

SENIOR ADULT COMMITTEE

Margot Kling, <i>Chair</i>	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 if you are a member of the JCC or Adult Social Club, or non-member.

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Louisville, KY
Permit No. 510



Rosh Hashanah Family Meal, \$80

Get a taste of Chef Helen's cooking for your family Rosh Hashanah dinner. Enjoy a meal for four that will include pomegranate glazed chicken, paprikash red potatoes, green beans with herb vegan butter, roasted beet salad with walnuts and figs served with a house made apple cider dressing, with chicken Kreplach soup,

and an apple honey cake for dessert.

Orders must be received by close of business on Friday, September 11th. Curbside pickup will be Friday, September 18th between 1:30 and 3:30 p.m.

To order call Tara at 238-2749 or email tstone@jewishlouisville.org.

Rosh Hashanah is the celebration of the Jewish new Year and marks the beginning of the most sacred annual Jewish holidays, known as the High Holy Days. It is a time for Jewish people to look back on the year and reflect on which aspects of life they are content with and which they would like to change or improve. L'Shanah Tovah is the common Hebrew greeting meaning "have a good year".



JCC STAFF

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

SEPTEMBER 2020

L'Shanah Tovah

As we look forward to a new year on the Jewish calendar, it's good time to reflect on the year we are leaving behind. What a year it has been! The JCC Senior Adult Program has officially been closed for 23 weeks. I don't think any of us knew when we started talking about the Coronavirus in February that it would have this much of an impact on life as we know it.

While we have missed seeing everyone in person, we have been moving full steam ahead. To give you an idea of what has happened since we last saw everyone, prior to the shutdown, we were serving approximately 250 meals per week for both home delivered and congregate. We are now currently delivering between 450-500 meals per week. We went from 28 home delivered clients to 100 and since March 16th, we have delivered 9,208 meals. We expect to continue

on this trend as we continue to receive new requests each week. We are happy to be able to provide this service to our seniors so that you all can stay healthy at home. Please let us know if you would like to begin receiving our meals via delivery. Helen is cooking up everyone's favorites.

We are excited to bring you some new virtual programming for the month of September. We have partnered with some other JCCs around the country to bring you a variety cultural arts offerings to enjoy from the comfort of your home as well as some programs brought to you by your very own JCC of Louisville. Our upcoming September programming will be held online. You can register by emailing tstone@jewishlouisville.org so that the link to participate can be sent to you via email. I look forward to seeing you all on Zoom! -Tara





UPCOMING EVENTS

SEPTEMBER 2020

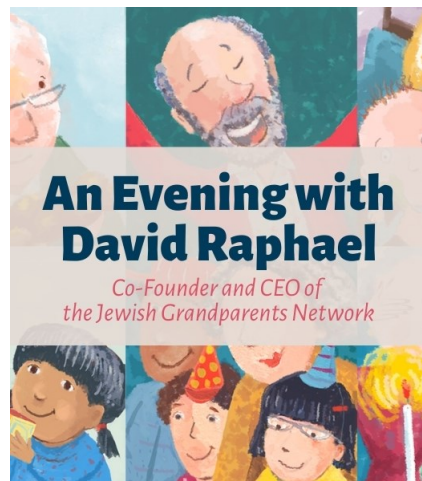
An Evening with David Raphael

Wednesday, September 2nd, 7 p.m.

Whether you are a Bubbie, Zayde, Mimi or Pappy, join us on Zoom for an evening with David Raphael, Founder and CEO of The Jewish Grandparents Network.

In 2019 the Jewish Grandparents Network, together with 17 partners, undertook a landmark research study. Mr. Raphael will present the findings from the study of Jewish American grandparents and “the vital connection” between them and their grandchildren.

FREE



Bingo: Virtual Style

Wednesday, September 9th, 11 a.m.

Bingo is back! It may be virtual but the prizes are real!

Email tstone@jewishlouisville.org by Monday, September 7th to receive a special online link to your own bingo cards.

FREE

National Falls Prevention Awareness Day

Tuesday, September 22nd, 11 a.m.

Falling is not an inevitable result of aging. Join a JCC personal trainer virtually via Zoom as they provide exercises and tips that can cut down on your risk of falling.

FREE

Monthly Book Club

Wednesday, September 30th, 11 a.m.

We will meet online via Zoom to discuss *Big Summer* by Jennifer Weiner.

FREE

WEEKLY WELLNESS (Virtual)

Sunday: 12 p.m. Latin Dance

Monday: 11 a.m. Tai Chi

Tuesday: 11:30 a.m. Nia

Wednesday: 11:30 a.m. Light Weights

Friday: 12:30 p.m. Light Weights

Saturday: 11 a.m. Cardio Dance Party

*All classes are held virtually on the JCC Louisville Fitness Community Facebook page.



UPCOMING EVENTS

J 60+ Connection

SEPTEMBER 2020

Join us as we partner with other JCCs to present virtual programming in travel, cultural arts, and Jewish literature. To register, call Tara Stone at 238-2749 or email tstone@jewishlouisville.org.

Still Traveling: Venerable Venice

Wednesday, September 2nd, 2 p.m. ET

Join us as we partner with the Osher Marin JCC on this “armchair travel” event that will whisk you away on an interesting, educational & fun live, guided group tour in a destination beyond your front door ...even beyond the grocery store!

This is a four-part series that will meet virtually via Zoom on September 2, 9, 16, and 30 (no meeting on the 23)

\$50 for the four week session

Backstage Broadway

Thursday, September 3, 4 p.m. ET

Let Osher Marin JCC Program Director & Broadway/opera instructor **James Sokol** sneak you in the Stage Door to go “backstage” on Broadway! A different, special guest theater professional – who brings his/her unique expertise, experiences and insights to the discussion – will be featured at each of these exclusive, behind-the-scenes visits. Live Q&A and photos/video clips (when available) will enrich the experience.

This is a four-part series that will meet virtually via Zoom on September 3, 10, 17, and 24.

\$60 for the four week session

Film: The Syrian Patient

Sunday, September 6th, 6 p.m. ET

Reality surpasses the imagination in this documentary that allows a look at the Syrian wounded and the Israeli doctors at a hospital in Israel, where enemies become connected. The film will be available from 12 p.m.-6 p.m. ET on Sunday, Sept. 6.

FREE*

*Those who make a \$10 donation or more are invited to attend a Q&A at 6 p.m. ET with Dr. Zuhdi Jasser, the son of Syrian immigrants and the president and founder of the American Islamic Forum for Democracy.

Lessons from Elie Wiesel's Classroom

Sunday, September 13th, 2 p.m. ET

Join us as we partner with Boulder JCC to present a conversation with Ariel Burger, author of *Witness: Lessons from Elie Wiesel's classroom*. The world remembers Elie Wiesel—Nobel laureate, activist, and author of more than forty books—as a great humanist. Ariel Burger first met Elie Wiesel at age fifteen. They studied and taught together. *Witness* chronicles the intimate conversations between these two men over decades. In this profoundly hopeful, thought-provoking, and inspiring book, Burger takes us into Elie Wiesel's classroom, where the art of listening and storytelling conspire to keep memory alive.

FREE