

Senior Adult Committee

Margot Kling, Chair

Martha Bennett
Sammi Brown
Gale Karem
Margaret Mazanec

Joyce Myers
Joe Rothstein
Emily Podgursky
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

Senior Adult Staff
Diane Sadle-Senior Adult Director
Natalie Kusyo-Senior Adult Assistant

Fall Production of Young Hearts Theater-"A Toast to Eloise-40th Anniversary Show"
Thursday, September 19-2PM, Ursuline Arts Center, Lexington Road
We will first have lunch at JCC at 12PM and then attend the performance of Young Heart's Theater Fall Production.
Transportation will be available.

Day at the Downs
Thursday, October 31-Leave JCC at 11AM
Join us on Millionaire's Row-4th floor. We will have a delicious buffet lunch and be able to watch the races from the four tier balcony overlooking the finish line. Cost includes lunch, admission, reserved seat, racing form & transportation.
Space is limited. Reservation & Payment Deadline: Friday, August 30
Cost: \$32/M, \$38/NM



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.



SENIOR TIMES

August 2019



A Message from Diane & Natalie:

Dear Fellow JCC & Club Members:

We hope all of you are staying cool during this hot summer. One way to enjoy this time of the year is to come to the air conditioned J and participate in the many programs that we offer.

Remember make your reservations early for the day trips as they fill up quickly.

On **Sunday, August 18**, The Adult Social Club Membership Luncheon will be held. This is a free event for Club Members only. Our dedicated senior volunteers will be honored during this event. If you have not renewed your membership for 2019, please see Natalie or Diane. Rates are on back cover of bulletin.

Did you know: J Members get full access to the facility, pools, Pickleball, and all our group classes, plus a discount on Senior Social Club! Join today for 15% off your first year! Living on a fixed income? Scholarships are available!

Contact the Membership Department at 502-238-2721 for more information.



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:

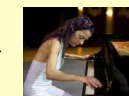
May Kletter Senior Adult Special Projects Fund
Ethel Kozlove Levy Senior Adult Hospitality Fund
Rebecca Levy Senior Adult Dance Fund
Irvin & Jeanne Wasserman Senior Adult Musical Arts Fund
Denise & Jacques Wolff Senior Adult Fund
Irvin & Betty Zegart Senior Adult Fund
Judith Bensinger Senior Adult Fund
Ann & Don Roth Senior Travel Fund
Harry & Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
KIPDA
Meals on Wheels America
Kindred

UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143.
For ALL other Reservations, call ext. 149 or ext. 143

Classical Pianist, Nada

Tuesday, August 6, 12:45PM-Nada returns for another amazing performance. Refreshments will be served after program.



Bingo Sponsored by The Springs at Stony Brook

Tuesday, August 13-12:45PM



Gourmet Dining Club

Monday, August 19-5:30PM. Join us for dinner at Lemongrass Café, 2956 Richland Ave. off Taylorsville Road. Cost of transportation: \$4



Adult Social Club Paid-Up Membership Luncheon

Sunday, August 18-12PM.-2:30PM

Join us for this annual free event for all current members of the Adult Social Club. All Senior Adult Volunteers will be honored.

Free for all Club Members!

Transportation will be provided upon request.

Tyrone Cotton-Singer, Songwriter & Guitarist

Tuesday, August 20, 12:45PM. Tyrone Cotton returns to perform on guitar some blues, folk & rock music. Come & enjoy this wonderful musical event. Refreshments will be served after the program.



Trip to Filson Historical Society

Thursday, August 22-Leave at 12:45PM. We will first have lunch at 12PM at the JCC followed by a visit to The Filson. We will have the opportunity to tour the Jewish Hospital Exhibit and other interesting aspects of this facility.

Space is limited, so make your reservations early!

Fee for transportation: \$10/M, \$15/NM

Frank Goodloe, CenterStage Performance & Visual Arts Director

Tuesday, August 27-12:45PM. Frank will update us on upcoming shows for Centerstage and what plans are being made for theater productions in new building. Refreshments will be served.


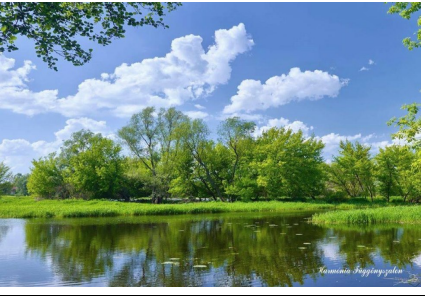

SAVE THE DATE
Lunch & Show
CenterStage Presents "Dream Girls"
Sunday, September 22, 12:15PM
Fee: \$25/M, \$35/NM

NONPROFIT ORG.
U.S. POSTAGE
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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.**

AUGUST 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 outdoor swimming pool 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 FRIDAY: Friday Flex-9:45AM</p>			<p>1 Light Weights-10am</p> <p>Herbed baked tilapia/dill sauce, baked sweet potato, garden peas, cole slaw, chocolate pudding, wheat bread. *</p>	<p>2 Friday Flex-9:45am Chair Exercise-10:30am</p> <p>Chicken Picatta/bow pasta, green beans, tossed salad, pineapple tidbits, Challah *</p>	<p>4/5</p> 
<p>5 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi-11am Spiritual Aging-12:30PM</p> <p>Chicken Salad/rye bread, lettuce & tomato, minestrone soup/crackers, broccoli & raisin salad, chilled peaches *</p>	<p>6 Light Weights-10AM Crochet Club-11AM Nada-Classical Pianist-12:45PM</p> <p>Meat Loaf, mashed potatoes, vegetable medley, Romaine Salad, sliced pears, dinner roll. *</p>	<p>7 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m.</p> <p>Fettucine Alfredo/mushrooms and broccoli, spinach fruited salad, breadstick, grapes.*</p>	<p>8 Light Weights-10am</p> <p>Panko & Feta baked tilapia, Quinoa Pilaf, Israeli salad, fresh melon, wheat bread.*</p>	<p>9 Friday Flex-9:45am Chair Exercise-10:30am</p> <p>Barbecue Chicken Breast, baked potato, vegetable medley, cole slaw, pineapple tidbits, Challah. *</p>	<p>10/11 * Tea & Orange Juice</p> 
<p>12 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Senior Adult Committee Meeting-12:45pm</p> <p>Grilled cheese sandwich, tomato soup/crackers, garden salad, watermelon, chocolate chip cookie. *</p>	<p>13 Light Weights-10AM Crochet Club-11AM Bingo—Sponsored by The Springs at Stonybrook-12:45PM</p> <p>Beef Stew / potatoes, carrots, green beans, tossed salad, applesauce, Dinner roll *</p>	<p>14 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m.</p> <p>Herb crusted salmon /dill sauce, rice pilaf, garden peas, cole slaw, pineapple tidbits, dinner roll *</p>	<p>15 Light Weights-10am</p> <p>Cheese Pizza, Caesar salad, fresh fruit, brownie. *</p>	<p>16 Friday Flex-9:45am Chair Exercise-10:30am Nutrition Education 11:30 a.m.</p> <p>Salisbury Steak, mashed potatoes, green beans, Romaine salad, tropical fruit, challah*</p>	<p>17-18</p> <p>Paid-Up Membership Luncheon</p>
<p>19 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am J Book Club 11am Reminiscence-12:30PM</p> <p>Vegetarian Lasagna, Greek salad, sliced pears, sugar cookie, breadstick. *</p>	<p>20 Light Weights-10am Crochet Club-11AM Tyrone Cotton-12:45PM</p> <p>Hamburger on bun / lettuce, tomato, pickle, sweet potato fries, broccoli raisin salad, mixed melon salad. *</p>	<p>21 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m.</p> <p>Egg Salad on rye bread /lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie *</p>	<p>22 Light Weights-10am Filson Historical Society-12:45PM</p> <p>Spaghetti/marinara sauce, steamed zucchini & yellow squash, tossed Salad / tomato, breadstick, pineapple tidbits. *</p>	<p>23 Friday Flex-9:45am Chair Exercise-10:30am</p> <p>Oven fried chicken breast, red roasted potatoes, steamed broccoli & carrots, Romaine Salad, tropical fruit, Challah *</p>	<p>24/25</p> <p><i>Please Note: Call JFCS at 452-6341 for counseling, evening caregiver groups, support</i></p>
<p>26 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Tai Chi 11am Spiritual Aging-12:30PM</p> <p>Sloppy Joe on bun, potato salad, baked beans, cole slaw, chilled peaches. *</p>	<p>27 Light Weights 10am Crochet Club-11AM Frank Goodloe-12:45PM</p> <p>Turkey breast/stuffing, mashed potatoes, green beans, Spinach salad, apple sauce, dinner roll. *</p>	<p>28 Active Adult Fitness-9:45am Chair Exercise, 10:30 a.m. Line Dancing, 1 p.m.</p> <p>Crispy baked fish/dill sauce, macaroni & cheese, steamed broccoli, Israeli salad, watermelon, wheat bread.*</p>	<p>29 Light Weights -10AM</p> <p>Turkey Pastrami Sandwich on rye bread, vegetable soup/crackers, potato chips, pickle, mandarin oranges*</p>	<p>30 Friday Flex-9:45am Chair Exercise-10:30am</p> <p>Pot Roast, kasha/bow tie pasta, steamed carrots, tossed salad, pears, Challah*</p>	<p>31</p> 