

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:

\$30.00 JCCM
\$35.00 JCC Couple
\$80.00 NM
\$95.00 NM Couple

JCC Staff

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

Louisville Orchestra Coffee Concert-Art & Music
Friday, January 25-Leave JCC at 10:15AM
Teddy Abrams Conductor

“Mussorgsky wrote *Pictures at an Exhibition* after seeing an art exhibit of his friend Viktor Hartmann. The composer was so delighted by the artwork that he composed a piece based on the experience. We turn the tables and ask artists to create new works of art with music as their inspiration. We promise a multi-sensory arts experience as we collaborate with artists from KyCAD.” The musical program will depend on the selections used by the artists who have been offered this list:

1. **GEORGE FRIDERIC HANDEL:** “Alla Hornpipe” from *Water Music*
2. **W.A. MOZART:** Overture to *The Magic Flute*
3. **LUDWIG VAN BEETHOVEN:** Symphony No. 8, Mvt. 4
4. **MAURICE RAVEL:** “Apothéose: The Fairy Garden” from the *Mother Goose Suite*
5. **IGOR STRAVINSKY:** “Infernal Dance” from *The Firebird*
6. **JEAN SIBELIUS:** *The Oceanides*
7. **BELA BARTÓK:** Music for Strings, Percussion, and Celesta, Mvt. 4
8. **CHARLES IVES:** “The Housatonic at Stockbridge” from *Three Places in New England*
9. **MODEST MUSSORGSKY:** *Night on Bald Mountain*
MODEST MUSSORGSKY: *Pictures at an Exhibition*

After concert we will have lunch at the Golden Corral, Clarksville, Indiana.
Cost of ticket & transportation: \$28/M, \$35/NM Payment Deadline: January 2
Subsidized by the Irvin & Jeanne Wasserman Musical Arts Fund & The Gus Goldsmith Transportation Fund.

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

December 2018

A Message from Diane and Natalie

Dear Friends,

As 2018 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 4. 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 programing 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
Gus Goldsmith Transportation Fund
Harry & Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
Meals on Wheels America
KIPDA

UPCOMING EVENTS

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

Chanukah Celebration

Tuesday, December 4, 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.



Bingo

Tuesday, December 11-12:45PM



**Reminder Derby Dinner Playhouse,
December 13-Leave 11:15AM**



Annual Holiday / New Year's Party

Sunday, December 16—12:00-2:30PM

Join us for a delicious lunch catered by Gerry Burns, followed by musical entertainment provided by Lost Tribe. 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 7th

The J Book Club

Monday, December 17-11AM. We will be discussing **The Coal Tattoo** by Silas House.

Senior Retirees Meeting

Tuesday December 18-12:45PM. Wayne Perky, former Radio & Television personality will be our guest speaker. Refreshments will be served after program.

**THE JCC NUTRITION SITE WILL BE CLOSED ON
DECEMBER 24 & 25TH.**



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

DECEMBER 2018

MON	TUE	WED	THU	FRI	SAT/SUN
<div>3</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Tai Chi- 11:00a.m.</div> <div>Tuna sandwich on rye /lettuce & tomato, cream of mushroom soup, broccoli & raisin salad, chilled peaches/craisins, chocolate chip cookie.*</div>	<div> <div>4</div> <div>  </div> <div>Light Weights-10AM Regain & Maintain11AM Crochet Club-11AM Chanukah Celebration-12PM</div> <div>Meat Loaf, potato latkes, vegetable medley, Romaine Salad, apple sauce, dinner roll. *</div> </div>	<div>5</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Spaghetti with marinara sauce, steamed zucchini & yellow squash, Tossed salad, breadstick, chilled pears. *</div>	<div>6</div> <div>Light Weights-10:00 a.m. Regain & Maintain 11:00 a.m</div> <div>Herbed baked fish/dill sauce, macaroni & cheese, scalloped tomatoes, cole slaw, wheat bread, tropical fruit. *</div>	<div>7</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Chicken Picatta/ linguine, Spinach fruited Salad, steamed broccoli mixed melon salad, Challah. *</div>	
<div>10</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Tai Chi-11AM Senior Adult Committee Mtg. 1PM</div> <div>Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, tropical fruit, cookie*</div>	<div>11</div> <div>Light Weights-10AM Regain & Maintain11AM Crochet Club-11AM Bingo-12:45PM</div> <div>Beef Tips over noodles, green beans, Romaine Salad, pineapple tidbits, dinner roll. *</div>	<div>12</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Crispy baked tilapia, rice pilaf, steamed broccoli & carrots, cole slaw, chocolate pudding, wheat bread. *</div>	<div>13</div> <div>Light Weights-10:00 a.m. Regain & Maintain 11:00 a.m Derby Dinner Playhouse-11:15AM</div> <div>Hamburger on bun/ lettuce, tomato, baked beans, potato salad, mixed melon salad*</div>	<div>14</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, Challah*</div>	<div>15/16</div> <div>New Year/ Holiday Party</div> <div>  </div>
<div>17</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Tai Chi-11AM J Book Club-11AM</div> <div>Egg salad on rye bread/ lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie. *</div>	<div>18</div> <div>Light Weights-10AM Regain & Maintain11AM Crochet Club-11AM Senior Retirees Meeting-12:45PM</div> <div>Oven fried chicken breast, roasted red potatoes, vegetable medley, Romaine salad, tropical fruit, dinner roll. *</div>	<div>19</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Sloppy Joe on bun, potato salad, baked beans, Israeli Salad, sliced peaches/craisins. *</div>	<div>20</div> <div>Light Weights-10:00 a.m. Regain & Maintain 11:00 a.m</div> <div>Spanish omelet, zucchini & yellow squash casserole, apple crisp, tossed salad, wheat bread *</div>	<div>21</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM</div> <div>Pot Roast, mashed potatoes, green beans, Romaine Salad, chilled pears, Challah *</div>	
<div> <div>The JCC Nutrition Site will be closed on Monday, December 24 and Tuesday, December 25</div> <div>  </div> </div>		<div>26</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Herbed crusted salmon filet, wild rice, green beans, spinach fruited salad, butterscotch pudding, dinner roll*</div>	<div>27</div> <div>Light Weights-10:00 a.m. Regain & Maintain 11:00 a.m.</div> <div>Chicken salad on rye bread, lettuce/ tomato, vegetable soup/crackers, broccoli & raisin salad, pineapple tidbits/craisins. *</div>	<div>28</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Salisbury steak, oven brown potatoes, peas & Carrots, Romaine Salad, apple sauce, Challah *</div>	<div>29/30*</div> <div>Tea & Juice Daily</div> <div>    </div>
<div>31</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Tai Chi- 11:00a.m.</div> <div>Corn beef on rye bread, chicken noodle soup, cole slaw, sliced pickle, tropical fruit. *</div>	<div> <div>HAPPY NEW YEAR</div> <div>  </div> </div>		<div> <div>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</div> </div>		<div>Happy New Year</div> <div>  </div>