



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

SENIOR ADULT COMMITTEE

Margot Kling, *Chair* Margaret Mazanec
 Martha Bennett Ilean Rowe
 Sammi Brown Emily Podgursky
 Gale Karem Joe Rothstein
 Joyce Myers Sy Wolf

The JCC Senior Adult Program is open to all adults age 60 + regardless of whether you are a member of the JCC or Adult Social Club, or non-member.

Non Profit Org.
 U.S. Postage
 PAID
 Louisville, KY
 Permit No. 510

J 60+ Connection

JCC STAFF

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

MARCH 2020



ANNOUNCEMENTS

Social Club Membership

Be a part of the social club to keep active and make new friends! We offer specially designed programs before and after our congregational lunch program. Don't miss out, join today!

Individual: \$80/year

Couple (living in the same household): \$95/year

Individual JCC Members: \$30/year

Couple JCC Members (living in the same household): \$35/year

*Congregational lunches are available to anyone but does not include programming before or after lunch.



BIRTHDAYS

- 9 Clara Rowe
- 15 Lotte Widerschein
- 20 Marilyn Mattingly
- 21 Queen Rucker
- 25 Joyce Swansey
- 28 Julie Segal
- 29 Mary Walker
- 30 Mary Stone
- 31 Ilean Rowe



March Mitzvah Club
Tuesday, March 24th, 1 p.m.

We will be making no-sew fleece blankets for animals who are waiting in shelters to be adopted. Even if you are unable to attend the blanket-making session, you can help. We will be accepting donations of fleece, any size or color, until the 24th of the month. All blankets will be donated to Louisville Animal Services.

Interfaith Intergenerational
Model Seder

Wednesday, March 18th, 4:45 p.m.

Sponsored by the Bensinger Family in memory of Judith Bensinger. Join us for this annual event with Louisville Hebrew School students. Cantor Sharon Hordes from Keneseth Israel Synagogue will lead us in the service followed by a catered dinner by Chef Helen. \$5 for Senior Social Club Members, \$7 for Community Members. Transportation is available for \$3. This event will be held in the J's Patio Gallery.

To make a reservation for this or any other event, please call 238-2743 or 238-2749.



The Passover Seder marks the beginning of the Jewish holiday of Passover. A Seder is a ritual feast performed by a community or multiple generations of a family that involves the retelling of the story of the liberation of the Israelites from slavery in ancient Egypt.

GOODWILL FUND

Donations begin at \$5 • Generous Donations begin at \$10
 Very Generous Donations begin at \$20

In Honor of all March Birthdays Celebrants by Ilean Rowe, Dolores Levy,
 In Memory of Gerald Marx by Ilean Rowe

In Memory of Gail Moody's husband by Ilean Rowe

Get Well Soon wishes to Michael Diedenhofen by Ilean Rowe

Get well soon wishes to Sally Weinberg by Ilean & Clara Rowe

Get well soon wishes to Rayma Shuster by Ilean and Clara Rowe

Congratulations to Deborah & Robert Smith on the upcoming marriage of their daughter Joslyn Smith by Ilean Rowe

In Memory of James Moody by Gail Moody

A Generous Donation in memory of Gail Moody's husband by Patricia Johnson

Congratulations to Lynn & Maury Tasman on their new grandson, Max Blake Legton by Ilean and Clara Rowe

In Memory of Nathan Goldman's mother by Ilean Rowe

UPCOMING EVENTS

MARCH 2020

Hello Dolly! Presented by KCD Thursday, March 5th, 9 a.m.

Enjoy a FREE performance of Hello Dolly! By the KCD High School students. We will be back at the J in time for lunch at Noon. Transportation is \$5.

Music with Bernie Schweickart Friday, March 6th, 1 p.m.

Join us for lunch and then be entertained by Bernie and his piano music. FREE for members.

Senior Adult Committee Meeting Monday, March 9th, 12:45 p.m.

Purim Celebration

Tuesday, March 10th, 12:45 p.m.

Cantor Lipp and ELC students will entertain us with Purim songs. FREE for members.

Monthly Book Club

Monday, March 16th, 11 a.m.

We will meet in the J Library to discuss *When the Emperor Was Divine*. FREE for members.

Gourmet Dining: Goose Creek Diner Monday, March 16th, 5:30 p.m.

Enjoy dinner out at a local restaurant. Transportation is \$5.

Stroke Prevention Presentation Tuesday, March 17th, 12:45 p.m.

FREE for members.

Curtain Call presented by KCD Thursday, March 19th, 9 a.m.

Enjoy a FREE performance at KCD students they showcase numbers performed throughout their season. We will be back at the J in time for lunch at Noon. Transportation is \$5.

Mid-Week Matinee: Judy

Wednesday, March 25th, 1 p.m.

Join us for a matinee as we watch Renee Zellweger as Judy Garland in "Judy". Complimentary popcorn and soft drinks will be served. Candy will be available for purchase. \$3 for Senior Social Club Members, \$5 for Community Members.

Lunch & Learn: B3PT Physical Therapy Monday, March 30th, 12 p.m.

The J's onsite physical therapists will be here during lunch to answer any questions you may have including what exercises you should perform after an injury to what can you do to prevent falls.

Louisville Botanical Gardens Presentation

Tuesday, March 31st, 12:45 p.m.

A representative from the Louisville Botanical Gardens will be here to talk about the new attraction and what they have to offer.



WEEKLY WELLNESS

MON - FRI: Fitness Walking, lower gym
MON | WED | FRI: 9:30 - 10:30 a.m. Shallow Water Exercise
MON | WED | FRI: 10:30 a.m. Chair Exercise
MON and WED: 9:45 a.m. Active Adult Fitness

MON: 11 a.m. Tai Chi
WED: 10:30 a.m. Deep Water Wellness
TUE and THU: 10 a.m. Light Weights
FRI: 9:45 am Friday Flex

MENU

MARCH 2020

J 60+ Connection

Lunch is served at noon. For reservations call 502-238-2743.

Please make reservations at least 24 hours in advance.

Please arrive 10 minutes before lunch service begins.

Cost: Under 60 \$5 | 60+ \$3 suggested donation

MON	TUE	WED	THU	FRI
Alfredo with veggies, spinach salad with fruit, sliced peaches, and breadstick 2	Greek chicken, red mashed potatoes, sautéed greens, apple sauce, and dinner roll 3	Turkey pastrami on rye with vegetable soup, sweet potato wedges, coleslaw, and sliced peaches 4	Baked tilapia, macaroni & cheese, green beans, Israeli salad, bread, and butterscotch pudding 5	Meatloaf, red roasted potatoes, steamed vegetable medley, romaine salad, pineapple, Challah 6
Broccoli quiche with tomato basil soup, romaine salad, fresh fruit salad, roll, and cookie 9	Chicken cacciatore with pasta, steamed broccoli, green salad, mixed melon salad, and roll 10	Corned beef sandwich on rye with cabbage soup, potato salad, sliced peaches, and 11	Salmon croquettes, potato wedges, green peas, coleslaw, roll, and pineapple 12	Cabbage roll, mashed potatoes, peas and carrots, hot spiced apples, and Challah 13
Egg salad on rye with cream of mushroom soup, chips, orange wedges, and cookie 16	Chicken marsala with linguine, asparagus, spinach fruited salad, fresh fruit, and breadstick 17	Turkey wrap with minestrone soup, fresh fruit salad, and cookie 18	Panko & feta tilapia, quinoa pilaf, Israeli salad, fresh fruit salad, and honey wheat bread 19	Ginger BBQ chicken, brown rice with zucchini, broccoli, mandarin oranges in gelatin, & Challah 20
Veggie wrap with hummus, broccoli cheddar soup, chips, sliced peaches, 23	Asian chicken stir-fry w/veggies, brown rice, egg drop soup, mandarin oranges, and cookie 24	Hamburger with garnish, potato wedges, baked beans, mixed melon, and cookie 25	Herb-crusted salmon, wild rice, spinach salad w/fruit, dinner roll, and banana pudding 26	Spaghetti & meatballs, romaine salad, green beans, tropical fruit, and bread- 27
Vegetarian lasagna, tossed salad, sliced pears, breadstick, and cookie 30	Chicken pot pie, romaine salad, fruit salad, and dinner roll 31			
*Coffee, tea and juice is served daily.				

Juice Donations: Dolores Levy, Ilean Rowe

Wine Donations: Dolores Levy, Ilean Rowe