato, lettuce, minestrone soup/crakers, broccoli & raisin salad, pineapple tidbits/craisins *	19 Friday Flex– 9:45am Chair Exercise-10:30 am Shabbat Celebration/Preschool-11:45am Lunch & Learn/Matt Goldberg-12:30pm Turkey breast/stuffing, sweet potato casserole, vegetable medley, tossed salad, applesauce, Challah *	20/21 
22 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. J Book Club-11am Tai Chi-11:00 a.m. Spanish omelet, zucchini & yellow squash casserole, Israeli salad, apple crisp, wheat bread *	23 Light Weights, 10:00a.m. Regain & Maintain 11:00 a.m. Crochet Club-11AM Senior Retirees Mtg. 12:45pm Herb crusted Salmon filet, wild rice, green beans, Spinach fruited salad, butterscotch pudding, dinner roll*	24 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Beef Tips over noodles, vegetable medley, Romaine Salad, baked apples, dinner roll *	25 Light Weights-10 am Regain & Maintain-11 am Vegetable lasagna, tossed salad, chilled pears, breadstick *	26 Friday Flex– 9:45am Chair Exercise-10:30 am Chicken Picatta, with bowtie pasta, steamed broccoli & carrots, tropical fruit, Challah *	27/28* Tea , Coffee, Juice 
29 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Crispy baked fish/dill sauce, macaroni & cheese, green beans, cole slaw, chilled pineapple, wheat bread *	30 Light Weights, 10:00a.m. Regain & Maintain-11am Crochet Club-11am UofL Guitar Students-12:45pm Ginger barbecue chicken, baked potato, vegetable medley, Romaine salad, dinner roll, mandarin oranges in gelatin *	31 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Line Dancing 1pm Cabbage roll, mashed potatoes, peas & carrots, tossed salad, child peaches, tropical fruit, dinner roll*	MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Shallow 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: Regain & Maintain-11AM FRIDAY: Friday Flex-9:45AM		