



Welcome to the new Trager Family JCC—

We are so excited to be here.

**This is just the
beginning of a bright new future!**

Senior Adult Committee
Joyce Myers , Chairperson

Martha Bennett
Julie Davis
Gale Karem
Tony Kerr
Margaret Mazanec

Gale Moody
Ilean Rowe
Emily Podgursky
Jim & Mitzie Schatz

Dara Cohen, Active Adult & Senior Director
Helen Impellizzeri, Executive Chef & Nutrition Services Director
Heather Johnson, Sous Chef
Nick Paweski, Kitchen Staff

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

May, 2022



Happy Birthdays!
May, 2022

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M.E. Solomon
Margo O'Bryan
Ella Goodman
Sherman Friedman
Margaret Mazanec
Sharon Goldblatt
Ron Meeron
Pam Washburn
David Berman
Helen Coffey
Patricia Gregg
Zmira Gold
Sandra Jull
Lauren Kehr
Kim Pendley
Thelma Marx
Barbara Levy
Jim Schatz

TRANSPORTATION

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


CALLING ALL VOLUNTEERS

**Please call Dara if you are
willing to volunteer setting up
and serving lunch.**

Upcoming Events
For Reservations, call 238-2749

- May 2nd**, 1p.m. ~ Senior Social Club Board Meeting. Community Room.
- May 3rd**, 12:30 p.m. ~ Join us to celebrate March, April and May Birthdays. Please RSVP to Dara.
- May 4th, 11th, 18th and 25th**, 1 p.m ~ Mah Jongg and Games in the Kohn Family Town Square. The Community Room will be available as well, except on May 18th and 25th. Bring a friend, play scrabble, dominoes, cards, etc.
- May 10th**, 12:45 p.m. ~ Bingo. Bring your quarters.
- May 16—May 20th**, 1 p.m. ~ See insert for details on Music Week.
- May 23—May 27th**, 1p.m. ~ See insert for details on Art Week.
- May 23rd**, 10:30 –11:45 a.m. ~ Join us for Book Club to discuss **Seabiscuit by Laura Hildenbrand**. We will meet in the Barbara Brick Reading Room on the 2nd floor.
- May 31st**, 10:30 a.m. ~ Men’s Auxiliary Club. Join us for an inaugural meeting to develop programs of interest to Senior men.
- Monday, June 6th**, 2 p.m. ~ Glen Miller Orchestra at the Derby Dinner Playhouse. Coffee, Tea, Dessert, and Transportation included. **\$25 Members/\$38 non-members**. RSVP by Monday, May 9, 2022.

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

MAY 2022

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

MON	TUE	WED	THU	FRI
2 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>Sr Social Club Bd Mtg ~ 1 p.m.</i> Vegetable Frittata, Skillet Potatoes, Green Salad, Apple Crisp and Wheat Bread.	3 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Birthday Celebration ~ 12:30 p.m.</i> Black Bean Quinoa Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet	4 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. Eggplant Parmesan, Spaghetti, Green Beans, Tossed Salad, Dinner Roll and Mandarin Gel Cup	5 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. Egg Salad on Rye, Lettuce & Tomato, Cream of Mushroom Soup, Orange Wedges and Cookie.	6 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Baked Salmon, Quinoa Rice Pilaf, Sautéed Vegetables, Spinach Salad, Banana Pudding and Challah.
9 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Salmon Croquettes, Mashed Potatoes, Peas and Carrots, Tossed Salad, and Dinner Roll.	10 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Bingo</i> Vegetable Risotto, Green Beans, Roasted Tomatoes, Romaine Salad, Sliced Oranges and Dinner Roll.	11 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. Cheese Quesadilla, Black Bean Soup, Avocado Toast and Orange Wedges.	12 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. Baked Ziti, Zucchini and Yellow Squash, Romaine Salad and Bread Stick.	13 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Vegetarian Cabbage Roll, Mashed Potatoes, Peas & Carrots, Baked Apples and Challah
16 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>Music Week</i> French Toast with Bananas, Roasted Potatoes, Steamed Vegetables, and Berry Yogurt Parfait.	17 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Music Week</i> Grilled Vegetable Wrap with Hummus, Potato Soup, Green Salad and Banana Pudding.	18 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. <i>Music Week</i> Vegetable Pot Pie, Roasted Potatoes, Green Salad, Pears and Dinner Roll.	19 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Music Week</i> Chick Pea "Chicken Salad", Broccoli, Minestrone Soup, Fresh Fruit and Cookie.	20 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Music Week</i> Mushroom Lentil Meatballs, Pasta, Fresh Steamed Vegetables, Fresh Fruit and Challah.
23 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>Art Week</i> <i>Book Club ~ 10:30 a.m.</i> Shepard's Pie with Lentils, Green Beans, Apple Sauce, Pudding and Dinner Roll.	24 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Art Week</i> Bean and Cheese Burrito, Guacamole, Salsa Rice, Mixed Vegetables and Fresh Fruit.	25 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. Line Dancing 1 p.m. <i>Art Week</i> Vegetable Chickpea Coconut Curry, Rice, Steamed Spinach, Mandarin	26 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Art Week</i> Cheese Pizza, Green Salad, Fruit Salad and Pudding	27 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Week</i> Quinoa Stuffed Peppers, Zucchini, Sliced Pears, Cookie and Challah.
30 Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. <i>NUTRITIONAL SITE CLOSED FOR MEMORIAL DAY</i>	31 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Men's Auxiliary Book Club ~ 10:30 a.m.</i> Mushroom Alfredo, Steamed Vegetables, Breadstick and Orange Slices.	Mah Jongg / Game Day ~ 1 p.m. Come play each Wednesday!		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 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 238-2727.

Schedule of Activities for Music Week and Art Week



Music week: Let's Celebrate together with music!

May 16th ~ 1:30 p.m. **The Spizzwinks**, Yale's premier Acapella group including our very own Louisville native, Jake Latts

May 17th ~ 1 p.m. Jessica Hayden on harp

May 18th ~ 1p.m. Nada Loufti plays classical piano

May 19th ~ 1 p.m. John Gage plays guitar and sings

May 20th ~ 1 p.m. Sweet Harmony sings and dances to Pop, Rock, and Doo Wop



**Art Week: Celebrating a New Beginning and
Creating Positive Messages**

All classes begin at 1 p.m.

All supplies provided just bring your inspiration!

May 23rd: Create a Batik handkerchief or scarf

May 24th Create a personal watercolor and collage portrait

May 25th Create a stenciled fabric banner

May 26th: Create a Dandelion canvas and special postcard

May 27th: Create with paint: still life on canvas