



**Sharing the Love Means Caring for Seniors in Louisville.**  
**Tell your Friends and Family!**

Over the past ten years, Subaru and its retailers have helped the nationwide Meals on Wheels network deliver more than 1.7 MILLION MEALS to seniors in need. You can help that number grow when you buy or lease a new Subaru during the 2021 Share the Love Event (November 16–January 2) by selecting Meals on Wheels America as the recipient of a \$250 donation from Subaru. This donation benefits your community at no additional cost to you. The J's Meals on Wheels program will receive a portion of the Share the Love-Meals on Wheels' donations made in Kentucky.

<p><b>Senior Adult Committee</b></p> <p>Martha Bennett Ilean Rowe          Gale Karem Emily Podgursky          Joyce Myers Joe Rothstein          Margaret Mazanec Jim Schatz</p>	<p><b>JCC Staff</b></p> <p>Dara Cohen, Active Adult &amp; Senior Director          Helen Impellizzeri, Executive Chef &amp; Nutrition Services Director          Heather Johnson, Sous Chef</p> <p><b>Fees for the Adult Social Club are:</b>          \$30.00 JCCM   \$35.00 JCC Couple          \$80.00 NM   \$95.00 NM Couple</p>	<p>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.</p>
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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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 LOUISVILLE, KY  
 PERMIT NO. 510

# J SENIOR TIMES

## January 2022



**Happy Birthdays!**  
**January**

- 1 Evelyn Watkins
- 4 Deborah Adler
- 6 James Collier
- 8 Billy Chandler
- 9 Mag Davis
- 11 Eunice McGuire
- 14 Toni Cook
- 24 Linda Amos
- 30 Elliott Sadle

**January 3rd thru January 7th**  
**Membership Renewal Week:**  
**Come enjoy your favorite meal**  
**and toast the New Year with**  
**Champagne. Everyone is**  
**expected to pay their annual**  
**dues this week.**

**Upcoming Events**  
 For Reservations, call 238-2749

**January 3<sup>rd</sup>-7<sup>th</sup>**, Membership Renewal Week. Come pay your dues, daily door prizes and champagne with lunch.

**January 3<sup>rd</sup>**, Noon ~ Help us celebrate January birthdays. Senior Social Club Board Meeting after lunch.

**January 4<sup>th</sup>**, 12:30 p.m. ~ Join us as we watch a classic film. Popcorn, candy and soda included.

**January 11<sup>th</sup>**, 12:45-1:30 p.m.~ Bingo. Prizes included.

**January 12<sup>th</sup>**, 1:15-2:30 p.m. ~ Mah Jongg. Bring your friends, your set, and play Mah Jongg.

**January 13<sup>th</sup>**, 12:45 p.m. ~ Paul Troy from ElderServe comes to talk about Financial Abuse: Prevention & Credit Monitoring. Refreshments served.

**January 17<sup>th</sup>**, 12:45 p.m. ~ MLK Remembered: An interactive presentation: music, remembrances and education with Sara Robinson. Refreshments served.

**January 18<sup>th</sup>**, 12:30-1:45 p.m.~ Doo Wop Day. Join us as we watch a compilation of the best acts of their time.

**January 24<sup>th</sup>**, 10:30 -11:45 a.m.~ Book Club.Senior Lounge.

**January 26<sup>th</sup>**, 1:15-2:30 p.m. ~ Mah Jongg. Senior Lounge .

# JANUARY 2022

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

MON	TUE	WED	THU	FRI
<b>3</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>Celebrate Birthdays.</i> Crispy Baked Fish, Steamed Broccoli, Mac & Cheese, Green salad and Butterscotch Pudding.	<b>4</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Classic Film ~ 12:30 p.m.</i> Corned Beef on Rye, Whole grain mustard, Pickle, Black eyed peas soup, Green Salad and Fresh Fruit.	<b>5</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Oven Fried Chicken, Green Beans, Baked Potato, Tossed Salad, Dinner Roll and Mandarin gel cup.	<b>6</b> Chair Light Weights 10:30 a.m. Hot Dog, Cup of Chili, Mustard Potato salad, Tossed salad and Chocolate Brownie.	<b>7</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Baked Salmon, Quinoa Rice Pilaf, Sauteed vegetables, Spinach Salad, Banana Pudding and Challah.
<b>10</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Tuna salad, Rye break, Broccoli Cheese Soup and Fruit Cup.	<b>11</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Bingo ~ 12:45 p.m.</i> Vegetarian Lasagna, Romaine Salad, Bread Stick and Pineapple.	<b>12</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Mah Jongg~1:15 p.m.</i> BBQ Chicken, Green Beans, Baked Potato and Green Salad.	<b>13</b> Chair Light Weights 10:30 a.m. <i>ElderServe Talk ~ 12:45 p.m.</i> Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.	<b>14</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Roast Turkey, Mashed Potatoes, Green Beans, Salad and Challah.
<b>17</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>MLK Remembered ~ 12:45 p.m.</i> Salmon Croquettes, Mashed Potatoes, Peas & Carrots, Tossed Salad and Dinner Roll.	<b>18</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Doo Wop Day ~ 12:30 p.m.</i> Portobello Mushroom Risotto, Steamed Green Beans, Roasted Tomato, Romaine salad, Sliced Oranges and Dinner Roll.	<b>19</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Cheese and Vegetable Quesadilla, Black Bean Soup, Avocado Toast and Orange Wedges.	<b>20</b> Chair Light Weights 10:30 a.m. Baked Ziti, Zucchini And Yellow squash, Romaine Salad and Bread Stick	<b>21</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Cabbage Roll, Mashed Potatoes, Peas & Carrots and Challah
<b>24</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> French Toast with bananas, Roasted potatoes, Steamed Green Beans, and BerryYogurt parfait.	<b>25</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Grilled Vegetable Wrap, Potato Soup, Green Salad and Banana Pudding.	<b>26</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. <i>Mah Jongg ~ 1:15 p.m.</i> Cabbage Roll, Peas &Carrots, Mashed Potatoes, Green Salad and Dinner Roll.	<b>27</b> Chair Light Weights 10:30 a.m. Grilled Chicken, Quinoa Pilaf, Steamed Broccoli, Minestrone Soup and Cookie.	<b>28</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Meat Loaf, Mashed Potatoes, Green Beans, Salad, Fruit and Challah.
<b>31</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Chicken & Dumplings, Roasted Potatoes, Steamed Green Beans, Salad and Dinner Roll.			<b>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.</b>	

Stay tuned for more on  
the new  
**Trager Family JCC!**

All group fitness classes now re-  
quire sign ups. Limit 16 partici-  
pants to a class.

Sign up at the front desk or the  
Health & Wellness desk up to 48  
hours in advance.

**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