

GOODWILL DONATIONS:

In memory of Patricia Johnson ~ Ilean & Lewis Rowe
 In memory of Margot Kling ~ Dara & Michael Cohen
 In memory of Rayma Shuster ~ Si Wolf
 In memory of Margot Kling ~ Si Wolf
 In memory of Gerald Gold ~ Dolores Levy
 In memory of Gita Comer ~ Ilean & Lewis Rowe
 In memory of Rayma Shuster ~ Thelma Marx
 In memory of Selma Kaplan ~ Ilean & Lewis Rowe
 In memory of Ruthie Smelson ~ Ilean & Lewis Rowe
 In memory of Patricia Johnson ~ Gale Karem
 In memory of Margot Kling ~ Gale Karem
 In memory of Rayma Schuster ~ Gale Karem
 In memory of Selma Kaplan ~ Dolores Levy
 In memory of Amy Green ~ Ilean, Lewis & Evan Rowe
 Ilean Rowe to Jeannie Reid ~ In memory of your mother

Dolores Levy to Mrs. James Weinberg ~ In memory of your father
 Ilean & Lewis Rowe to Joyce Myers ~ Happy Birthday
 Ilean & Lewis Rowe to Walter Wolf Jr. ~ Happy 90th Birthday
 Ilean & Lewis Rowe to Gail and Jennifer Spielman ~ Happy Birthday
 Thelma Marx to Joyce Myers ~ Happy Birthday
 Thelma Marx to Gale Karem ~ Happy Birthday
 In honor of Gale Karem's 80th Birthday ~ Ilean & Lewis Rowe
 Dolores Levy to Gale Karem ~ Get Well Soon
 Ilean & Lewis Rowe to Leonard Gross ~ Get Well Soon
 Joyce Myers to Gale Karem ~ Get Well Soon
 Joyce Myers to Margaret Mazanec ~ Get well soon
 Sara Robinson & Friends to Gale Karem ~ Get Well Soon

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.

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

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.

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SENIOR TIMES

September 2021



Happy Birthdays! September

- 5 Beth Branson
- 6 Nina Berezova
- 12 Bonnie Lichtefeld
- 12 Ann Shealy
- 15 Stella Hobson
- 18 Caroline Guthrie
- 24 Gary Goldblatt
- 25 Sylvia Osoffsky
- 28 Ann Zeman

ELEVATOR SCHEDULE:

The elevator will be open for entry from 10:15 to 10:30 a.m. and 11:30 a.m. to Noon.

EXERCISE CLASSES

Please note that exercise classes have changed times and days of the week. We have also moved all classes to the Patio Gallery. See schedule for more information.

Upcoming Events

For Reservations, call 238-2749

September 1: Craft Class, 1 p.m.
 Come and make your own modern art luminary, with paper, Mod Podge and balloons.

September 15: Bingo, 12:45 p.m.
 Back to the boards with rewards! Bring your quarters!

Line Dancing : A new 5 week session of line dancing begins. Contact April Bond (502)500-6154 to reserve your spot. Some experience suggested.

September 20: Book Club, 11 a.m.
 Join us as we discuss "The Boston Girl" By Anita Diamant and pick up our next book for October.

September 24: Lunch in the Sukkah, Noon
 Join Cantor Hordes as she helps us celebrate Sukkot with song. Lunch by Chef Helen.

September 27: Duty Free Movie, 12:30 p.m.
 This critically acclaimed film examines workplace ageism, the care crisis, and economic insecurity.

September 27: RSVP Deadline for Center Stage
 Make sure to RSVP for Sunday, October 3rd's event; lunch and a Center Stage showing of Joseph and the Amazing Technicolor Dreamcoat.
 \$27 SSC Members/\$30 Non-Members

September 30: Avoiding Scams, 12:45 p.m.
 Paul Troy from Elder Serve comes to talk about avoiding scams. Refreshments served afterward.

SEPTEMBER 2021

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

MON	TUE	WED	THU	FRI
<p>6</p> <p>Site Closed - Labor Day</p>	<p>7</p> <p>Site Closed - Rosh Hashanah</p>	<p>8</p> <p>Site Closed - Rosh Hashanah</p>	<p>9</p> <p>Chair Light Weights 10:30 a.m.</p> <p>Tuna Salad on Rye Bread with Lettuce & Tomato, Tomato Basil Soup, Sliced Peaches and Chocolate Chip Cookie.</p>	<p>10</p> <p>Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Chicken Marsala Linguini, Steamed Broccoli, Romaine Salad and Fresh Fruit Salad.</p>
<p>13</p> <p>Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.</p> <p>Corn Beef on Rye, Vegetable Soup, Potato Salad and Tropical Fruit.</p>	<p>14</p> <p>Chair Light Weights 10:30 a.m.</p> <p>Orange Marmalade Chicken, Egg Noodles, Steamed Vegetable Medley, Romaine Salad and a Dinner Roll.</p>	<p>15</p> <p>Aqua Club 60 9:30 a.m. Moving to Heal 10:30 a.m. BINGO 12:45 p.m.</p> <p>Grilled Cheese Sandwich, Tomato Soup, Garden Salad, Watermelon and a Chocolate Chip Cookie.</p>	<p>16</p> <p>Site Closed - Yom Kippur</p>	<p>17</p> <p>Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Meatloaf, Mashed Potatoes, Green Beans, Green Salad, Apple Sauce and Challah.</p>
<p>20</p> <p>Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Book Club 11 a.m.</p> <p>Vegetarian Lasagna, Greek Salad, Pineapple, Brownie and Bread Stick.</p>	<p>21</p> <p>Site Closed - Sukkot</p>	<p>22</p> <p>Site Closed - Sukkot</p>	<p>23</p> <p>Chair Light Weights 10:30 a.m.</p> <p>Broccoli Quiche, Tomato Basil Soup, Romaine Salad, Crackers, Fresh Fruit Salad and Cookie</p>	<p>24</p> <p>Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Lunch in the Sukkah at Noon</p> <p>Herb Crusted Salmon with Dill Sauce, Rice Pilaf, Peas & Carrots, Israeli Salad, Tropical Fruit and Challah.</p>
<p>27</p> <p>Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Duty Free Movie 12:30 p.m. RSVP Deadline for Center Stage</p> <p>Egg Salad on Rye, Cream of Mushroom Soup, Potato Chips, Orange Wedges and Chocolate Chip Cookie.</p>	<p>28</p> <p>Site Closed - Shemini Atzeret</p>	<p>29</p> <p>Site Closed - Simchat Torah</p>	<p>30</p> <p>Chair Light Weights 10:30 a.m. Avoiding Scams 12:45 p.m.</p> <p>Cabbage Roll, Mashed Potatoes, Peas & Carrots, Spinach Fruited Salad, Sliced Pears</p>	<p>1</p> <p>Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Oven Fried Chicken, Roasted Potatoes, Steamed Vegetables, Fruit Salad and 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 5 minutes before lunch starts.</p>				

UPCOMING EVENTS

Sunday, October 3rd
Center Stage Showing:
Joseph & the Amazing Technicolor Dreamcoat

Wednesday, October 6th
Craft Day

Tuesday, October 12th
Bingo

Thursday, October 14th
Paul Troy—ElderServe
Credit Monitoring & Financial Abuse

Thursday, October 26th
Murder Mystery Lunch

Transportation:
If you need a ride
Please call Dara
(502) 238-2749