



# 60+ Connection

## JCC STAFF

*Dara Cohen, Active Adult & Senior Programming Director*  
*Helen Impellizzeri, Chef & Kitchen Manager*  
*Susan Kwasny, Senior Director Health & Wellness*

## JULY 2021



### ANNOUNCEMENTS

#### **FITNESS CLASSES START JULY 5TH!**

Please join us for classes starting Monday, July 5th. And, please keep an eye out for our August Newsletter that will include the upcoming menu and information on upcoming events.



### BIRTHDAYS

4	Cathy Quayle
24	Annette Caldwell
24	Geraldine Heath
29	Shirley Hardin
30	Ruby Gordon

#### **SENIOR ADULT CENTER—OPENS SOON!**

Hello! I hope this newsletter finds you well! We are excited to announce that we hope to reopen our Senior Adult Center in August. At this time, we are working to transition some of our 100+ Home Delivered Meals to other sources. This takes some time, so please be patient with us as we make this adjustment.

We are happy to announce, however, that our Senior Adult Fitness Classes will begin Monday, July 5th! Please see the reverse side for the official schedule. We have limited space so please call 502-238-2749 to make a reservation.

We will begin offering transportation services to the Center once we open our lunch program. As we prepare to reopen, we would like to assess how many of our clients need transportation. To get on our transportation list, please call 502-238-2749.



### JULY FITNESS CLASSES

#### **Mondays:**

**Club 60 Water Aerobics** 9:30 a.m. Pat Gregg  
**Move to Heal Chair Class** 10 a.m. Maria Whitley  
**Tai Chi** 11 a.m. Thomas Mooneagle

#### **Tuesdays:**

**Chair Exercise** 10 a.m. Andree Mondor

#### **Wednesdays:**

**Club 60 Water Aerobics** 9:30 a.m. Jeannie Reid  
**Chair Exercise** 10 a.m. Andree Mondor

#### **Thursdays:**

**Gentle Chair Yoga** 10 a.m. Angela Weisser

#### **Fridays:**

**Club 60 Water Aerobics** 9:30 a.m. Pat Gregg  
**Tai Chi** 10 a.m. Thomas Mooneagle

*The elevator entrance will be open from 9:45—10 a.m. for members with special needs.*

*Class size is limited. To make a reservation, please call 238-2749.  
The Walking Track is available daily. No reservations needed.*

TITLE III: Title III of the Older Americans Act provides Federal funding that enables the Senior Adult Department to operate a dining facility and provide delivered meals for senior adults. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Community Federation and the Jewish Community Center. The Jewish Community Center Nutrition Site is the only kosher one in the State of Kentucky. Title III also provides for counseling, outreach and health related activities to our program participants. All participants who receive health related counseling or outreach services will be given an opportunity to make a voluntary donation. The Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin.