



Photo Credit: Margaret Mazanec



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J SENIOR TIMES

February 2020

New Programs beginning in March!

Wednesday Afternoon Matinee: Each month we will watch a different blockbuster movie. Join us for lunch and stay for popcorn and a movie!

Card Games: Socialize with your friends while learning a new card game or practicing your card skills. We will play Bridge, Canasta, and Cribbage. All levels are welcome.

Mitzvah Club: Join us as we give back to our community. Each month we will choose a different organization or case to support through creating or collecting needed items.

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
- Meals on Wheels America
- KIPDA

UPCOMING EVENTS

For LUNCH Reservations, call 238-2743
For ALL Other Reservations, call 238-2749

AARP PRESENTATION

Tuesday, February 4, 12:45 p.m.: AARP will be here directly after lunch to speak about fraud and how to protect yourself.

JEWISH FILM FESTIVAL

Saturday, February 8, 7:30 p.m.: Join us for the opening night of the Jewish Film Festival. We will be viewing Fiddler On The Roof: A Miracle of Miracles, a documentary about the making of the beloved musical. \$20 members, \$23 non-members.

TU B'SHEVAT SEDER

Tuesday, February 11, 12:45 p.m.: Please join Rabbi Nadia Siritsky & Cantor Sharon Hordes as we celebrate The New Year of the Trees. We will be eating fruits such as grapes, figs, pomegranates, olives, and dates. This holiday reminds us of our connection to the earth and role as caretakers of the environment.

JCC BOOK CLUB

Monday, February 17, 11 a.m.: We will meet to discuss Tara Road by Maeve Binchy. (We will meet in the library on the 1st floor.)

GOURMET DINING: OLIVE GARDEN

Monday, February 17, 5:30 p.m.: Join us for a night of socializing and good food. Transportation is available at request.

MUSIC WITH TYRONE COTTON

Tuesday, February 25, 12:45 p.m.: Tyrone Cotton returns to treat us to a special musical presentation.

SAVE THE DATE

DERBY DINNER PLAYHOUSE PRESENTS SATURDAY NIGHT FEVER

Thursday, March 12, 11 a.m.: Join us for lunch and a show. \$40 members, \$48 non-members— includes admission and transportation.

Senior Adult Committee
Margot Kling, Chair

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

JCC Staff

Tara Stone, Active Adult & Senior Programming Director
Natalie Kusyo, Senior Adult Program Manager
Helen Impellizzeri, Chef

Fees for the Adult Social Club are:
\$30.00 JCCM | \$35.00 JCC Couple
\$80.00 NM | \$95.00 NM Couple

The Senior Adult Program is open to all seniors regardless if you are a member of the JCC or Adult Social Club, or a non-member.

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

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

Address

FEBRUARY 2020

Lunch is served at 12 p.m.
To make a reservation,
call 238-2743.

MON	TUE	WED	THU	FRI	SAT/SUN
<p>3 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise, 10:30 a.m. Tai Chi 11:00 a.m.</p> <p>Spaghetti with marinara, zucchini and yellow squash, Caesar salad, & sliced peaches*</p>	<p>4 Light Weights 10 a.m. Crochet Club 11 a.m. AARP Presentation 12:45 p.m.</p> <p>Crispy Tilapia, Quinoa pilaf, Israeli salad, fruit salad, & Honey wheat bread*</p>	<p>5 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.</p> <p>Chicken Marsala & linguine, broccoli, green salad, tropical fruit, & roll*</p>	<p>6 Light Weights 10 a.m. Brain Games 11 a.m.</p> <p>Tuna salad on rye, w/lettuce & tomato, broccoli cheddar soup, potato chips, peaches, & cookie*</p>	<p>7 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.</p> <p>Pot Roast, red bliss potatoes, green beans, hot spiced apples, spinach salad</p>	<p>8/9 </p>
<p>10 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise, 10:30 a.m. Tai Chi 11 a.m. Senior Committee Mtg 12:45 p.m.</p> <p>Veggie Wrap (roasted red pepper, cucumber, greens, humus/spread), tomato basil soup, potato chips, cookie & orange wedges*</p>	<p>11 Light Weights 10 a.m. Crochet Club 11 a.m. Tu B'Shevat Seder 12 p.m.</p> <p>Green salad w/pears & dates, butternut squash apple soup, baked vegetable alfredo pasta, & Tu B'Shevat Cake</p>	<p>12 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.</p> <p>Herb baked fish w/dill sauce, baked sweet potato, Caesar salad, green beans, dinner roll, &</p>	<p>13 Light Weights 10 a.m. Brain Games 11 a.m.</p> <p>Salmon Croquettes, potato wedges, green peas, coleslaw, & pineapple*</p>	<p>14 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.</p> <p>Meat loaf, red roasted potatoes, steamed vegetable medley, romaine salad/tomatoes, pineapple, & challah*</p>	<p>15/16</p>
<p>17 Shallow Water Exercise Active Adult Fitness 9:45a.m. Chair Exercise 10:30 a.m. Tai Chi 11:00 a.m. Gourmet Dining 5:30 p.m.</p> <p>Vegetarian Lasagna, Romaine Salad/tomatoes, breadsticks, sliced pears, & cookie*</p>	<p>18 Light Weights 10 a.m. Crochet Club 11 a.m. Bingo 12:45 p.m.</p> <p>Pastrami on rye bread, cabbage soup, potato salad, pickle slice, & sliced peaches*</p>	<p>19 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.</p> <p>Chicken Salad on rye bread, mushroom & barley soup, broccoli & raisin salad, pineapple tidbits, & cookie*</p>	<p>20 Light Weights 10 a.m. Brain Games 11 a.m.</p> <p>Herbed crusted salmon, wild rice, green beans, Spinach Fruited salad, banana pudding, & dinner roll*</p>	<p>21 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m. Nutrition Education 11:30 a.m.</p> <p>Turkey Breast/gravy, stuffing, mashed potatoes, green beans, Israeli salad, apple sauce, & dinner roll*</p>	<p>22/23 *Tea & Juice</p> 
<p>24 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Chair Exercise 10:30 a.m. Tai Chi 11 a.m.</p> <p>Egg Frittata/vegetables, skillet potatoes, apple crisp, tossed salad/tomatoes, wheat bread*</p>	<p>25 Light Weights 10 a.m. Crochet Club 11 a.m. Music with Tyrone Cotton 12:45 p.m.</p> <p>Cabbage Roll, mashed potatoes, peas & carrots, Israeli salad, & baked apples*</p>	<p>26 Shallow Water Exercise 9:30 a.m. Active Adult Fitness 9:45 a.m. Deep Water Exercise 10:30 a.m. Chair Exercise 10:30 a.m. *Line Dancing 1 p.m.</p> <p>Chicken pot pie, Romaine salad. Fresh fruit salad, & dinner roll*</p>	<p>27 Light Weights 10 a.m. Brain Games 11 a.m.</p> <p>Spaghetti & meatballs, green beans, tossed salad/tomatoes, tropical fruit, & breadstick*</p>	<p>28 Shallow Water Exercise 9:30 a.m. Friday Flex 9:45 a.m. Chair Exercise 10:30a.m.</p> <p>Asian Chicken stir fry/veggies, steamed brown rice, egg drop soup, mandarin oranges, cookie, & dinner roll*</p>	<p>29 Leap Day!</p> 
<p>Join us for lunch Monday through Friday at 12 p.m. Reservations can be made no later than 24 hours in advance. Lunch is \$5 for those under 60 years old. 60 and over, it is a suggested \$3 donation. We ask that you try to arrive approximately 10 minutes before lunch starts.</p>					