

Senior Adult Committee

Margot Kling, Chair

Martha Bennett	Emily Podgursky
Sammi Brown	Ilean Rowe
Gale Karem	Joe Rothstein
Margaret Mazanec	SI Wolf
Joyce Myers	

Dues for the Adult Social Club are as follows:

\$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

Annual Thanksgiving Luncheon

Tuesday, November 12-12PM-JCC Auditorium

Following the traditional holiday Thanksgiving lunch, "Sweet Harmony" will perform Pop, Rock, Doo Wop & Show Tunes. Please bring a canned food item for the Jewish Family & Career Services Food Bank. We will be collecting food items in conjunction with Meals on Wheels/Subaru Share the Love Event.

Call Natalie at 238-2743 to make your reservations!

Children's Museum Indianapolis-Treasures of Ancient Greece

Thursday, November 21-Leave JCC at 9:30AM. We will first stop at Shapiro's for a delicious deli lunch followed by our visit to the Children's Museum. Treasures of Ancient Greece Exhibit contains more than 150 timeless Greek artifacts, some on display outside Europe for the first time. Learn how our lives today are impacted by the ancient Greeks and their innovations in science, democracy, mythology, art, architecture, theater and much more. Reservations & Payment due by October 16
Cost of transportation, admission to museum: \$38/M, \$48/NM
Transportation cost partly subsidized by Sr. Adult Goodwill Fund.

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

OCTOBER 2019

A Message from Diane Sadle & Natalie Kusyo:

Hope you all have a healthy and happy holiday. With Fall Season here a lot of exciting programs are coming your way including our Day Trip to Frazier Arms Museum on October 17, Coffee Concert on Friday, October 25 and Churchill Downs on October 31st., Thanksgiving Luncheon, November 12 and New Year's Party on December 15th. Make sure to check your bulletin regularly, and make your reservations early as the trips have sold out.

The Senior Adult Department is again partnering with Meals on Wheels America & Subaru in the 2019 "Share the Love Event." We are asking everyone who attends the Thanksgiving Luncheon on November 12th to bring an item for JFCS Food Bank. More details will follow about this event in the November Bulletin.

The Senior Adult Department has received from Meals & Wheels & Subaru over \$9,000 to help subsidize our Kosher Nutrition Program.

Hope to see You at The J!



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 Bensingher Senior Adult Fund
Ann & Don Roth Senior Adult Travel Fund
Harry & Jeanette Weinberg Foundation
Jewish Heritage Fund for Excellence
Meals on Wheels America
KIPDA
Kindred

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 Tuesday, October 1 for Rosh Hashanah, Wednesday, October 9 for Yom Kippur, Monday & Tuesday, October 14, 15 for Sukkot and Monday & Tuesday, October 21 & 22 for Shemini Atzaret & Simchat Torah.

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.



Please join us for our Annual Lunch in the Sukkah on Friday, October 18th at 12PM.

REMINDER FOR THOSE WITH RESERVATIONS FOR COFFEE CONCERT ON FRIDAY, OCTOBER 25, WE WILL LEAVE AT 10AM.

Musical Presentation

Tuesday, October 29-12:45PM. Dr. Stephen Mattingly and his guitar students from the University of Louisville return for another great performance. Refreshments will be served.

REMINDER FOR THOSE WITH RESERVATIONS FOR CHURCHILL DOWNS ON FRIDAY, OCTOBER 31, WE WILL LEAVE AT 11AM.

SAVE THE DATE!

Senior Retirees Meeting-Special Musical Presentation with Teddy Abrams


Tuesday, November 5-12:45PM. Join us as we welcome again Teddy Abrams, Director of the Louisville Orchestra to the JCC as our guest. He will speak about what accomplishments have happened since his last visit in 2017 and will also play the piano for us. Refreshments will be served after the presentation.

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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.**

OCTOBER 2019

MON	TUE	WED	THU	FRI	SAT/SUN
 <p><i>May your New Year be sweetened with happiness...</i></p>	<p>1 JCC Nutrition Site will be closed for Jewish Holiday of ROSH HASHANAH</p>	<p>2 Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Corn Beef Sandwich on rye bread chicken noodle soup/crackers, potato salad, cole slaw, sliced pears *</p>	<p>3 Light Weights, 10:00a.m.</p> <p>Panko & Feta baked fish/dill sauce, macaroni & cheese, scalloped tomatoes, Israeli Salad, wheat bread, tropical fruit. *</p>	<p>4 Friday Flex- 9:45am Chair Exercise-10:30 am</p> <p>Meat Loaf, mashed potatoes, vegetable medley, Romaine Salad, chilled pineapple, Challah *</p>	<p>5/6 </p>
<p>7 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Sr. Adult Committee Mtg.-12:45pm</p> <p>Spaghetti /marinara sauce, steamed zucchini & yellow squash, tossed salad, breadstick, sliced peaches. *</p>	<p>8 Light Weights, 10:00a.m. Crochet Club-11am Bingo-12:45PM</p> <p>Chicken Picatta / green beans, Spinach Fruited salad, apple sauce, dinner roll. *</p>	<p>9 JCC will be closed for Jewish Holiday- YOM KIPPUR</p> 	<p>10 Light Weights, 10:00a.m.</p> <p>Personal size cheese pizza, Greek salad, brownie, mixed melon salad. *</p>	<p>11 Friday Flex- 9:45am Chair Exercise-10:30 am Nutrition Education-11:30am</p> <p>Chicken Cacciatore/penne pasta, vegeta- ble medley, Romaine Salad, chilled pears, Challah *</p>	<p>12/13 </p>
<p>14-15 JCC Nutrition Site will be closed for Jewish Holidays of SUKKOT</p> 		<p>16 Active Adults Fitness- 9:45 Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Herbed baked tilapia, baked sweet potato, steamed broccoli, Israeli salad, chocolate pudding, wheat bread *</p>	<p>17 Light Weights-10 am Frazier Arms Museum-10AM</p> <p>Hamburger on bun / lettuce, tomato, potato wedges, baked beans, pickle slice, broccoli & raisin salad, pineapple/craisins. *</p>	<p>18 Friday Flex- 9:45am Chair Exercise-10:30 am Sukkah Luncheon-12PM</p> <p>Tuna salad on bed of leaf lettuce/tomato, cucumber, noodle kugel, cole slaw, apple pie, Challah *</p>	<p>19/20 </p>
<p>21-22 JCC Nutrition Site will be closed for Jewish Holidays of SHEMINI ATZARET & SIMCHAT TORAH</p> 		<p>23 Active Adults Fitness- 9:45 a.m. Chair Exercise-10:30 am Line Dancing 1pm</p> <p>Cabbage roll, mashed potatoes, peas & carrots, tossed salad, tropical fruit, dinner roll. *</p>	<p>24 Light Weights-10 am</p> <p>Spanish omelet, zucchini & yellow squash casserole, Israeli salad, apple crisp, wheat bread *</p>	<p>25 Friday Flex- 9:45am Chair Exercise-10:30 am Coffee Concert-10AM</p> <p>Beef Tips over noodles, vegetable medley, Romaine Salad, fresh fruit salad, Challah. *</p>	<p>26/27 * Tea , Coffee, Juice</p> 
<p>28 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Tai Chi-11:00 a.m. Reminiscence-12:30PM</p> <p>Vegetable lasagna, tossed salad, chilled pears, breadstick *</p>	<p>29 Light Weights, 10:00a.m. Crochet Club-11am UofL Guitar Students-12:45pm</p> <p>Ginger barbecue chicken, baked potato, vegetable medley, Romaine salad, dinner roll, mandarin oranges in gelatin *</p>	<p>30 Active Adult Fitness-9:45 a.m. Chair Exercise-10:30 a.m. Line Dancing 1pm</p> <p>Herb crusted Salmon filet, rice pilaf, green beans, Spinach fruited salad, butterscotch pudding, dinner roll*</p>	<p>31 Light Weights-10 am Churchill Downs-11AM</p> <p>Chicken Salad Sandwich on rye bread/ tomato, lettuce, minestrone soup/crakers, broccoli & raisin salad, pineapple tidbits. *</p>	<p>MONDAY-FRIDAY: Fitness Walking, on the track in the lower gym MONDAY -WEDNESDAY- FRIDAY: Shallow Water Arthritis Exercise Class, 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</p>	