

Senior Adult Committee

Margot Kling, Chair

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

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
Tara Stone
Natalie Kusyo, Senior Adult Program Manager
Hellen Impellizzeri- Nutrition Manager



The Senior Adult Department is partnering with
Meals on Wheels & Subaru
2019 Share the Love Event
to sponsor a
Food and Supplies Drive

In December, we will be collecting the following items:

To benefit Meals on Wheels Clients:

**Small Packages of Tissues, Hand Cream, Toothpaste,
Toothbrushes, Lip Balm, Shampoo, Socks,
Washcloths & Other Toiletries**

To benefit JFCS Food Pantry:

**Canned Vegetables, Pasta Sauce, Canned Potatoes, Canned Tuna, Mayo, Whole
Grain Pasta, Toilet Paper, Shampoo/Conditioner, Cleaning Supplies,
Laundry Soap**

**Donations accepted all month in the Senior Lounge and at the
Hanukkah Party on December 17th**

Thank you and have a Great Holiday Season!

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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3600 Dutchmans Lane • Louisville, KY 40205
502-459-0660 • www.jewishlouisville.org

SENIOR TIMES December 2019

A Message from Diane

Dear Friends,

As most of you know this will be my last letter to you as I will be retiring at the end of this year. It has been a pleasure over the last 27 years working with & for all of you. Your kindness & support has been most appreciated. I hope you will continue to support & participate in the many programs being planned for you. Tara Stone will be the new Senior Adult Director. Please stop by the beginning of December and introduce yourself to her.

Many exciting programs are being planned for you in 2020 including a trip to Savannah, Georgia the first week in June. Tara & Natalie will continue the tradition of offering great programs for you to participate.

I wish all of you a very happy Holiday Season and a prosperous New Year.

Fondly,
Diane



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
Meals on Wheels America
KIPDA

UPCOMING EVENTS

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

Bingo Sponsored by Twinbrook Apts
Tuesday, December 3-12:45PM



Diane Sadle's Retirement Party
Tuesday, December 10—12:00PM-JCC Auditorium

Join us as we celebrate Diane's 27 years working at The J.
Call Natalie at 238-2743 to make your reservations.

Annual Holiday / New Year's Party
Sunday, December 15—12:00-2:30PM

Join us for a delicious lunch catered by Helen followed by musical entertainment provided by The Whitings. They will perform a showcase of Johnny Mercer's songs. We will end the program giving out terrific door prizes. Cost: \$20/M, \$30/ NM. Transportation available for an additional \$3.

Reservation & Payment Deadline: Friday, December 6th.

Hanukkah Celebration-Sponsored by The J & Meals on Wheels/Subaru Share the Love Event
Tuesday, December 17, 12PM.

Join us for a special luncheon with Cantor Sharon Hordes as our special guest. Please bring a canned food item for JFCS Food Bank & or a toiletry item for Home Delivered Meal Clients.



**The JCC Nutrition Site will be closed on
Tuesday, December 24 &
Wednesday, December 25th.**



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

DECEMBER 2019

MON	TUE	WED	THU	FRI	SAT/SUN
<div>2</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Spiritual Aging-12:30PM</div> <div>Chicken salad on rye bread, lettuce/ tomato, vegetable soup/crackers, broccoli & raisin salad, pineapple tidbits/craisins. *</div>	<div>3</div> <div>Light Weights-10AM Crochet Club-11AM Bingo-12:45PM</div> <div>Spaghetti with meat balls, steamed zucchini & yellow squash, Tossed salad/ tomatoes, breadstick, chilled pears. *</div>	<div>4</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Herbed baked fish/dill sauce, macaroni and cheese, scalloped tomatoes, Israeli salad, wheat bread, tropical fruit. *</div>	<div>5</div> <div>Light Weights-10:00 a.m.</div> <div>Spinach Quiche, red roasted potatoes, Romaine Salad/tomatoes, apple sauce, dinner roll. *</div>	<div>6</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Chicken Picatta/ linguine, Spinach fruited Salad, steamed broccoli mixed melon salad, Challah. *</div>	<div>7/8</div> <div></div>
<div>9</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Tai Chi-11AM Senior Adult Committee Mtg. 12:45PM</div> <div>Grilled Cheese sandwich, tomato soup/ crackers, tossed salad/tomato, tropical fruit, cookie*</div>	<div>10</div> <div>Light Weights-10AM Crochet Club-11AM Diane Sadle's Retirement Party-12PM</div> <div>Brisket, potato kugel, fresh steamed green beans almandine, Romaine salad/ tomatoes, fresh fruit salad, dinner rolls. *</div>	<div>11</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Egg salad on rye bread/ lettuce & tomato, cream of mushroom soup/crackers, potato chips, orange wedges, chocolate chip cookie. *</div>	<div>12</div> <div>Light Weights-10:00 a.m.</div> <div>Crispy baked tilapia, rice pilaf, steamed broccoli & carrots, cole slaw, chocolate pudding, wheat bread. *</div>	<div>13</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Turkey Breast, mashed potatoes, green beans, Romaine salad/ tomatoes, apple sauce, Challah. *</div>	<div>14/15</div> <div></div>
<div>16</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Tai Chi-11AM Reminiscence-12:30PM</div> <div>Hamburger on bun/ lettuce, tomato, baked beans, potato salad, mandarin oranges*</div>	<div>17</div> <div>Light Weights-10AM Crochet Club-11AM Hanukkah Celebration-12:45PM</div> <div>Barbecue chicken breast, potato latkes; vegetable medley; tossed salad/ tomatoes, apple sauce, dinner roll. *</div>	<div>18</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Line Dancing –1PM</div> <div>Vegetarian Lasagna, Romaine Salad/ tomatoes, breadsticks, sliced pears, cookie. *</div>	<div>19</div> <div>Light Weights-10:00 a.m.</div> <div>Pastrami on rye bread, Chicken Matzo Ball Soup, cole slaw, pickle slice, sliced peaches. *</div>	<div>20</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM Nutrition Education-11:30AM</div> <div>Cabbage Rolls, mashed potatoes, green beans, tossed salad/ tomatoes, pineapple tidbits, Challah.*</div>	<div>21/22</div> <div></div>
<div>23</div> <div>Active Adult Fitness-9:45AM Chair Exercise-10:30AM Tai Chi-11AM Spiritual Aging-12:30PM</div> <div>Spanish omelet, zucchini & yellow squash casserole, apple crisp, tossed salad, wheat bread *</div>	<div> <div>The JCC Nutrition Site will be closed on Tuesday, December 24 and Wednesday, December 25</div> <div></div> </div>		<div>26</div> <div>Light Weights-10:00 a.m.</div> <div>Herbed crusted salmon filet, wild rice, green beans, spinach fruited salad, butterscotch pudding, dinner roll*</div>	<div>27</div> <div>Friday Flex-9:45AM Chair Exercise-10:30AM</div> <div>Chicken Cacciatore/penne pasta, vegetable medley, Romaine Salad, chilled peaches, Challah*</div>	<div>28/29*</div> <div>Tea & Juice Daily</div> <div>    </div>
<div>30</div> <div>Active Adult Fitness-9:45AM Chair Exercise, 10:30 a.m. Tai Chi– 11:00a.m. Reminiscence-12:30PM</div> <div>Tuna sandwich on rye /lettuce & tomato, cream of mushroom soup/ crackers, cole slaw, tropical fruit, chocolate chip cookie. *</div>	<div>31</div> <div>Light Weights-10AM Crochet Club-11AM</div> <div>Salisbury steak, oven brown potatoes, peas & carrots, Romaine Salad, apple sauce, dinner roll. *</div>	<div> <div></div> <div> <div>HAPPY NEW YEAR</div> <div> 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 </div> </div> </div>			<div></div>