

Here are some things to look forward to at the Grand Opening of the Trager Family JCC!

- Week 1:** Lunch and building tours.
- Week 2:** A different musician each day.
- Week 3:** Let's get creative: Art projects to do and take home.
- Week 4:** Health and Wellness: Programming each day.
- Week 5:** Arts and Ideas: Programming each day.

Senior Adult Committee

Martha Bennett	Gale Moody
Julie Davis	Joyce Myers
Gale Karem	Ilean Rowe
Tony Kerr	Emily Podgursky
Margaret Mazanec	Jim Schatz

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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SENIOR TIMES

February 2022



Happy Birthdays! February

- 3 Kevin Jenkins
- 4 Christopher Kinberger
- 5 Martha Walker
- 6 Bill Doherty
- 8 Sandra Karpinsky
- 9 Catherine Hume
- 13 Marilyn Moore
- 16 Gail Moody
- 17 Jean Lonergan
- 19 Mary Sue Howell
- 24 Melanie Albin

TRANSPORTATION

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

PLEASE LET US KNOW IF YOU CAN VOLUNTEER!

We are in need of volunteers to help in the Senior Lounge. See Dara.

- To set up and serve lunch.
- Make friendly phone calls to homebound seniors.

Upcoming Events

For Reservations, call 238-2749

February 1st, 12:45-1:30 p.m. ~ Bingo. Prizes included.

February 7th, Noon ~ Help us celebrate February birthdays.

February 7th, 1p.m. ~ Senior Social Club Board Meeting.

February 8th, 12:45 p.m. ~ Join us as we watch "Kiss Me Kosher" a comedy from the 2022 Jewish Film Festival. Popcorn, candy and soda included. Sponsored by Jim and Mitzi Schatz.

February 9th, 1:00-2:30 p.m. ~ Bring your friends, your set, and play Mah Jongg.

February 15th, 12:30-1:30 p.m. ~ Balance Basics: Course led by Alli Woosley, OA&DC Coordinator and Certified Exercise Physiologist. 30 minutes of fall prevention learning/discussion and 30 minutes of instructor led activity. All participants will receive the presentation materials, a home safety check list and the confidence to "age in place". Participants are encouraged to wear comfortable clothing and closed toe shoes.

February 22nd, 12:30 p.m. ~ Join us as we watch a classic film. Popcorn, candy and soda included.

February 23rd, 1:00-2:30 p.m. ~ Bring your friends, your set, and play Mah Jongg.

February 28th, 10:30 – 11:45 a.m. ~ Book Club. Senior Lounge.

FEBRUARY 2022

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

MON	TUE	WED	THU	FRI
	1 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Bingo ~ 12:45—1:30 p.m. Vegetable Frittata, Skillet Potatoes, Green Salad, Whole Wheat Bread and Apple Crisp.	2 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Pesto Greek Chicken, Paprika Potatoes, Sauteed Greens, Apple Sauce and Dinner Roll.	3 Chair Light Weights 10:30 a.m. Stuffed Peppers, Mashed Potatoes, Steamed Vegetable, Spinach Salad and Dinner Roll.	4 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Baked Salmon, Marble Potatoes, Roasted Cauliflower, Salad and Challah.
7 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Celebrate Birthdays. Senior Social Club Mtg ~ 1 p.m. Tuna on Rye, Lettuce & Tomato, Broccoli Cheddar Soup, Sliced Peaches and Birthday Cake.	8 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. "Kiss Me Kosher" a comedy from 2022 Jewish Film Festival ~12:45 pm Mushroom Lentil Bolognese, Creamy Polenta, Sauteed Kale and Caesar Salad.	9 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Mah Jongg~1:00 p.m. Chicken Salad Sandwich, Mushroom Barley Soup, Pineapple Tidbits and Broccoli Raisin Salad.	10 Chair Light Weights 10:30 a.m. Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.	11 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Crispy Tilapia, Macaroni & Cheese, Steamed Broccoli, Israeli Salad and Challah.
14 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Egg Salad on Rye, Lettuce & Tomato, Cream of Mushroom Soup, Potato Chips, Orange Wedges and Chocolate Chip Cookie.	15 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Balance Basics Class ~ 12:30 p.m. Black Bean Quinoa Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato and Fruit.	16 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Mushroom Chicken Marsala, Linguini Pasta, Peas and Romaine Salad.	17 Chair Light Weights 10:30 a.m. Grilled Cheese, Tomato Soup, Spinach Salad and Mandarin Gel Cup	18 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Cabbage Roll, Mashed Potatoes, Peas & Carrots and Challah
21 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Turkey Wrap, Vegetable Soup, Fruit Salad and Cookie.	22 Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Classic Film ~ 12:30 p.m. Salmon Croquettes, Potato Wedges, Green Peas, Cole slaw and Pineapple.	23 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Mah Jongg ~ 1:00 p.m. Hummus Spinach Wrap, Vegetable Soup, Tabbouleh Salad, Orange Slices and Cookie.	24 Chair Light Weights 10:30 a.m. Hamburger, Lettuce, Tomato, Onion, & Pickle, Potato Wedges, Broccoli Salad and Fresh Fruit.	25 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m. Meat Loaf, Mashed Potatoes, Green Beans, Salad, Fruit and Challah.
28 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Book Club ~ 10:30 a.m. Pastrami on Rye, Potato Leek Soup, Pickle, Chips and Fresh Fruit.			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.	

Stay tuned for more on the new
Trager Family JCC!

All group fitness classes now require sign ups. Limit 16 participants 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