

**GOODWILL DONATIONS:**

Sara Robinson to Gale Karem ~ Happy 80<sup>th</sup> Birthday

In memory of David Carney ~ Ilean & Lewis Rowe

In memory of Shirley Geer ~ Ilean & Lewis Rowe

In memory of Ruthie Smelson ~ Clara Rowe & Sylvia Osoffsky

In memory of Lotte Widerschein ~ Sylvia Osoffsky

In memory of Patricia Johnson ~ Kevin & Marian Ann Jenkins

Emily Podgursky to Rabbi & Goldie Litvin ~ Mazel Tov on your son’s wedding

Gale Karem to Sylvia Osoffsky ~ Happy Birthday

Gale Karem to all ~ Thank you for all the cards & well wishes

Margaret Mazanec to all ~ Thanks to everyone who sent cards, calls, and prayers during my recovery

**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:**

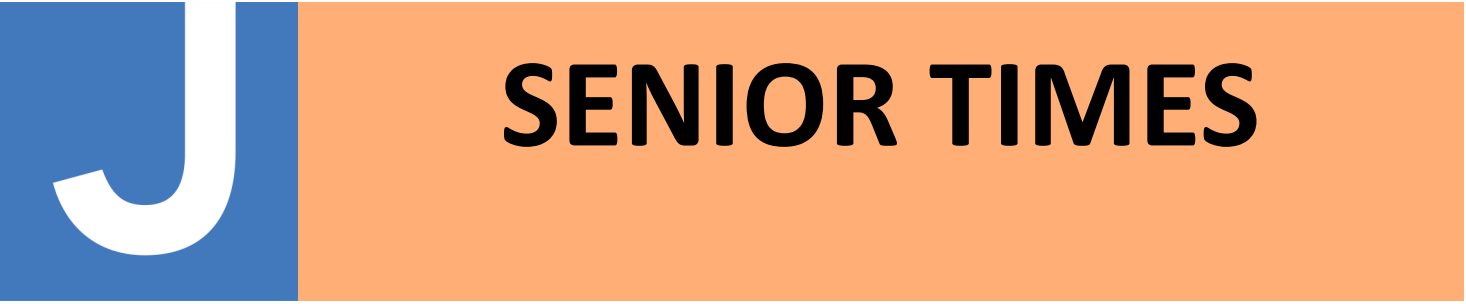
\$30.00 JCCM | \$35.00 JCC Couple  
\$80.00 NM | \$95.00 NM Couple

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](http://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.

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
LOUISVILLE, KY  
PERMIT NO. 510



**Happy Birthdays!**  
**October**

1	<b>Joan Wimsatt</b>
3	<b>Amelia Pegram</b>
7	<b>Bob Silva</b>
10	<b>Joe Rothstein</b>
14	<b>Paula Weinshenker</b>
23	<b>Sammi Brown</b>
23	<b>Ginger Wilkinson</b>
31	<b>Martha Bennett</b>
31	<b>Marian Jenkins</b>

**ELEVATOR SCHEDULE:**

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

**Aqua Club 60** will move  
indoors in October but will  
be limited to 9 participants.  
Participants can register at  
the Health & Wellness desk  
or call 238-2727 up to 48  
hours in advance.  
Please limit sign-ups to 2

**Upcoming Events**

For Reservations, call 238-2749

**October 4<sup>th</sup>**, Noon—Help us celebrate October birthdays.

**October 5<sup>th</sup>**, 12:45 p.m.—Join us for music by Tyrone Cotton.

**October 6<sup>th</sup>**, 1 p.m.—Craft Class: Join us as we make our own wrapping paper or cards with shaving cream art.

**October 12<sup>th</sup>**, 12:45 p.m.—Bingo: Back to the boards with rewards! Bring your quarters!

**October 14<sup>th</sup>**, 12:45 p.m.—Paul Troy from ElderServe comes to talk about Financial Abuse: Prevention & Credit Monitoring. Refreshments served.

**October 25<sup>th</sup>**, 10:30 a.m.—Book Club meets in the Senior Lounge.

**October 26<sup>th</sup>**, Noon—Murder Mystery Lunch: Join us for a fun themed lunch, with costumes and entertainment, as we all try to figure out whodunit!

**TRANSPORTATION**

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

# OCTOBER 2021

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

MON	TUE	WED	THU	FRI	<b>UPCOMING EVENTS</b>  <b>November 1st: Celebrate November Birthdays</b>  <b>November 9<sup>th</sup>: Sing Along with Sara for Veteran's Day</b>  <b>November 10<sup>th</sup>: Craft Class</b>  <b>November 23<sup>rd</sup>: Bob Mueller— "An Attitude for Gratitude"</b>
<b>4</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>October Birthdays 12 p.m.</i>  Baked Ziti, Zucchini/Yellow Squash, Caesar Salad and Peaches.	<b>5</b> Chair Light Weights 10:30 a.m. <i>Tyrone Cotton 12:45 p.m.</i>  Turkey Wrap, Minestrone Soup, Fresh Fruit Salad and Cookie.	<b>6</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Craft Class 1 p.m.</i>  Crispy Fish, Mac & Cheese, Cole Slaw, Wheat Bread, Steamed Broccoli and Apple Sauce.	<b>7</b> Chair Light Weights 10:30 a.m.  Pastrami Sandwich on Rye Bread, Cabbage Soup, Potato Salad, and Peaches.	<b>8</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  Chicken Cacciatore, Whole Wheat Pasta, Mixed Melon Salad, Steamed Broccoli and Challah.	
<b>11</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.  Chicken Salad on Rye, Cabbage Soup, Potato Salad, Pickle and Broccoli Raisin Salad.	<b>12</b> Chair Light Weights 10:30 a.m. <i>BINGO 12:45 p.m.</i>  Alfredo Vegetable Casserole, Spinach Fruited Salad, Breadstick and Peaches.	<b>13</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.  Chicken Pot Pie, Fresh Fruit, Romaine Salad and Dinner Roll.	<b>14</b> Chair Light Weights 10:30 a.m. <i>ElderServe 12:45 p.m.</i>  Hamburger, Sweet Potato Wedges, Broccoli Salad and Fresh fruit.	<b>15</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  Meatloaf, Roasted Red Potatoes, Vegetable Medley, Romaine Salad, Sliced Pears and Challah.	
<b>18</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.  Tuna Casserole, Green Peas, Red Potatoes, Spinach Salad and Dinner Roll.	<b>19</b> Chair Light Weights 10:30 a.m.  Greek Chicken, Sauteed Greens, Orzo Pasta, Apple Sauce and Dinner Roll.	<b>20</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.  Frank and Beans, Mixed Vegetables, Mashed Potatoes, Apple Sauce and Dinner Roll.	<b>21</b> Chair Light Weights 10:30 a.m.  Baked Salmon, Stir-Fried Vegetables, Quinoa Rice Pilaf, Mandarin Oranges and Vanilla Pudding.	<b>22</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  Stuffed Peppers, Peas and Carrots, Mashed Potatoes, Green Salad and Challah.	
<b>25</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>  Tuna Salad on Rye, Broccoli Cheddar Soup, Sliced Peaches and Cookie.	<b>26</b> Chair Light Weights 10:30 a.m. <i>Murder Mystery Lunch 12 p.m.</i>  Vegetable Egg Frittata, Skillet Potatoes, Apple Crisp, Green Salad and Honey Wheat Bread.	<b>27</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.  Caesar Salad, Manicotti, Garlic Bread and Brownie.	<b>28</b> Chair Light Weights 10:30 a.m.  Baked Tilapia, Sweet Potato, Israeli Salad, Chocolate Pudding and Dinner Roll.	<b>29</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  BBQ Chicken, Baked Potato, Green Beans, Salad, Mandarin Oranges and Challah.	
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.					