

**GOODWILL DONATIONS:**

Ilean and Lewis Rowe to Linda Williams~ Wishing You a Speedy Recovery

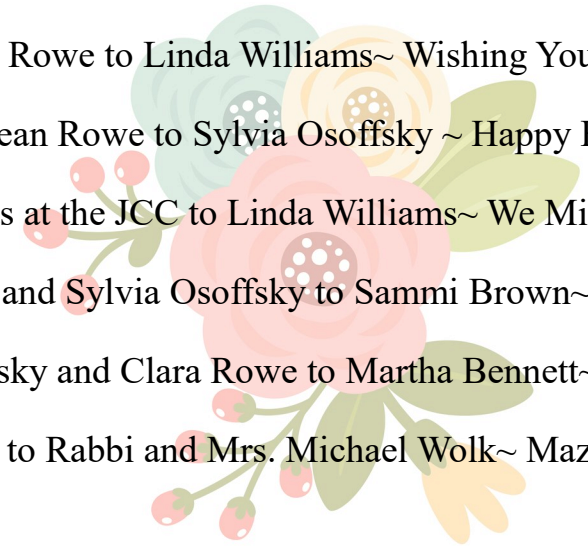
Clara and Ilean Rowe to Sylvia Osoffsky ~ Happy Belated Birthday

From Your Friends at the JCC to Linda Williams~ We Miss You, Get Well Soon

Clara Rowe and Sylvia Osoffsky to Sammi Brown~ Happy Birthday

Sylvia Osoffsky and Clara Rowe to Martha Bennett~ Happy Birthday

Ilean and Lewis Rowe to Rabbi and Mrs. Michael Wolk~ Mazel Tov on Your Installation



**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, 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.

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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**J SENIOR TIMES**  
 November 2021



**Happy Birthdays!**  
**November**

- 3 Elaine Stamper
- 6 Nathan Goldman
- 15 Anita Goldin
- 15 Fred Moore
- 18 Becky Bruner
- 20 Jill Ginsburg
- 22 Simon Wolf
- 26 Jan Pieper
- 28 Suzanne Sparling
- 29 Harvey Liebschutz
- 29 Ann Pickering
- 29 LaVerne Metzler
- 30 Howard Eggleton

**VOLUNTEERS NEEDED!**  
 We are in need of volunteers every day at 11 a.m. Volunteer just once a week or several times! Your time would be greatly appreciated!

**Line Dancing Class**  
 every Wednesday at 1 p.m.  
 Contact April Bond at 502-500-6154 to reserve your spot.

**Upcoming Events**

For Reservations, call 238-2749

**November 1<sup>st</sup>**, Noon—Help us celebrate November birthdays.

**November 2<sup>nd</sup>**, 12:45 p.m.—Join us as we watch a classic film. Popcorn and candy included. Discussion and remembrances afterward.

**November 9<sup>th</sup>**, 12:45 p.m.—Veteran’s Day theme Sing-A-Long with Sara.

**November 10<sup>th</sup>**, 12:45 p.m.—Create and bind your own Traveler’s Notebooks.

**November 16<sup>th</sup>**, 12:45 p.m.—Join us for harp music with Jessica Hyden.

**November 22<sup>nd</sup>**, 10:30 a.m.—Book Club.

**November 23<sup>rd</sup> & November 24<sup>th</sup>**, Noon—Join us for a Thanksgiving Celebration with Bob Mueller. Bob will speak about having “An Attitude for Gratitude.” Lunch by Chef Helen

**November 30<sup>th</sup> & December 1<sup>st</sup>**, Noon—Hanukkah Celebration. Join Cantor Hordes as she helps us celebrate Hanukkah with song. Door and Dreidel prizes will be awarded and Split the Pot will be for sale.

**DUE TO COVID, WE ARE UNABLE TO HAVE LARGE EVENTS. THEREFORE, WE ARE HOSTING THANKSGIVING AND HANUKKAH ON 2 DAYS EACH. PLEASE CHOOSE ONE DAY TO ATTEND.**

**TRANSPORTATION**

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

# NOVEMBER 2021

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

MON	TUE	WED	THU	FRI
<b>1</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>November Birthdays 12 p.m.</i> <i>Committee Meeting 1 p.m.</i> Vegetable Frittata, Skillet Potatoes, Green Salad, Apple Crisp & Wheat Bread.	<b>2</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Classic Film 12:45 p.m.</i> Vegetarian Lasagna, Tossed Salad, Mandarin Oranges & Cookie.	<b>3</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Hamburger, Baked Beans, Potato Wedges, Broccoli Salad & Sliced Peas.	<b>4</b> Chair Light Weights 10:30 a.m. Chili, Elbow Macaroni, Romaine Salad, Orange Wedges & Cookie.	<b>5</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Baked Salmon, Wild Rice, Sauteed Vegetables, Spinach Salad, Banana Pudding & Challah.
<b>8</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Tuna Salad, Rye Bread, Broccoli Cheddar Soup, Sliced Peaches & Cookie.	<b>9</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Sing-A-Long 12:45 p.m.</i> Salmon Croquettes, Potato Wedges, Peas, Coleslaw & Pineapple.	<b>10</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Craft Class 12:45 p.m.</i> Hot dog, Baked Beans, Roasted Red Potatoes, Spinach Salad & Mandarin Oranges.	<b>11</b> Chair Light Weights 10:30 a.m. Crispy Baked Fish, Green Beans, Mac & Cheese, Israeli Salad, Butterscotch Pudding & Honey Wheat Bread.	<b>12</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Meatloaf, Roasted Red Potatoes, Vegetable Medley, Romaine Salad, Fruit Cocktail & Challah.
<b>15</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Stuffed Peppers, Peas & Carrots, Mashed Potatoes and Green Salad.	<b>16</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Jessica Hayden, Harpist 12:45 p.m.</i> Grilled Cheese, Tomato Soup, Spinach Salad & Pineapple.	<b>17</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. BBQ Chicken, Baked Potato, Green Beans & Cherry Pie.	<b>18</b> Chair Light Weights 10:30 a.m. Baked Spaghetti, Steamed Green Beans, Garlic Bread & Cookie.	<b>19</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Cabbage Rolls, Mashed Potatoes, Steamed Vegetables & Challah.
<b>22</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>Book Club 10:30 a.m.</i> Turkey Pastrami, Rye Bread, Cabbage Soup, Potato Wedges, Sliced Peaches & Pickle.	<b>23</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Thanksgiving Lunch 12:00 p.m.</i> <i>Bob Mueller 12:45 p.m.</i> Roast Turkey & Gravy, Cranberry Sauce, Green Beans, Mashed Potatoes, Stuffing & Pie.	<b>24</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Thanksgiving Lunch 12:00 p.m.</i> <i>Bob Mueller 12:45 p.m.</i> Roast Turkey & Gravy, Cranberry Sauce, Green Beans, Mashed Potatoes, Stuffing & Pie.	<b>25</b> Senior Adult Center Closed for Thanksgiving Holiday	<b>26</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Senior Adult Center Closed for Thanksgiving Holiday
<b>29</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Crispy Baked Fish, Green Beans, Mac & Cheese, Israeli Salad, Butterscotch Pudding & Honey Wheat Bread.	<b>30</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Hanukkah Lunch 12:00 p.m.</i> <i>Cantor Hordes 12:45 p.m.</i> Brisket, Potato Latkes, Green Beans & Dessert.	<b>1</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Hanukkah Lunch 12:00 p.m.</i> <i>Cantor Hordes 12:45 p.m.</i> Brisket, Potato Latkes, Green Beans & Dessert.	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.	

## UPCOMING EVENTS

December 6<sup>th</sup>: Celebrate December Birthdays

December 7<sup>th</sup>: Name that Tune with Sara Robinson

December 8<sup>th</sup>: Craft Class

December 27<sup>th</sup>: Book Club

**ELEVATOR SCHEDULE:**  
 The elevator will be open for entry from  
 9:15 to 9:30 a.m.,  
 10:15 to 10:30 a.m.  
 11:30 a.m. to Noon