

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.

### 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

March, 2022



### Happy Birthdays! March

- 7 Donna Jones
- 9 Clara Rowe
- 12 Avram Kahn
- 14 Suzy Gessner
- 20 Marsha Bornstein  
Marilyn Mattingly
- 21 Queen E Rucker  
Betty Wolfe
- 22 Charlotte Harris  
Cheryl Kinberger
- 24 Elizabeth Nalley
- 25 Joyce Swansey
- 28 Lewis Rowe  
Julie Segal
- 29 Mary Walker
- 30 Mary Stone  
Kimberly Toebe
- 31 Ilean Rowe

### TRANSPORTATION

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

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

**March 21<sup>st</sup>**, 8:30 a.m. to 3:30 p.m. ~ Mobile Mammograms.

The Brown Cancer Center mobile unit will be in the back of Anshei Sfard parking lot. To schedule a mammogram please call 502-852-6318.

**April 11<sup>th</sup>**, Noon ~ Help us celebrate March and April Birthdays.

**April 11<sup>th</sup>**, 1:00 p.m. ~ Senior Social Club Board Meeting after lunch.

**April 13<sup>th</sup>**, 4:00 p.m. ~ Interfaith Model Seder. Join us as we celebrate the Passover Seder. Cantor Sharon Hordes from Keneseth Israel Synagogue will be here to lead us in the service.

Afterwards we will have a Pescatarian catered dinner by Chef Helen Impellizzeri. **\$8 Members/ \$10 non-members.**

**RSVP by Monday April 4<sup>th</sup>.** Transportation available. Proof of vaccination required.

# MARCH 2022

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

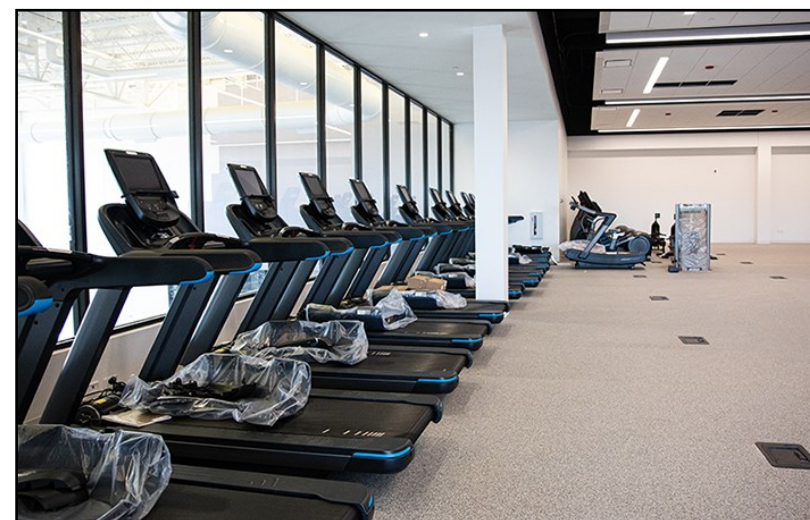
MON	TUE	WED	THU	FRI
	<b>1</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m.  Vegetable Alfredo, Spinach Salad, Fresh Fruit and Roll.	<b>2</b> Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.  Stuffed Chicken Breast, Sweet Potatoes, Sautéed Greens, Apple Sauce and Dinner Roll.	<b>3</b> Chair Light Weights 10:30 a.m.  Baked Salmon, Macaroni & Cheese, Israeli Salad and Pudding.	<b>4</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  Spaghetti & Meatballs, Steamed Vegetables, Green Salad, Fresh Fruit and Challah.
<b>7</b> Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.  Broccoli Quiche, Tomato Basil Soup, Romaine Salad, Fresh Fruit and Cookie.	<b>8</b> Aqua Club 60 9:30 a.m. Chair Light Weights 10:30 a.m.  Hamburger with Garnish, Chips, Mixed Melon Salad and Cookie.	<b>9</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, Romaine Salad and Cookie	<b>10</b> Chair Light Weights 10:30 a.m.  Tuna Salad, Rye Bread, Broccoli Cheddar Soup, Sliced Oranges and Chips.	<b>11</b> Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.  Turkey Dinner, Mashed Potatoes, Green Beans, Pie and Challah.

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.

**The new Trager Family JCC is on the way!**  
**Take a look at the new Community Room and the Fitness Center.**  
**We hope to open in March so stay tuned for more information!**  
**We will announce an opening date soon!**



**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