

Senior Adult Committee

Margot Kling, Chair

Martha Bennett	Gale Karem
Sammi Brown	Emily Podgursky
Margaret Mazanec	Joe Rothstein
Joyce Myers	Si Wolf

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

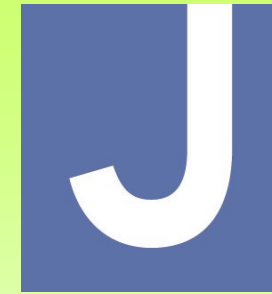
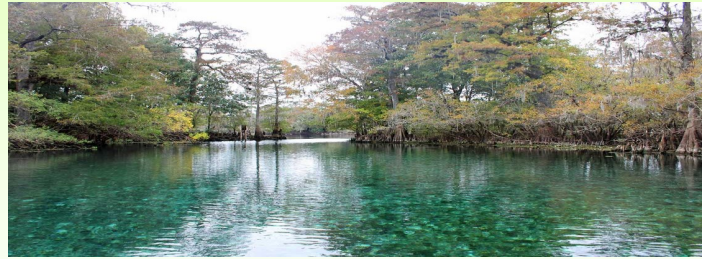
TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish 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.

SAVE THE DATE

Tuesday, June 4-12:45PM-Deborah Frockt, new CEO of JFCS will be the guest speaker.

Tuesday, June 11-Benji Berlow, Rabbinic Assistant to Rabbi Rapport will perform some of you favorite songs on the guitar.

Tuesday, June 25-Abigail Glogower from the Filson Historical Society will speak on the Jewish Archives.



SENIOR TIMES

May 2019

UPCOMING EVENTS

For LUNCH Reservations, call 238-2743
 For ALL other Reservations, call 238-2749 or 238-2743

Tuesday, May 7-12:45PM-Bob Kennedy from Humana will speak on "Staying Vital". Refreshments will be served after program.

Friday, May 10-10:15AM-For those with paid reservations to Louisville Orchestra Coffee Concert

Tuesday, May 14-12:45PM An amazing new trio led by Fran Weinstock will perform "YESTERTUNES." Birthdays & anniversaries will be celebrated.

Wednesday, May 15- For those with already paid reservations for "Hello Dolly"-leave J at 6:15PM.

Monday, May 20-11 AM
 J Book Club



Monday, May 20-5:30PM - Gourmet Dining Club
 Join us for dinner at The Bristol on Hurstbourne.
 Cost of transportation: \$4



Tuesday, May 21-12:45PM -Michael Fraade, Jewish Outdoor, Food & Environmental Director will speak on "Getting Outside at the J This Summer. Over the years the J's Senior Adults have been a huge part of our outdoor summer programs such as the J's garden and our Fresh Stop Market, which provides fresh, local produce on an income based sliding scale. Come hear about these 2 programs and learn how you can take home farm-fresh veggies, spend time outside and volunteer with other community members."

Tuesday, May 28-12:45PM-Bingo sponsored by Highlands Health & Rehabilitation.

The JCC Nutrition Site will be closed on Monday, May 27 for Memorial Day Holiday



A Message from your Senior Adult Department Directors Diane Sadle & Natalie Kusyo

Dear Friends,
 May is Older Americans Month. This year's theme is :

"Connect, Create, Contribute."

- "Connect with friends, family and services that support participation.
- Create by engaging in activities that promote learning, health and personal enrichment.
- Contribute time, talent and life experience to benefit others.

Come and learn how to stay vital & active as we age, enjoy some great music and see how you can volunteer your time working with other community members. Take charge of your health and independence and join us for the variety of activities that we offer at the J all year round. Stay active, stay positive and live your life to the fullest!"

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

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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.**

MAY 2019

MON	TUE	WED	THU	FRI	SAT/SUN
<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 FRIDAY: Friday Flex-9:45AM</p>		<p>1 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm</p> <p>Crispy baked Tilapia/dill sauce, macaroni & cheese, cole slaw, garden peas, chocolate pudding, wheat bread.*</p>	<p>2 Light Weights, 10:00 am</p> <p>Spaghetti/meat sauce, steamed zucchini & yellow squash, tossed salad/tomato, breadstick, pineapple tidbits.*</p>	<p>3 Friday Flex 9:45 a.m. Chair Exercise, 10:30 a.m.</p> <p>Pot Roast, mashed potatoes, steamed carrots, tossed salad, pears, Challah*</p>	<p>4/5 </p>
<p>6 Active Adults Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11:00am Group Reminiscence-12:30PM</p> <p>Egg salad on rye bread/ lettuce &tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie*</p>	<p>7 Light Weights, 10:00 am Crochet Club-11AM Bob Kennedy-Humana-12:45PM</p> <p>Turkey breast/ stuffing, sweet potato casserole, green beans, Spinach salad, apple sauce, dinner role.*</p>	<p>8 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm</p> <p>Salisbury steak, oven brown potatoes, Vegetable medley, tossed salad, tropical fruit, dinner roll. *</p>	<p>9 Light Weights, 10:00 am</p> <p>Vegetarian Lasagna, Romaine salad, breadsticks, sugar cookie, sliced pears *</p>	<p>10 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m. Coffee Concert-10:15AM</p> <p>Chicken Picata /Bow Tie Pasta, steamed broccoli, tossed salad, pineapple tidbits, Challah. *</p>	
<p>13 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11am Senior Adult Committee Mtg.-12:45pm</p> <p>Chicken salad sandwich on rye bread/lettuce & tomato, minestrone soup/crackers, broccoli & raisin salad, chilled peaches. *</p>	<p>14 Light Weights, 10:00 am Crochet Club-11AM "Yestertunes"-12:45PM</p> <p>Meatloaf, mashed potatoes, vegetable medley, Romaine salad, fresh fruit salad, dinner roll. *</p>	<p>15 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm Hello Dolly-6:15PM</p> <p>Herbed crusted salmon, rice pilaf, garden peas, Israeli salad, tropical fruit, dinner roll *</p>	<p>16 Light Weights, 10:00 am</p> <p>Beef Tips over egg noodles, green beans, tossed salad/tomato, dinner roll, baked apples.*</p>	<p>17 Friday Flex 9:45 a.m. Chair Exercise, 10:30 a.m. Nutrition Education-11:30AM</p> <p>Oven fried chicken breast, roasted red potatoes, steamed broccoli, Romaine salad, chilled pears, Challah. *</p>	<p>18/19 *Tea & Juice </p>
<p>20 Active Adult Fitness, 9:45am Chair Exercise, 10:30am Tai Chi, 11am Book Club-11 am Spiritual Aging-12:30PM</p> <p>Spanish Omelet, zucchini/yellow squash casserole, tossed salad/tomato, apple crisp, wheat bread*</p>	<p>21 Light Weights, 10:00 am Crochet Club-11AM Michael Fraade-J Garden-12:45PM</p> <p>Chicken Cacciatore/penne pasta, vegetable medley, Romaine salad, pineapple tidbits, breadstick. *</p>	<p>22 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm</p> <p>Tuna salad on rye/lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange slices, chocolate chip cookie.*</p>	<p>23 Light Weights, 10:00 am</p> <p>Hot dog on bun, baked beans, potato wedges, cole slaw, tropical fruit. *</p>	<p>24 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m.</p> <p>Cabbage roll, mashed potatoes, peas & carrots, Spinach Fruited Salad, chilled peaches, Challah. *</p>	<p>25/26 </p>
<p>27 The JCC Nutrition Site will be closed for the Memorial Day </p>	<p>28 Light Weights, 10:00 am Crochet Club-11AM Bingo-12:45PM</p> <p>Ginger Barbecue Chicken Breast, baked potato, vegetable medley, Romaine Salad, fresh fruit, dinner roll. *</p>	<p>29 Active Adult Fitness, 9:45 am Chair Exercise 10:30 am Continuous Line Dancing, 1:00pm</p> <p>Sloppy Joe on bun, baked beans, potato salad, Israeli Salad, pineapple tidbits. *</p>	<p>30 Light Weights, 10:00 am</p> <p>Herbed baked fish/dill sauce, wild rice, scalloped tomatoes, cole slaw, chocolate pudding, wheat bread.*</p>	<p>31 Friday Flex, 9:45 a.m. Chair Exercise, 10:30 a.m.</p> <p>Chicken Marsala, linguine, green beans, tossed salad, tropical fruit, Challah. *</p>	