

Senior Adult Committee

Margot Kling, Chair

Martha Bennett

Sammi Brown

Gale Karem

Joyce Myers

Margaret Mazanec

Emily Podgursky

Joe Rothstein

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 Site Manager

Helen Impellizzeri-Nutrition Manager/Cook

Frazier Arms Museum Presents: “Violins of Hope Exhibit”

Thursday October 17-Leave JCC at 10AM.

“The Violins of Hope are a collection of more than 50 restored instruments played by Jewish musicians during the Holocaust. These instruments have survived concentration camps, pogroms and many long journeys to tell remarkable stories of injustice, suffering, resilience and survival.” We will have a guided tour led by Vincent Maloney, curator of this special exhibit.

Admission & transportation: \$18/M, \$25/NM

Lunch afterwards at local restaurant TBA.

Louisville Orchestra Coffee Concert: “Violins of Hope”

Friday, October 25-11AM, Leave JCC at 10:00AM

Teddy Abrams-Conductor, Gabriel Lefkowitz-Concertmaster, Violinist

Violins of Hope Concert will feature:

Paul Schoenfield: Klezmer Rondos-No. 2

John Williams: Three Pieces from Schlindler’s List

Michael Tilson Thomas: From Diary of Anne Frank

Ticket Fee & transportation: \$25/M, \$30/NM-Deadline: Friday, September 27

Tickets & transportation subsidized by The Irvin & Betty Zegart Fund & The May Kletter Special Projects Fund. Lunch location TBA.

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.

NONPROFIT ORG.

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JEWISH COMMUNITY CENTER OF LOUISVILLE

3600 Dutchmans Lane • Louisville, KY 40205

502-459-0660 • www.jewishlouisville.org

J

SENIOR TIMES

September 2019

UPCOMING EVENTS

For LUNCH Reservations, call 459-0660, ext. 143.

For ALL other Reservations, call ext. 149 or ext. 143

The JCC Nutrition Site will be closed on Monday, September 3 for Labor Day.

“Two of Diamonds-Sing, Sing Sing (Along)”

Tuesday September 3-12:45PM. Join in a sing-along to many of your favorite tunes! Refreshments will be served after the program.

REMINDER: DERBY DINNER PLAYHOUSE-THURSDAY, SEPTEMBER 5-LEAVE 11AM

“Love Sings Louder”

Sunday, September 15-2PM-Iroquois Amphitheater. Free community wide, multi-faith multi-cultural, Intergenerational Event, Bringing Louisville together through song. Transportation provided upon request.

Gourmet Dining Club

Monday, September 16-5:30PM. Join us for dinner at Aspen Creek near Oxmoor Mall.

Fee for transportation: \$4

J Book Club Meeting-Major Pettigrew’s Last Stand

Monday, September 16-11AM in the library.

Meaning & Music-Rabbi Nadia Siritsky & Sara Robinson

Tuesday, September 17-12:45PM. Discussion & reflection of the upcoming holidays, come learn why we celebrate and hear some of the music associated with these holidays. Refreshments will be served after the program.

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.

Lunch & Show: “Dreamgirls”

Sunday, September 22-12:15-Lunch, 2PM-Show. Please join us for lunch catered by Helen followed by Dreamgirls which “chronicles one of Motown ‘s group’s rise from obscurity to superstardom.”

Fee for lunch & show: \$25/M, \$30/NM

Deadline-September 16th.

The JCC will be closed on Monday, September 30 for the Jewish Holiday, Rosh Hashanah.

A Message from Diane & Natalie:

Dear Fellow JCC & Adult Social Club Members:

Hi Friends,

Summer is almost over but our fun at the JCC continues. Many exciting programs are being planned for your Fall enjoyment and we hope to see many of you at the J. Programs and trips are filling up quickly, so remember to get you reservation & payment in as soon as possible so you will not miss out on any of our exciting events.

As the High Holidays approach, we wish all of you a very happy and prosperous New Year. May good health and joy fill your homes throughout this coming year.


There have been changes made to the availability of using the elevator from ground floor at The J. Please call Diane at 238-2749 or Natalie at 238-2743 for Information regarding the usage of the elevator.

L'shanah

Tovah

Happy

Rosh Hashanah!



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 Travel Fund

Harry & Jeanette Weinberg Foundation

Jewish Heritage Fund for Excellence

Meal on Wheels America

KIPDA

Kindred

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

SEPTEMBER 2019

MON	TUE	WED	THU	FRI	SAT/SUN
2 <i>The JCC Nutrition Site will be closed on Monday, September 2 for Labor Day</i>	3 Light Weights, 10:00a.m. Crochet Club-11AM “Two of Diamonds”-12:45PM Spaghetti/Meat sauce, steamed zucchini & yellow squash, Romaine salad, chilled peaches, breadstick *	4 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Herbed baked Tilapia/dill sauce, baked sweet potato, garden peas, cole slaw, chocolate pudding, wheat bread *	5 Light Weights-10 am Derby Dinner Playhouse-11AM Chicken Salad / rye bread / lettuce & tomato, minestrone soup/crackers, broccoli & raisin salad, tropical fruit *	6 Friday Flex– 9:45 am Chair Exercise-10:30 am Cabbage roll, mashed potatoes, peas & carrots, tossed salad, pineapple tidbits, Challah *	7/8 
9 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11 AM , Senior Adult Committee Mtg.-12:45PM Tuna sandwich on rye bread/lettuce & tomato, cream of mushroom soup/crackers, potato chips, sliced peaches, chocolate chip cookie. *	10 Light Weights, 10:00AM. Crochet Club-11AM Bingo Sponsored by Atria-12:45PM Chicken Marsala, linguine, steamed broccoli, Spinach fruited salad, dinner roll, fresh fruit salad *	11 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Corn Beef on rye bread, vegetable soup/crackers, potato salad, pickle slice, tropical fruit. *	12 Light Weights-10 am Crispy baked tilapia/dill sauce, macaroni & cheese, scalloped tomatoes, butterscotch pudding, wheat bread *	13 Friday Flex– 9:45 am Chair Exercise-10:30 am Orange Marmalade Chicken, egg noodles, steamed vegetable medley, Romaine salad, apple sauce, Challah *	14/15 
16 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m., J Book Club-11AM, Gourmet Dining Club-5:30PM Reminiscence-12:30PM Spanish omelet, zucchini & squash casserole, tossed salad, apple crisp, wheat bread *	17 Light Weights, 10:00a.m. Crochet Club-11AM Rabbi Nadia Siritsky/Sara Robinson 12:45PM Salisbury steak, mashed potatoes, vegetable medley, Romaine salad, tropical fruits, dinner roll. *	18 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Grilled cheese sandwich, tomato soup / crackers, garden salad, watermelon, chocolate chip cookie *	19 Light Weights-10 am Young Hearts Theater-2PM Vegetarian Lasagna, Greek salad, pineapple tidbits, brownie, breadstick. *	20 Friday Flex– 9:45am Chair Exercise-10:30 am Nutrition Education 11:30 am Turkey breast/ stuffing, sweet potato casserole, green beans, Spinach salad, sliced peaches, Challah. *	21/22 <i>Lunch & Show- Dreamgirls-12:15PM</i>
23 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Spiritual Aging-12:30PM Spinach Quiche, red roasted potatoes, tossed salad, fresh fruit salad, wheat bread*	24 Light Weights, 10:00AM. Crochet Club-11A M, Bingo Sponsored by AETNA-12:45PM Barbecue Chicken Breast, baked potato, steamed broccoli & carrots, Romaine Salad, pineapple tidbits, dinner roll. *	25 Active Adults Fitness– 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm Herbed crusted salmon with dill sauce, rice pilaf, garden peas, Israeli salad, tropical fruit, dinner roll. *	26 Light Weights-10 am Egg salad on rye bread, with lettuce & tomato, cream of mushroom soup/ crackers, potato chips, orange wedges, chocolate chip cookie. *	27 Friday Flex– 9:45 am Chair Exercise-10:30 am Shabbat Celebration with J Preschool-11:45AM Pot Roast, potato kugel, vegetable medley, Spinach Fruited salad, sliced pears, Challah. *	28/29* Tea & Orange Juice 
30 <i>The JCC will be closed on Monday, September 30 for Jewish Holiday, Rosh Hashanah</i>		MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY –WEDNESDAY- FRIDAY: Shallow Water Exercise, 9:30-10:30 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			