

GOODWILL DONATIONS:

Ilean and Lewis Rowe to Mel and Shellia Davis ~ In memory of your beloved sister Mimi
 Ilean and Lewis Rowe to Pat Gregg ~ Get Well Soon!
 Ilean and Lewis Rowe to Ariane Barre-Stern ~ Happy Birthday!
 Ilean and Lewis Rowe to Martha Bennett ~ Happy Birthday!
 From Your Friends at the JCC to Joe Rothstein ~ Happy Birthday!
 Ilean and Lewis Rowe to Nathan & Myra Goldman ~ In memory of Dorothy Kaplan
 Ilean and Lewis Rowe to Jerry Abramson ~ Congratulations on being named to the U of L Board of Trustees
 From Your Friends at the JCC to Pat Gregg ~ Wishing you a speedy recovery
 Ilean and Lewis Rowe to Johnny Kimberlain ~ Wishing you continued good health.
 Ilean, Lewis, and Adam Rowe to Stephanie Stein ~ In memory of Scherill Russman
 Ilean and Lewis Rowe to Harris Cohen ~ A speedy recovery
 Emily Podgursky to Dara and Michael Cohen ~ Happy 18th Anniversary!
 Margaret Mazanec to Joyce Swansey ~ Get Well Soon
 Margaret Mazanec to Linda Williams ~ Get Well Soon
 Margaret Mazanec to Martha Bennett ~ Happy Birthday
 Sara Robinson to The family of Miles Cohn ~ In memory of Miles Cohn
 Dolores Levy to The family of Miles Cohn ~ In memory of Miles Cohn

Senior Adult Committee

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

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.



SENIOR TIMES

December 2021



Happy Birthdays! December

- 4 Judy Weintraub
- 5 Evelyn Reynolds
- 7 Bonnie Williamson
- 7 Barbara Vetter
- 8 Evelyn Goler
- 10 Mitzi Schatz
- 15 Carol Halbleib
- 15 Sonia Paran
- 17 Sally Merritt
- 17 Tom Reinking
- 20 Mohini Warick
- 20 Mary Jean Timmell
- 20 Helen Impellizzeri
- 21 Toni Gipson
- 23 Linda Williams
- 24 Roy Frye
- 27 Frank Lichtefeld

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

December 6th, Noon— Help us celebrate December birthdays. Senior Social Club Board Meeting after lunch.

December 7th, 12:45 p.m.—Name that Tune with Sara Robinson on Piano. Prizes included. Refreshments afterward.

December 8th, 12:45 p.m.—Create your own earring and bracelet set. All supplies included. RSVP by **12/3/21**. Please call Dara at 238-2749.

December 9th, 11:15 a.m.—11:45 a.m Kayla Lim will teach a class on how to avoid falls. Patio Gallery.

December 14th, 12:30 p.m.—Join us as we watch a classic film. Popcorn, candy and soda included.

December 15th, 12:30 a.m.—Bingo. Prizes included.

December 21st, 12:45—"Ask the Rabbi". Join us to ask Rabbi Freed any question you have about Judaism. Refreshments afterward.

December 27th, —10:30 a.m.-Book Club.

TRANSPORTATION

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

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.

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

DECEMBER 2021

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

MON	TUE	WED	THU	FRI
<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>				
		<p>1 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>Brisket, Potato Latkes, Green Beans & Dessert.</p>	<p>2 Chair Light Weights 10:30 a.m.</p> <p>Salisbury Steak, Skillet Potatoes, Greens, Tropical Fruit & Dinner Roll.</p>	<p>3 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Baked Tilapia, Sweet Potato, Israeli Salad, Chocolate Pudding & Challah.</p>
<p>6 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Celebrate December Birthdays— Noon</p> <p>Grilled Cheese, Tomato Soup, Spinach Salad & Pineapple.</p>	<p>7 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Name that Tune with Sara Robinson— 12:45 p.m. Prizes included</p> <p>Tuna Casserole, Roasted Potatoes, Green Salad & Mandarin Gel Cup.</p>	<p>8 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Create your own jewelry - 12:45 p.m.</p> <p>Hamburger, Sandwich Garnish, Sweet Potato Wedges & Fruit Cup.</p>	<p>9 Chair Light Weights 10:30 a.m. Kayla Lim, How to Avoid Falls— 11:15-11:45 a.m.</p> <p>Chicken Cacciatore, Penne pasta, Steamed Broccoli & Tropical Fruit.</p>	<p>10 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Chicken Marsala, Linguini, Zucchini, Fruit Salad & Challah.</p>
<p>13 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.</p> <p>Chili, Elbow Macaroni, Tossed Salad, Apple Sauce & Cornbread.</p>	<p>14 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Classic Film—12:30 p.m.</p> <p>Vegetable Pot Pie, Roasted Potatoes, Fresh Fruit, Romaine Salad & Dinner Roll.</p>	<p>15 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Bingo—12:30 p.m.</p> <p>Turkey Pastrami on Rye, Matzo Ball Soup, Green Salad & Mandarin Gel Cup.</p>	<p>16 Chair Light Weights 10:30 a.m.</p> <p>Crispy Baked Fish, Green Beans, Mac & Cheese, Israeli Salad, Butterscotch Pudding & Honey Wheat Bread.</p>	<p>17 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Pot Roast, Red Potatoes, Green Beans, Spiced Apples & Challah.</p>
<p>20 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.</p> <p>Meatloaf, Mashed potatoes, Green Beans, Tropical Fruit & Dinner Roll.</p>	<p>21 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. "Ask the Rabbi" — 12:45 p.m.</p> <p>Mushroom Alfredo, Cavatappi Pasta, Romaine Salad, Chocolate Pudding & Bread Stick.</p>	<p>22 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>Cabbage Roll, Peas & Carrots, Mashed Potatoes, Green Salad & Dinner Roll.</p>	<p>23 Chair Light Weights 10:30 a.m.</p> <p>Baked Salmon, Quinoa Rice Pilaf, Roasted Vegetables, Butterscotch Pudding</p>	<p>24 Senior Adult Center Closed</p>
<p>27 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Book Club—10:30 a.m.</p> <p>Egg Salad on Rye, Lettuce and Tomato, Matzo Ball Soup & Chocolate Chip Cookie.</p>	<p>28 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Chicken & Dumplings, Mashed potatoes, Steamed Vegetables, Apple Sauce & Dinner Roll.</p>	<p>29 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>BBQ Chicken, Baked Beans, Sauteed Greens, Potato Wedges & Dessert.</p>	<p>30 Chair Light Weights 10:30 a.m.</p> <p>Vegetable Frittata, Skillet Potatoes, Spiced Apples, Dinner Roll & Cookie.</p>	<p>31 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Corned Beef & Cabbage, Mashed Potatoes, Peas & Carrots & Dessert.</p>

Stay tuned for more on
the new
Trager Family JCC!

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