



GOODWILL DONATIONS:

Starts \$5.00 Minimum
Generous donation \$10 and up
Very Generous donation \$20 and up

Ilene & Lewis Rowe to Margaret Mazanec ~ Get well soon
Dolores Levy to Clara Rowe ~ Get Well Soon
Emily Podgursky ~ In memory of friends who have passed away during the year.
Dolores Levy to Mrs Steve Bronner ~ In memory of your mother.
Dolores Levy to Mrs Alan Slyn ~ Hope you are feeling better soon!
In memory of Rayma Shuster ~ Ilene & Lewis Rowe
In memory of Rayma Shuster ~ Dara & Michael Cohen
In memory of Rayma Shuster ~ Sara Robinson
In memory of Patricia Johnson ~ Sara Robinson
In memory of Patricia ~ Sylvia Osoffsky & Clara Rowe
In memory of Rayma Shuster ~ Sylvia Osoffsky & Clara Rowe
In memory of Margot Kling ~ Dolores Levy
In memory of Margot Kling ~ Joyce Myers
In memory of Patricia Johnson ~ Joyce Myers
In memory of Rayma Shuster ~ Joyce Myers
In memory of Margot Kling ~ Diane & Elliott Sadle



We have lost many wonderful Senior Social Club members over the past year. Our hearts go out to friends and families of these beloved seniors.



SENIOR TIMES

August 2021



Happy Birthdays! August

- 7 Joyce Myers
- 16 Donald Platoff
- 22 Gale Karem
- 23 Judy Lott
- 23 Suzanne Morison

ELEVATOR SCHEDULE:

The elevator is open for entry from 9:45 a.m. to 10 a.m. and 11:30 a.m. to Noon.

SAVE THE DATE!
Lunch in the Sukkah
Friday, September 24th
12 p.m.



Senior Adult Activities & Lunches Resume August 9th!

For Reservations, call 238-2749

LUNCH WITH DIANE SADLE

Monday, August 9th, 12:00 p.m. Diane will be joining us for our "opening day" at the Senior Center. Come catch up with Diane and share your fondest memories of Diane's time at the J.

BINGO

Wednesday, August 11, 12:45 p.m. Join us for Bingo Fun and Prizes!

LUNCH WITH RABBI FREED

Friday, August 20th, 12:00 Rabbi Ben Freed, the new Rabbi at Keneseth Israel will join us for lunch and Shabbat.

BOOK CLUB

Monday, August 23rd, 11 a.m. Join us as we talk about our book preferences and look toward future book clubs. We will distribute copies of our first book, "The Boston Girl" by Anita Diamant.

ICE CREAM SOCIAL

Tuesday, August 24, 12:45 p.m. Join us for an ice cream social! We will have a choice of ice cream, bars, cones and sandwiches while we enjoy streaming big band music. We will also discuss our favorite summer memories.

SING ALONG

Tuesday, August 31st, 12:45 p.m. Join Two of Diamonds and sing your favorite show tunes and other classics.

TRANSPORTATION

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

Senior Adult Committee

Martha Bennett	Margaret Mazanec
Sammi Brown	Ilean Rowe
Gale Karem	Emily Podgursky
Joyce Myers	Joe Rothstein
	Sy Wolf

JCC Staff

Dara Cohen, Active Adult & Senior Director
Helen Impellizzeri, Chef & Kitchen Manager
Susan Kwasny, Senior Director, H&W

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.

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.

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

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AUGUST 2021

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

MON	TUE	WED	THU	FRI	<p>UPCOMING EVENTS</p> <p>Friday, Sept. 24th Lunch in the Sukkah</p> <p>Sunday, Sept. 26th The Film Duty Free</p> <p>Monday, Sept. 27th The Film Duty Free Replay</p> <p>Thursday, Sept. 30th Paul Troy—ElderServe Avoiding Scams</p>
<p>9 Aqua Club 60 9:30 a.m. Move to Heal 10 a.m. Tai Chi 11 a.m. <i>Lunch with Diane Sadle 12 p.m.</i></p> <p>Turkey Wrap (Lettuce, Vegetables, Mayo and Mustard), Minestrone Soup, Fresh Fruit Salad , Cookie</p>	<p>10 Chair Light Weights 10 a.m.</p> <p>Mushroom Alfredo, Spinach Salad with Fruit , Breadstick , Peaches</p>	<p>11 Aqua Club 60 9:30 a.m. Chair Light Weights 10 a.m. <i>BINGO 12:45 p.m.</i></p> <p>Hamburger, Potato Wedges, Broccoli Salad, Melon Salad</p>	<p>12 Chair Yoga 10 a.m.</p> <p>Chicken Salad on Rye Bread, Mushroom Barley Soup, Spinach Salad with Fruit, Pineapple</p>	<p>13 Aqua Club 60 9:30 a.m. Tai Chi 10 a.m.</p> <p>Cabbage Roll, Mashed Potatoes, Peas and Carrots, Spiced Apples, Challah</p>	
<p>16 Aqua Club 60 9:30 a.m. Move to Heal 10 a.m. Tai Chi 11 a.m.</p> <p>Tuna Salad, Rye Bread, Broccoli Cheddar Soup, Sliced Oranges, Chips</p>	<p>17 Chair Light Weights 10 a.m.</p> <p>Panko and Feta Tilapia, Quinoa Rice Pilaf, Israeli Salad, Fresh Fruit, Honey Wheat Bread</p>	<p>18 Aqua Club 60 9:30 a.m. Chair Light Weights 10 a.m.</p> <p>Chicken Stir Fry with Veggies, Steamed Brown Rice, Egg Drop Soup, Mandarin Orange, Cookie</p>	<p>19 Chair Yoga 10 a.m.</p> <p>Pastrami on Rye, Cabbage Soup, Potato Salad , Peaches</p>	<p>20 Aqua Club 60 9:30 a.m. Tai Chi 10 a.m. <i>Lunch with Rabbi Freed 12 p.m.</i></p> <p>Meatloaf, Red Bliss Potatoes, Green Beans, Romaine Salad, Sliced Pears , Challah</p>	
<p>23 Aqua Club 60 9:30 a.m. Move to Heal 10 a.m. Tai Chi 11 a.m. Book Club 11 a.m.</p> <p>Spaghetti and Basil Marinara, Breadstick, Zucchini and Yellow Squash, Caesar Salad, Chilled Peaches</p>	<p>24 Chair Light Weights 10 a.m. <i>Ice Cream Social 12:45 p.m.</i></p> <p>Hummus Vegetable Wrap, Broccoli Cheddar Soup, Potato Chips, Orange Wedges, Cookie</p>	<p>25 Aqua Club 60 9:30 a.m. Chair Light Weights 10 a.m.</p> <p>Crispy Baked Fish, Mac and Cheese, Green Beans, Israeli Salad, Butterscotch Pudding, Honey Wheat Bread</p>	<p>26 Chair Yoga 10 a.m.</p> <p>Broccoli Quiche, Tomato Basil Soup, Romaine Salad, Crackers, Fresh Fruit Salad, Cookie</p>	<p>27 Aqua Club 60 9:30 a.m. Tai Chi 10 a.m.</p> <p>Chicken Marsala, Whole Grain Pasta, Asparagus, Spinach Salad with Fruit, Challah</p>	
<p>30 Aqua Club 60 9:30 a.m. Move to Heal 10 a.m. Tai Chi 11 a.m.</p> <p>Herb Salmon, Stir Fry Vegetables, Spinach Salad, Dinner Roll, Banana Pudding</p>	<p>31 Chair Light Weights 10 a.m. <i>Sing Along 12:45 p.m.</i></p> <p>Chili Mac, Tossed Salad, Apple Sauce, Corn Bread</p>	<p>1 Aqua Club 60 9:30 a.m. Chair Light Weights 10 a.m.</p> <p>Chicken BBQ/Hamburger Bun, Baked Potato, Sauteed Greens, Mandarin Oranges in Gel</p>	<p>2 Chair Yoga 10 a.m.</p> <p>Salmon Croquettes, Potato Wedges, Peas, Coleslaw, Pineapple</p>	<p>3 Aqua Club 60 9:30 a.m. Tai Chi 10 a.m.</p> <p>Baked Tilapia, Greek Orzo Salad, Steamed Broccoli, Tropical Fruit Salad, Cookie, Challah</p>	
<p>Join us for lunch Monday through Friday at 12 p.m. Reservations can be made no later than 24 hours in advance. Lunch is \$5 for those under 60 years old. 60 and over, it is a suggested \$3 donation. We ask that you try to arrive approximately 10 minutes before lunch starts.</p>					