



Day at the Downs

Friday May 13th - Leave the Trager Family JCC at 11 a.m. Join us on the Skye Terrace for lunch and racing. Cost includes, lunch, admission, reserved seat, racing form and transportation. **\$32 Members, \$38 non-members.** RSVP by April 25th

Glen Miller Orchestra

Monday June 6th. Afternoon Matinee. Leave Trager Family JCC at 2 p.m. Coffee, Tea, Dessert, and Transportation included. **\$25 Members/\$38 non-members.** RSVP by Monday May 9th.

Senior Adult Committee

- | | |
|------------------|---------------------|
| Martha Bennett | Gale Moody |
| Julie Davis | Joyce Myers |
| Gale Karem | Ilean Rowe |
| Tony Kerr | Emily Podgursky |
| Margaret Mazanec | Jim & Mitzie 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.

SENIOR TIMES

April, 2022



Happy Birthdays!
April

- 1 Aileen Jewell
- 3 Brenda Ross
- 5 Eleanor Lowe
- 12 Mary Elmore
- 14 Patricia Oliver
- 16 Joan Epstein
- 19 Mary Wright
- 20 Wanda Elkharwily
- 20 David Pickle
- 23 Judith Clark
- 23 Sara Robinson
- 30 Sue Albright

TRANSPORTATION

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

**LINE DANCING WILL
RESUME APRIL 20TH**

Upcoming Events

For Reservations, call 238-2749

Closure Week (April 11-17) – To ensure a successful transition from the current building to the Trager Family JCC, the current facility will be closed permanently as of 6 p.m. on Sunday, April 10. The JCC will not be accessible for seven days until the new building opens at 5:30 a.m. on Monday, April 18. We apologize for any inconvenience, but we hope that you will understand as we make final preparations ensuring a successful opening of the Trager Family JCC.

April 13th, Interfaith Model Seder: Cancelled. Unfortunately, due to our moving schedule. Will not be able to host a seder this year, but we will plan to do it again next year.

April 18th, Trager Family JCC opens for Active Adult and Senior Exercise classes. Nutrition site will be closed through April 22nd, due to Passover observance.

April 25th, 10:30 a.m. ~ Join us for Book Club as we discuss Harper Lee's book, Go Set a Watchman. Community Room.

April 25th, Reservations and payment due for Churchill Downs. See back page for details.

May 2nd, 12:30 p.m. ~ Join us for March, April, and May Birthday celebrations.

May 2nd, 1p.m. ~ Senior Social Club Board Meeting. Community Room.

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

Trager Family Jewish Community Center
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

APRIL 2022

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

MON	TUE	WED	THU	FRI
				1 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Baked Tilapia, Macaroni and Cheese, Vegetables, Fruit and Challah.
4 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Vegetable Frittata, Skillet Potatoes, Green Salad, Apple Crisp and Bread.	5 Club 60 9:30 a.m. Chair Light Weights 10:30 a.m. Chicken Salad Sandwich, Soup of the Day, Fresh Fruit and Cookie.	6 Club 60 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. Cheese and Vegetable Quesadilla, Black Bean Soup, Avocado Toast and Orange Wedges.	7 Chair Light Weights 10:30 a.m. Vegetarian Stuffed Peppers, Mashed Potatoes, Peas and Carrots and Fresh Fruit.	8 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Baked Salmon, Roasted Potatoes, Steamed Vegetables, Green Salad and Challah.
11 JCC CLOSED	12 JCC CLOSED	13 JCC CLOSED	14 JCC CLOSED	15 JCC CLOSED
18 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. NUTRITION SITE CLOSED FOR PASSOVER	19 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. NUTRITION SITE CLOSED FOR PASSOVER	20 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. NUTRITION SITE CLOSED FOR PASSOVER	21 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. NUTRITION SITE CLOSED FOR PASSOVER	22 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. NUTRITION SITE CLOSED FOR PASSOVER
25 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Book Club Tuna Salad on Rye, Broccoli Cheese Soup and Fruit Cup.	26 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. Vegetarian Lasagna, Romaine Salad, Bread Stick and Pineapple.	27 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel cup.	28 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.	29 Club 60 9:30 a.m. Active Adult Fit*9:30 a.m. Tai Chi 10:30 a. Crispy Baked Fish, Steamed Broccoli, Mac & Cheese, Green Salad, Butterscotch Pudding and Challah.

Senior Exercise classes will be held in the Mind Body Room on the second floor of the Trager Family JCC .

Sign up for class 48 hours in advance.

Stop by the member services desk or call 238-2720.