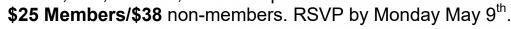




Monday June 6<sup>th</sup>. Afternoon Matinee. Leave Trager Family JCC at 2 p.m. Coffee, Tea, Dessert, and Transportation included.





#### **Senior Adult** Committee

Martha Bennett Julie Davis Gale Karem Tony Kerr Margaret Mazanec

Gale Moody Joyce Myers Ilean Rowe Emily Podgursky Jim & Mitzie Schatz

#### JCC Staff

Dara Cohen, Active Adult & Senior Director Helen Impellizzeri, Executive Chef & Nutrition Services Director Heather Johnson, Sous 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.

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in the State of Kentucky. Title III also provides for counseling, outreach and health Community Center. The Jewish Community Center Mutrition Site is the only kosher one vices, KIPDA, Metro United Way, The Jewish Community Federation and the Jewish senior adults. Funds for this project are administered by Louisville Metro Human Ser-Senior Adult Department to operate a dining facility and provide delivered meals for TITLE III: Title III of the Older Americans Act provides Federal funding that enables the

www.jewishlouisville.org 205-429-0660 Louisville, KY 40205 Irager Family 3600 Dutchmans Lane





## SENIOR TIMES

April, 2022



#### **Happy Birthdays! April**

1 Aileen Jewell

3 Brenda Ross

5 Eleanor Lowe

12 Mary Elmore

14 Patricia Oliver

16 Joan Epstein

19 Mary Wright

20 Wanda Elkharwily

20 David Pickle

23 Judith Clark

23 Sara Robinson

30 Sue Albright

#### **TRANSPORTATION**

IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA AT 502-238-2749

> LINE DANCING WILL **RESUME APRIL 20TH**

### **Upcoming Events**

For Reservations, call 238-2749

Closure Week (April 11-17) - To ensure a successful transition from the current building to the Trager Family JCC, the current facility will be closed permanently as of 6 p.m. on Sunday, April 10. The JCC will not be accessible for seven days until the new building opens at 5:30 a.m. on Monday, April 18. We apologize for any inconvenience, but we hope that you will understand as we make final preparations ensuring a successful opening of the Trager Family JCC.

April 13th, Interfaith Model Seder: Cancelled. Unfortunately, due to our moving schedule. Will not be able to host a seder this year, but we will plan to do it again next year.

April 18th, Trager Family JCC opens for Active Adult and Senior Exercise classes. Nutrition site will be closed through April 22nd, due to Passover observance.

April 25th, 10:30 a.m. ~ Join us for Book Club as we discuss Harper Lee's book, Go Set a Watchman. Community Room.

**April 25th**, Reservations and payment due for Churchill Downs. See back page for details.

May 2nd, 12:30 p.m. ~ Join us for March, April, and May Birthday celebrations.

May 2nd, 1p.m. ~ Senior Social Club Board Meeting. Community Room.

# **APRIL 2022**

Lunch is served at 12 p.m. To make a reservation, call 238-2749.

MON			TUE		WED		THU		FRI	
								1	Club 60 9:30 a.m. Tai Chi 10:30 a.m.	Senior Exercise classes will be held in the Mind Body Room on the second floor of the Trager
									Baked Tilapia, Macaroni and Cheese, Vegetables, Fruit and Challah.	Family JCC .
4 Club 60 9:30 a Chair Yoga 10:3 Tai Chi 11 a.	0 a.m.	5	Club 60 9:30 a.m. Chair Light Weights 10:30 a.m.	6	Club 60 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m.	7	Chair Light Weights 10:30 a.m.	8	Club 60 9:30 a.m. Tai Chi 10:30 a.m.	Sign up for class 48 hours in advance.
Vegetable Frittata, Skillet P Salad, Apple Crisp an		Chicke	en Salad Sandwich, Soup of the Day, Fresh Fruit and Cookie.		cese and Vegetable Quesadilla, k Bean Soup, Avocado Toast and Orange Wedges.		egetarian Stuffed Peppers, Mashed otatoes, Peas and Carrots and Fresh Fruit.		aked Salmon, Roasted Potatoes, med Vegetables, Green Salad and Challah.	
11	1	12	·	13		14		15		Stop by the member services desk or call 238-2720.
JCC CLOS	ED		JCC CLOSED		JCC CLOSED		JCC CLOSED		JCC CLOSED	
Club 60 9:3 Tai Chi 9:3 Chair Yoga 10	0 a.m.	19	Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m.	20	Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m.	21	Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.	22	Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m.	
NUTRITIC SITE CLOSED PASSOVE	FOR		NUTRITION SITE CLOSED FOR PASSOVER		NUTRITION SITE CLOSED FOR PASSOVER		NUTRITION SITE CLOSED FOR PASSOVER		NUTRITION SITE CLOSED FOR PASSOVER	
Club 60 9: Tai Chi 9: Chair Yoga 1	30 a.m. 0:30 a.m.	<b>26</b>	Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m.	27	Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m.	28	Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.	29	Club 60 9:30 a.m. Active Adult Fit*9:30 a.m. Tai Chi 10:30 a.	
Tuna Salad on Rye, Brocco and Fruit Cup		Ve	getarian Lasagna, Romaine Salad, Bread Stick and Pineapple.		getable Stir Fry, Brown Rice, Egg op Soup and Mandarin Gel cup.	Gı	rilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.		py Baked Fish, Steamed Broccoli, Mac & Cheese, Green Salad, atterscotch Pudding and Challah.	