

## Senior Adult Committee

Margot Kling, Chair

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

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, 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.

### Jewish Film Festival Presents: **The Samuel Project**

Wednesday, Feb. 27, 7:00 p.m. at Adath Jeshurun Synagogue

#### Closing reception following the film

In this heartwarming English language film, Eli gets to know his grandfather Samuel when he makes him the subject of an animated art project for school. With dreams of becoming a professional artist, Eli discovers that his Jewish grandpa, a San Diego dry cleaner, was heroically saved from Nazi capture in Germany by a young woman when he was a boy. As they reconnect and strengthen their relationship, the teenager hears the story that hasn't been told in 75 years.

Cost of admission: \$10/admission. Transportation available for an additional \$3.



### Musical **"Hello Dolly!"**

Wednesday, May 15-7:30PM, Kentucky Center for the Arts

"Tony Award-winning Broadway legend Betty Buckley stars in Hello, Dolly! -the universally acclaimed smash hit. Breaking box office records week after week and receiving thunderous raves on Broadway, this Hello, Dolly! pays tribute to the original work of legendary director/choreographer Gower Champion—hailed both then and now as one of the greatest staging's in musical theater history. Rolling Stone calls it "a must-see event. A musical comedy dream."

Reservation & Payment Due by February 22

Cost of admission & transportation: \$46/M, \$54/NM



# J SENIOR TIMES

## January 2019

**A Message from Diane and Natalie:**  
**Dear Friends**  
 We would like to wish you and your family good health and prosperity for the upcoming year. Many new & exciting programs have been planned for 2019 and we hope that you will join us in participating in these events. Included in your bulletin is a flyer about our trip to Mackinac Island & Northern Michigan, June 16-22. Hope you will consider travelling with us to this beautiful part of our great country. For more details see Diane or call her at 238-2749.

**Friendly Reminder: Diane or Natalie will gladly accept your Club Dues Renewal.**  
**Dues for the Adult Social Club are as follow:**  
 \$30.00 JCCM  
 \$35.00 JCC Couple  
 \$80.00 NM  
 \$95.00 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 Wolf 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

**Bingo Sponsored by Senior Home Transitions**  
**Tuesday, January 8-12:45PM.** Learn how this organization can help you find the best place to live in Louisville. After the presentation, we will play bingo.



**Musical Presentation**  
**Tuesday, January 15-12:45PM.** Mike O'Bryan is back to lead us in a selection of our favorite musical melodies on his accordion. Refreshments will be served after program.



**Gourmet Dining Club**  
**Monday, January 21-5:30PM.** Join us for dinner at The Olive Garden on Hurstbourne Lane. Cost of transportation: \$4

**Tu B'Shevat Seder**  
**Tuesday, January 22-12:45PM.** Please join Rabbi Nadia Siritsky & Cantor Sharon Hordes as we celebrate **The New Year of the Trees**. This is the season in which the earliest blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. We will be eating fruits such as grapes, figs, pomegranates, olives & dates. This holiday reminds of our connection to the earth and role as caretakers of the environment.

**Coffee Concert-Louisville Orchestra-Teddy Abrams, Conductor**  
**Friday, January 25-10:15AM.** After concert, lunch at Golden Corral. Cost of admission & transportation: \$28/M, \$35/NM. Tickets subsidized by Irvin & Jeanne Wasserman Musical Arts Fund.

**JCC Book Club**  
**Monday, January 28-11AM**



**Senior Retirees Meeting**  
**Tuesday, January 29-12:45PM.** Chaplain Dale McAbee from Baptist Health will be our guest speaker. The topic for this presentation is **"Wholeness: A House With Five Rooms"**. Refreshments will be served after program.

**The JCC Nutrition Site will be closed on Tuesday, January 1 for the New Year Holiday!**








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

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

# January 2019

MON	TUE	WED	THU	FRI	SAT/SUN
	<b>1</b> <b>The JCC Nutrition Site will be closed for the New Year Holiday</b>  <b>Happy New Year!</b>	<b>2</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m. Panko & Feta Tilapia/ dill sauce, rice pilaf, garden peas, Israeli Salad, tropical fruit salad, wheat bread.*	<b>3</b> Light Weights-10am Spaghetti/marinara sauce, steamed zucchini & yellow squash, tossed salad/tomato, breadstick, pineapple tidbits,	<b>4</b> Friday Flex-9:45am Chair Exercise 10:30am Turkey breast, /stuffing, mashed potatoes, green beans, tossed salad, pears, Challah. *	
<b>7</b> Active Adult Fitness 9:45AM Chair Exercise, 10:30 a.m. Tai Chi 11: 00 a.m. Grilled Cheese sandwich, tomato soup/crackers, Israeli salad, chilled peaches chocolate chip cookie.*	<b>8</b> Light Weights, 10 am Crochet Club-11AM Senior Home Transitions-Bingo-12:45PM Meat Loaf, oven brown potatoes, vegetable medley, tossed salad, pineapple tidbits, dinner roll. *	<b>9</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m. Chicken Cacciatore/penne pasta, green beans, Romaine Salad, dinner roll, tropical fruit*	<b>10</b> Light Weights-10am Tomato stuffed/tuna, cream of mushroom soup/crackers, potato chip, honey wheat bread, orange slices, chocolate chip cookie.*	<b>11</b> Friday Flex-9:45am Chair Exercise 10:30am Nutrition Education-11:30AM Pot Roast , kasha/bow tie pasta, steamed broccoli & carrots, spinach fruited salad, apple sauce, Challah *	<b>12/13</b> <i>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</i>
<b>14</b> Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Senior Adult Committee Meeting-12:45 Tai Chi 11: 00 a.m. Spaghetti with meat sauce, green beans, Romaine Salad, chilled peaches, breadstick. *	<b>15</b> Light Weights, 10 am Crochet Club-11AM Mike O'Bryan-12:45PM Oven fried chicken breast, roasted red potatoes, vegetable medley, Spinach fruited salad, tropical fruit, dinner roll. *	<b>16</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m. Spanish omelet, hash brown potatoes, tossed salad/tomato, apple crisp, wheat bread.*	<b>17</b> Light Weights-10am Chicken salad sandwich on rye bread / lettuce & tomato, minestrone soup/ crackers, broccoli & raisin salad, pineapple tidbits *	<b>18</b> Friday Flex-9:45am Chair Exercise 10:30am Shabbat Celebration with Preschool 11:45AM Cabbage roll, mashed potatoes, peas & carrots, tossed salad/tomato, pears, Chalah. *	
<b>21</b> Active Adult Fitness 9:45am Chair Exercise, 10:30 a.m. Tai Chi 11: 00 a.m. Gourmet Dining 5:30p.m. Cheese pizza, Greek salad, chilled peaches, chocolate chip cookie.*	<b>22</b> Light Weights, 10 am Crochet Club-11AM Tu B'Shevat Seder-12:45PM Herbed crusted salmon, rice pilaf, garden peas, cole slaw, sliced peaches/ craisins, dinner roll.*	<b>23</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m. Sloppy Joe on bun, potato wedges, baked beans, Israeli Salad, pineapple tidbits. *	<b>24</b> Light Weights-10am Vegetable Lasagna, tossed salad, sliced pears, breadstick, sugar cookie. *	<b>25</b> Friday Flex-9:45am Chair Exercise 10:30am Coffee Concert -10:15AM Chicken Marsala, linguine, steamed broccoli, Spinach fruited salad, Applesauce, Challah *	<b>26/27</b> * Juice, tea, coffee 
<b>28</b> Active Adult Fitness 9:45AM Chair Exercise, 10:30 a.m. J Book Club-11AM Tai Chi 11: 00 a.m. Corn Beef on rye, chicken noodle soup, potato salad, sliced pickle, tropical fruit*	<b>29</b> Light Weights, 10 am Crochet Club-11AM Senior Retirees Meeting-12:45PM Salisbury Steak, mashed potatoes, steamed carrots, tossed salad, tropical fruit, dinner roll. *	<b>30</b> Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Continuous Line Dancing, 1 p.m. Beef Stew with carrots, green beans, sliced potatoes, Spinach salad, apple sauce, dinner roll. *	<b>31</b> Light Weights, 10 am Crispy baked fish, scalloped tomatoes, macaroni & cheese, cole slaw, butterscotch pudding, wheat bread. *	<b>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym</b> <b>MONDAY –WEDNESDAY- FRIDAY: Shallow Water Exercise, 9:30-10:30</b> <b>WEDNESDAY: Deep Water Wellness-10:30AM</b> <b>MONDAY, WEDNESDAY, FRIDAY-Chair Exercise-10:30AM,</b> <b>MONDAY,WEDNESDAY: Active Adult Fitness-9:45AM</b> <b>MONDAY-Tai Chi-11AM</b> <b>TUESDAY, THURSDAY: Light Weights-10AM</b> <b>FRIDAY: Friday Flex-9:45AM</b>	