

Senior Adult Committee

Margot Kling-Chair
Martha Bennett
Roy Frye
Gale Karem
Margaret Mazeaneec

Joyce Myers
Emily Podgursky
Joe Rothstein
Simon Wolf

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

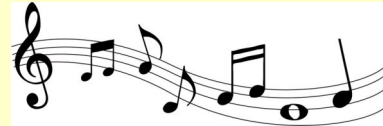
JCC Staff

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

Louisville Orchestra Coffee Concert-Beethoven's Ninth Symphony Friday, May 10-Leave JCC at 10:15AM

"Conceived on a gigantic scale, Beethoven's Ninth Symphony is an exaltation of the ideal of universal brotherhood. In his only symphony to use a chorus and vocal soloists, Beethoven traced the line from anguish to joy, and from doubt to hope."

TEDDY ABRAMS, conductor
HAYLEY LIPKE, soprano
LIZ CULPEPPER, mezzo
SPENCER LAWRENCE BOYD, tenor
SONJIN KIM, bass
Cost of ticket: \$28/M, \$35/NM



Reservation & Payment Due by Wednesday, April 17th
After the concert, we will have lunch at a local restaurant to be announced.



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 Federation of Louisville 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

April 2019

A Message from Diane Sadle & Natalie Kusyo

Spring is here and many programs have been planned for April and May. Please make your early reservations for your favorite programs and remember that our Annual Membership Brunch is coming soon, so please make sure to pay your Annual Club Dues.

Dues for the Senior Adult Social Club are:
\$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 Wolff Senior Adult Fund
Irvin & Betty Zegart Senior Adult Fund
Judith Bensinger Senior Adult Fund
Gus Goldsmith Transportation Fund
Harry and 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
Please join us for these new Programs!
Group Reminiscence/Spiritual Aging
Monday, April 1, 15, 29-12:30PM with Rabbi Diane Tracht

Tuesday, April 2-12:45PM.
Robert Mueller, author & motivational speaker, will update us on Hosparus and "Keeping it all Together." Refreshments will be served after program.

Young Heart's Theater Presents-"Praise the Lord-It's Broadway"
Thursday, April 4-2PM-Ursuline Campus-Lexington Road.
We will first have lunch at the JCC at 12PM, leave center at 1PM for performance. Please call 238-2743 to make your reservations.

Tuesday, April 9-12:45PM.
Jeff Springer, pianist performs blues, jazz, Broadway & some classical tunes. Refreshments will be served after the program.

Tuesday, April 16-12:45PM.
John Gage will return to perform some of your favorite songs. Refreshments will be served.

Intergenerational, Interfaith Model Seder
Wednesday, April 17-4:45PM.
Sponsored by the Bensinger Family in memory of Judith Bensinger. Join us for this annual event with the Hebrew School students. Cantor Sharon Hordes from Keneseth Israel Synagogue will lead us in the service followed by a catered dinner prepared by Gerry Burns. Cost of event: \$5/. RSVP by Wednesday, April 10th

JCC Nutrition Site will be closed
Friday, April 19 through Friday April 26
for the Passover Holiday.
We will resume regular schedule
on Monday, April 29.



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

April 2019

MON	TUE	WED	THU	FRI	SAT/SUN
<p>1 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am, Spiritual Aging-12:30PM</p> <p>Spaghetti/marinara sauce, steamed zucchini & yellow squash, tossed salad/ tomato, breadstick, pineapple tidbits. *</p>	<p>2 Light Weights, 10:00 am Crochet Club 11:00 am Bob Mueller, Senior Retirees Mtg. 12:45PM</p> <p>Salisbury steak, mashed potatoes, steamed baby carrots, Romaine salad, tropical fruit, dinner roll. *</p>	<p>3 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm</p> <p>Grilled Cheese sandwich, tomato soup/ crackers, Israeli salad, chocolate chip cookie, chilled peaches. *</p>	<p>4 Light Weights, 10:00 am Young Hearts Theater- Ursuline Campus-2PM</p> <p>Crispy baked tilapia/dill sauce, macaroni and cheese, garden peas, cole slaw, butterscotch pudding, wheat bread *</p>	<p>5 Active Adults Fitness, 9:45 am Chair Exercise, 10:30 a.m.</p> <p>Chicken Marsala, linguine, vegetable medley, Spinach Fruited salad , chilled pears, Challah. *</p>	
<p>8 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am, Senior Adult Committee Mtg.-12:45PM</p> <p>Tuna Salad on rye /lettuce & tomato, cream of mushroom, soup/crackers, potato chips, orange slices, chocolate chip cookie. *</p>	<p>9 Light Weights, 10:00 am Crochet Club 11:00 am Jeff Springer, Pianist-12:45PM</p> <p>Oven fried chicken breast, roasted red potatoes, steamed broccoli, Romaine salad, dinner rolls, chilled peaches. *</p>	<p>10 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Nutrition Education-11:30AM</p> <p>Beef Tips over Noodles, vegetable medley, tossed salad/tomato, baked apples, dinner roll. *</p>	<p>11 Light Weights, 10:00 am</p> <p>Vegetarian Lasagna, Greek salad, sliced pears, sugar cookie, breadstick. *</p>	<p>12 Active Adults Fitness, 9:45 am Chair Exercise, 10:30 am Preschool Shabbat 11:45 am</p> <p>Turkey breast/ stuffing, mashed potatoes, green beans, spinach salad, apple sauce, Challah. *</p>	13/14
<p>15 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi-11AM Reminiscence-12:30PM</p> <p>Herbed baked fish/dill sauce, baked sweet potato, steamed broccoli, Israeli salad, chocolate pudding, wheat bread. *</p>	<p>16 Light Weights, 10:00 am Crochet Club 11:00 am John Gage-12:45PM</p> <p>Sloppy Joe on Bun, potato wedges, baked beans, Romaine salad, tropical fruit. *</p>	<p>17 Active Adults Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1 pm Intergenerational Model Seder-4:45pm</p> <p>Chicken salad sandwich on rye bread/lettuce & tomato, minestrone soup/crackers, cole slaw, pineapple tidbits/craisins. *</p>	<p>18 Light Weights, 10:00 am</p> <p>Fettucine Alfredo/broccoli & mushrooms, Spinach Fruited Salad, breadstick, peaches. *</p>	<p>19</p> <p>The JCC Nutrition Site will be closed for the Passover Holiday!</p>	<p>20/22 <i>Tea & Orange juice</i></p> 
	<p>The JCC Nutrition Site will be closed from <u>FRIDAY, April 19</u> through <u>Friday, April 26</u> for the Passover Holiday</p>			 <p><small>Seder Dinner Staten Island 2012</small></p>	27/28
<p>29 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am, Spiritual Aging-12:30PM</p> <p>Spanish omelet, zucchini & yellow squash casserole, tossed salad/tomato , apple crisp, wheat bread. *</p>	<p>30 Light Weights, 10:00 am Crochet Club 11:00 am Bingo-12:45PM</p> <p>Ginger Barbecue Chicken Breast, baked potato, vegetable medley, Romaine salad, chilled peaches, dinner roll</p>	<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym, MONDAY-WEDNESDAY-FRIDAY: Shallow Water Exercise- 9:30-10:30 a.m. WEDNESDAY -Deep Water Wellness-10:30am MONDAY,WEDNESDAY, FRIDAY : Active Adults Fitness, 9:45a.m., Chair Exercise 10:30a TUESDAYS, THURSDAYS : Light Weights, 10:00 a.m., WEDNESDAYS: KIPDA-SHIP Counseling, 12:30-1 p.m. MONDAYS :Tai Chi 11:00am</p>			<p>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</p>