

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

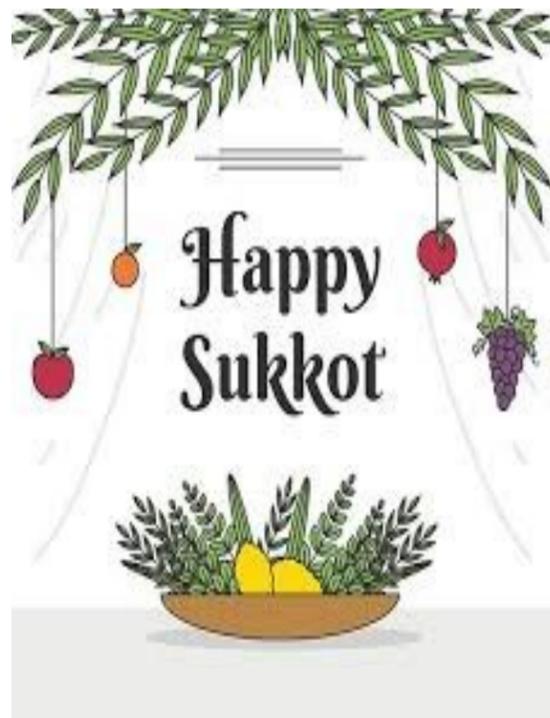
Tara Stone, *Active Adult & Senior Programming Director*
Natalie Kusyo, *Senior Program Manager*
Helen Impellizzeri, *Chef*

OCTOBER 2020



Birthdays

- | | |
|----------------------|---------------------|
| 1 Joan Wimsatt | 23 Sammi Brown |
| 3 Amelia Pegram | 23 Ginger Wilkinson |
| 10 Joe Rothstein | 31 Martha Bennett |
| 14 Paula Weinshanker | 31 Marian Jenkins |



Sukkot is a weeklong Jewish holiday that comes five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection God provided for the children of Israel when they left Egypt. We celebrate Sukkot by dwelling in a foliage-covered booth (known as a *sukkah*) and by taking the "Four Kinds" (*arba minim*), four special species of vegetation.

A new J is on the way!
Please join us for this historic occasion!
Virtual Ceremonial
Ground Breaking of the New JCC
October 8, 2020 at 11:00 a.m.

While we can't be together in person for this monumental event, please join us virtually to mark this special day that you have helped make a reality.

RSVP to
YOURJCC@JEWISHLouisVILLE.ORG





FREE EVENTS

OCTOBER 2020



Sukkot Shabbat with John Gage

Friday, October 2nd, 11 a.m.

Join us via Zoom as John Gage plays his guitar and sings your favorite Sukkot songs.

FREE

Bingo: Virtual Style

Wednesday, October 7th, 1 p.m.

Who doesn't love to play Bingo? Besides keeping your mind healthy, Bingo can be good for the slightly-competitive soul! This may be virtual Bingo but the prizes will be real!

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

Thursday: 11 a.m. Gentle Yoga

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.



Trivia Time

Wednesday, October 21st, 1 p.m.

Join us via Zoom for an hour of challenging your brain and some friendly competition with general knowledge trivia.

FREE

Monthly Book Club

Wednesday, October 28th, 11 a.m.

We will meet online via Zoom to discuss *A Man Called Ove* by Fredrik Backman

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him *the bitter neighbor from hell*, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

FREE

To register for any of these programs, email tstone@jewishlouisville.org.



UPCOMING PROGRAMS

J 60+ Connection

OCTOBER 2020

Join us as we partner with other JCCs to present virtual programming in travel, cultural arts, and Jewish literature. To register, email Tara Stone, tstone@jewishlouisville.org or go to the JCC website, jewishlouisville.org

Exploring Opera: Aria Ready?

Thursdays, October 1-22, 4 p.m. ET

Join opera appreciation instructor **James Sokol** & vocal coach

Ron Valentino for a unique journey through opera history via the exploration of arias. Each live, online session focuses on different periods of opera history, from the Baroque & Classical through the Romantic & *Bel Canto* to the *Verismo* & Modern. Not familiar with some of these terms? No worries; we got ya covered! Learn about and hear different repertoire, singers, musical styles, and vocal challenges unique to each period. Video performance clips bring the excitement & beauty of opera into the discussion. This is a wonderful series for the opera newcomer and the long-time fan!

\$50 for the four week session

\$15 for a single class



Book Festival of the Louisville JCC & National JCC Literary Consortium Presents: Judy Gold, *Yes, I Can Say That: When They Come for the Comedians, We Are All in Trouble*

Thursday, October 22nd, 8 p.m. ET

In *Yes I Can Say That*, comedy veteran Judy Gold argues that "no one has the right to tell comics what they can or cannot joke about... Laughter is a unifier. It's the best medicine..." For Gold, nothing is more insidious than enforcing silence and repressing jokes—the job of a comedian is to expose society's demons, and confront them head-on, no prisoners allowed. In ten impassioned polemics, she frames comedy as a tool of empowerment, a way to reclaim hateful rhetoric and battle the democracy-crushing plight of censorship.

\$11

