

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

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.

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*

NOVEMBER 2020



Birthdays

15 Anita Goldin
22 Simon Wolf
26 Jan Pieper

29 Harvey Liebschutz
29 LaVerne Metzler
30 Rayma Shuster

Happy Thanksgiving!

About this time during a normal year we would be planning our annual Thanksgiving party, booking the entertainment, and buying decorations. I think we can all agree that this has not been a normal year. Through our closure of more than seven months and the continuing pandemic, we continue to be grateful for the senior adult department and the members who have made it what it is today. We are thankful for the friendships that have grown into family through the senior department. Even though we will not be together for our Thanksgiving gathering, we are thinking of everyone and wishing you good health. We hope to see everyone as soon as it's safe for you to come back.



**Veterans Day
November 11th**

To those in uniform serving today and to those who have served in the past, we honor you today and every day.



FREE EVENTS

NOVEMBER 2020



Bingo: Virtual Style

Wednesday, November 4th, 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

Trivia Time

Wednesday, November 11th, 1 p.m.

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

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.



Monthly Book Club

Wednesday, November 18th, 11 a.m.

We will meet online via Zoom to discuss *The Wednesday Sisters: A Novel* by Meg Waite Clayton

For thirty-five years, Frankie, Linda, Kath, Brett, and Ally have met every Wednesday at the park near their homes in Palo Alto, California. Defined when they first meet by what their husbands do, the young homemakers and mothers are far removed from the Summer of Love that has enveloped most of the Bay Area in 1967. These "Wednesday Sisters" seem to have little in common but they are bonded by a shared love of both literature—Fitzgerald, Eliot, Austen, du Maurier, Plath, and Dickens—and the Miss America Pageant, which they watch together every year.

FREE

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



UPCOMING PROGRAMS

60+ Connection

NOVEMBER 2020

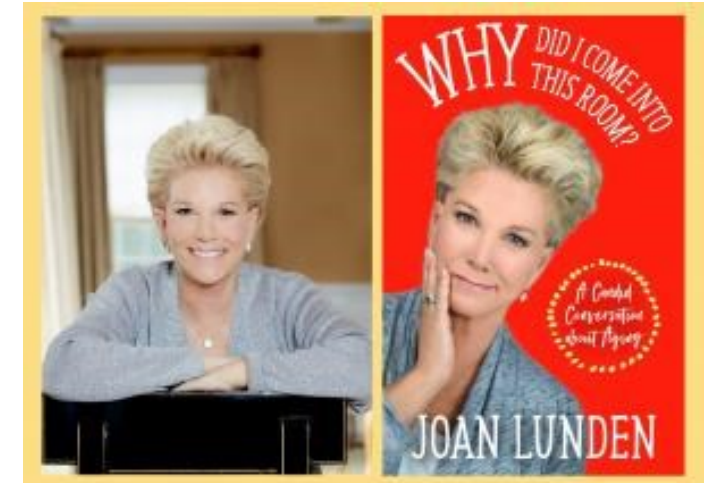
Join us as we partner with other JCCs to present virtual programming in travel, cultural arts, and Jewish literature. To register, email Tara Stone, tstone@jewishlouisville.org or go to the JCC website, jewishlouisville.org

Still Traveling (Virtually): Astonishing Amsterdam

Mondays, November 2-23, 2 p.m.

Many visitors have left Amsterdam with memories of tourist crowds, marijuana smoke-filled "coffee" shops & visions of the red light district. However, "the Venice of the North" is replete with rich history, incredible art, stunning architecture, and more at every turn. Let Trip Leader (and JCC colleague) James Sokol whisk you away to meet our lovely, professional guide Tricia to discover interesting, beautiful and diverse aspects of this astonishing city. "Visits" include:

- *Amsterdam Highlights Walking Tour* (Nov 2)
- *Museum Highlights: Dutch Masters* (Nov 9)
- *Jewish Amsterdam* (Nov 16)
- *Dam Square & Royal Palace* (Nov 23)



Book Festival of the Louisville JCC & National JCC Literary Consortium Presents: Joan Lunden, *Why Did I Come Into This Room? A Candid Conversation About Aging*

**Sunday, November 8th, 8 p.m. ET
In Conversation with Holly Firfer, CNN Journalist**

A funny "What to Expect When You're Expecting" for the aging woman, acclaimed journalist and Baby Boomer Joan Lunden delves into various phases of aging in her most candid and revealing book yet. Lunden takes the dull and depressing out of aging, replacing it with wit and humor. Whether you're in your 40s, 50s, 60s, or more, this book is full of helpful information. Lunden goes where others fear to tread, openly sharing her anxieties and breakthroughs and how she's coping with the realities of aging. *Why Did I Come into This Room?* explores the science of aging and how it impacts the body and brain.

\$11

