

Senior Adult Committee

Margot Kling, Chair

| | |
|------------------|-----------------|
| Martha Bennett | Joyce Myers |
| Sammi Brown | Emily Podgursky |
| Gale Karem | Joe Rothstein |
| Margaret Mazanec | 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

Jewish Community Center
(502) 459-0660

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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JEWISH COMMUNITY CENTER OF LOUISVILLE
3600 Dutchmans Lane • Louisville, KY 40205
502-459-0660 • www.jewishlouisville.org

Day Trip to Belterra Casino

Thursday, July 18-10AM.

Join us for a fun day at Belterra Casino. We will leave the JCC at 10 A.M. Upon arriving, you will receive a voucher for \$10 to be used in the Casino plus \$5.00 voucher for either the Buffet or several other eateries. On Thursdays, the Buffet offers buy-one, get one free also.

When making your reservation, please provide us with your name, mailing address, date of birth, driver's license or State ID number and expiration date. If you have a mychoice account from Belterra, let us know that number also.

Cost of trip: \$28/M, \$38/NM.

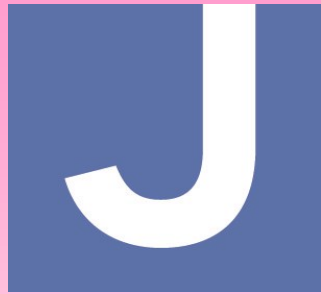
Reservation and payment Deadline:

Friday, June 28 Space is limited, so make your reservation early.

SAVE THE DATE

Sunday, August 18-12PM

Paid Up Membership & Volunteer Recognition Luncheon



SENIOR TIMES

June 2019

A Message from Diane Sadle and Natalie Kusyo

Dear Friends,

Summer is finally here! Hope the weather will cooperate so all of you will be able to join us in the many programs that are planned.

We also would like to remind you that one of our big events during the year is our **Membership Appreciation Luncheon**. This event will be held on August 18 at 12PM. So, please make sure to pay your dues, as **this event is for Club Members only!**

\$30/JCCM
\$35/JCCM Couple
\$80/NM
\$95/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 & Jeanette Weinberg Fund
Donald J. & Ann W. Roth Senior Fund
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 the following Tuesday's Programs in June at 12:45PM. Refreshments will be served after program.

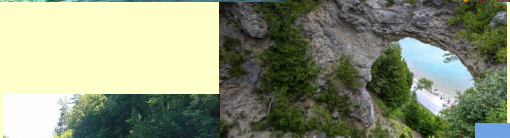
Tuesday, June 4-12:45PM-Deborah Frockt, new CEO of JFCS will be the guest speaker.

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

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

No Gourmet Dining or Book Club this month due to trip to Mackinac Island.

Mackinac Island Trip-June 16-22



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

JUNE 2019

| MON | | TUE | | WED | | THU | | FRI | | SAT/SUN | |
|--|--|---|--|--|---|---|--------------------|--|--|---|--|
| 3 | Active Adults Fitness 9:45am Chair exercise,10:30am Tai Chi 11am Sr. Adult Committee Meeting 12:45 pm | 4 | Light Weights-10AM Crochet Club-11AM Deborah Frockt-JFCS-12:45PM | 5 | Active Adult Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1PM | 6 | Light Weights-10AM | 7 | Friday Flex-9:45AM Chair Exercise-10:30AM | 8/9 <i>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support groups for grief.</i> | |
| Crispy baked Tilapia/dill sauce, macaroni & cheese, garden peas, cole slaw, chocolate pudding, wheat bread * | | Spaghetti/meat sauce, steamed zucchini & yellow squash, tossed salad/tomato, breadstick; pineapple tidbits. | | Grilled cheese sandwich, tomato soup/ crackers, Israeli Salad, tropical fruit, chocolate chip cookie. * | | Fettucine Alfredo/ mushrooms & broccoli, Spinach Fruited salad, dinner roll, chilled peaches* | | Pot Roast, kasha/bow tie pasta, steamed carrots, tossed salad, pears, Challah * | | | |
| 10 |  The JCC Nutrition Site will be closed for the Holiday Shavuot. | 11 | Light Weights-10AM Crochet Club-11AM Benji Berlow-12:45PM | 12 | Active Adults Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1:00 PM | 13 | Light Weights-10AM | 14 | Friday Flex -9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM | 15/16 <i>Happy Father's Day!</i> | |
| Turkey breast/stuffing, mashed potatoes, green beans; Spinach salad, apple sauce, dinner roll * | | Panko & Feta baked tilapia, rice pilaf, steamed broccoli, Israeli salad, fresh fruit salad, wheat bread. * | | Vegetarian Lasagna, Romaine salad, sliced pears; sugar cookie, breadstick * | | Orange Marmalade Chicken, egg noodles, vegetable medley; tossed salad, tropical fruit, Challah. * | | | | | |
| 17 | Active Adult Fitness 9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM | 18 | Light Weights-10AM | 19 | Active Adult Fitness-9:45AM Chair Exercise 10:30 AM Line Dancing 1 PM | 20 | Light Weights-10AM | 21 | Friday Flex-9:45AM Chair Exercise-10:30AM |  | |
| Egg Salad Sandwich on rye bread/ tomato & lettuce, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie. * | | Salisbury Steak, mashed potatoes, vegetable medley, tossed salad, tropical fruit, dinner roll * | | Chicken salad sandwich on rye bread/ lettuce & tomato, vegetable soup/ crackers, broccoli & raisin salad, pineapple tidbits.* | | Hot Dog on bun, baked beans, potato wedges, cole slaw, watermelon slice * | | Oven fried chicken breast, roasted red potatoes; steamed broccoli & carrots, Romaine Salad, chilled pears, Challah* | | | |
| 24 | Active Adult Fitness -9:45 AM Chair Exercise 10:30 AM Tai Chi-11 AM Reminiscence-12:30PM | 25 | Light Weights-10AM Crochet Club-11AM Abigail Glogower- Filson Historical Society -12:45PM | 26 | Active Adult Fitness-9:45 AM Chair Exercise, 10:30 AM Line Dancing 1 PM | 27 | Light Weights-10AM | 28 | Friday Flex -9:45AM Chair Exercise-10:30AM | 29/30* <i>Tea & Orange Juice</i> | |
| Herbed crusted salmon, rice pilaf, garden peas, Israeli Salad, tropical fruit, dinner roll * | | Barbecue Chicken Breast, baked potato, vegetable medley, Romaine Salad, fresh fruit, dinner roll. | | Tuna salad on rye/lettuce & tomato, cream of mushroom soup/cracker, potato chips, orange slices, chocolate chip cookie * | | Cabbage roll, mashed potatoes, peas & carrots, Spinach Fruited Salad, chilled peaches, dinner roll* | | Chicken Cacciatore/penne pasta, vegetable medley, Romaine salad, pineapple tidbits, Challah * | |  | |
|  | |  | | MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym, MONDAY –WEDNESDAY-FRIDAY: Swimnastics-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 | | | |  | |  | |