



NEW RESERVATION NUMBER:
502-238-2743 or email:
seniornutrition@jewishlouisville.org

**Please call or email Julie or Suzy to make lunch
and/or transportation reservations.
Must call before 10 a.m. to make your reservation.
Reserve your transportation 48 hours in advance.**

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 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.
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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

SENIOR TIMES

June, 2022

Happy Birthdays! June, 2022

- 1 Sharon Broaddus
- 2 Dolores Levy
- 3 Marilyn Pincus
- 4 Mary Harper
- 5 Veronica Gossett
- 10 Shirley Paul
- 12 Melvyn Koby
- 12 John Thomas
- 13 Olga Kozlova
- 15 Teresa Stiles
- 15 Carol Olorunsola
- 15 Cary Matthews
- 16 Sandie Meeron
- 16 Pat Goodman
- 19 Shirley Paul
- 20 Sharon Nussbaum
- 20 Lanita Gammell
- 20 Sylvia Kozlove
- 22 Mary Ellen Adams
- 27 Fran Weingarten
- 28 Julie Namkin
- 28 Evelyn Siemans
- 29 Martha Tebault
- 29 Mark Epstein
- 30 Constance Collins
- 30 Phyllis Costello

WE LISTENED!

**Five new Senior
classes have been
added. Please see
insert for details.**

Upcoming Events

For Reservations, call 238-2743

- Wednesdays** 1 p.m. ~ Mah Jongg and Games in the Kohn Family Town Square. The Community Room will be available until 2:30 p.m. to play scrabble, dominoes, cards, etc.
- June 1st**, 12:30 p.m. ~ Join us to celebrate June Birthdays. Please RSVP to Suzy or Julie at 238-2743.
- June 7th**, 12:45 p.m. ~ Bingo. Bring your quarters.
- June 13th**, 1p.m. ~ Senior Social Club Board Meeting. Community Room.
- June 14th**, 12:45 p.m. ~ Join us for an entertaining film. Popcorn, candy, and soda included.
- June 15th**, 12:30 p.m. ~ Nutrition Advisory Council meeting. Come and fill out surveys regarding our Senior meals. A short Talk on Nutrition will also be given.
- June 20th**, 10:30-11:45 a.m. ~ Book Club. Join us for book club to discuss Little Women by Louisa Mae Alcott. We will meet in the Barbara Brick Meeting room on the 2nd floor.
- June 20th**, 5:30 p.m. ~ Gourmet Supper Club returns! ~ Join your fellow Seniors at the Olive Garden on Hurstbourne Parkway. RSVP are a must. Call Martha Bennett to RSVP. 502-938-6955. Call Julie or Suzy for transportation, \$5 roundtrip.
- June 21st**, 12:45 p.m. ~ Join us for the musical stylings of Tyrone Cotton, Rhythm and Blues.
- June 23rd**, 1 p.m. ~ Barbara Staats, Alzheimer's Association Community Educator will speak on the common signs of the disease and what are the next steps to take, including how to talk to your doctor.
- June 27th**, 10:30 a.m. ~ Men's Auxillary Club Meeting. Make friends and help develop activities of interest together.
- June 28th**, 11:30 a.m.~ Join us for an outing to Claudia Sander's and to the Shops of the Bluegrass Outlet Mall. \$23 members/\$28 non-members. Includes lunch & transportation. Bus departs the Trager Family JCC at 11:30 a.m.. RSVP by June 14th to Suzy or Julie at 238-2743.

JUNE 2022

Lunch is served at 12 p.m.
To make a reservation,
call 238-2743.

MON	TUE	WED	THU	FRI	<p>Senior Exercise classes will be held in the Mind Body Room on the second floor of the Trager Family JCC .</p> <p>Sign up for class 48 hours in advance.</p> <p>Stop by the member services desk or call 238-2727.</p> <p><u>New Classes!</u></p> <p>Monday, Wednesday and Friday at 11:30 a.m.</p> <p>Sat & Sun at 10:30 a.m.</p>
<p>Join us for lunch Monday through Friday at 12 p.m. 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 10 minutes early before lunch starts.</p>		<p>1 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 a.m. & 11:30 a.m. Line Dancing 1 p.m. <i>June Birthdays 12:30 p.m.</i></p> <p>BBQ Tofu, Creamed Corn, Green Beans, Baked Apples and Corn Bread.</p>	<p>2 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Cheese Manicotti, Green Beans, Sliced Pears, Dinner Roll and Banana Pudding.</p>	<p>3 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Breaded Cod, Collard Greens, Mac and Cheese, Applesauce and Challah.</p>	
<p>6 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m.</p> <p>Vegetable Frittata Skillet Potatoes, Green Salad, Apple Crisp and Wheat Bread.</p>	<p>7 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Bingo 12:45 p.m.</i></p> <p>Black Bean Quinoa Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato and Fresh Fruit.</p>	<p>8 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 12:30 or 1 p.m.</p> <p>Eggplant Parmesan, Pasta, Green Beans, Tossed Salad, Mandarin Gel Cup and Dinner Roll.</p>	<p>9 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Egg Salad on Rye, Lettuce & Tomato, Cream of Mushroom Soup, Orange Wedges and a Cookie.</p>	<p>10 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Baked Salmon, Quinoa Rice Pilaf, Sauteed vegetables, Spinach Salad, Banana Pudding and Challah.</p>	
<p>13 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Board Meeting 1 p.m.</i></p> <p>Tuna Salad on Rye, Broccoli Cheese Soup, Carrots and Fruit Cup.</p>	<p>14 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Film 12:45 p.m.</i></p> <p>Vegetarian Lasagna, Romaine Salad, Bread Stick, Pineapple and Cookie</p>	<p>15 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. <i>Nutrition Advisory Council 12:30 p.m.</i> Line Dancing 12:30 p.m. or 1 p.m.</p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p>16 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.</p>	<p>17 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m.</i></p> <p>Crispy Baked Fish, Steamed Broccoli, Mac and Cheese, Applesauce and Challah.</p>	
<p>20 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Book Club 10:30 a.m.</i> <i>Spanish Lessons 1 p.m.</i></p> <p>Salmon Croquettes, Mashed Potatoes, Peas & Carrots, Tossed Salad, Dinner Roll and Butterscotch Pudding.</p>	<p>21 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Tyrone Cotton 12:45 p.m.</i></p> <p>Vegetable Risotto, Steamed Green Beans, Roasted Tomatoes, Romaine Salad, Sliced Oranges and Dinner Roll.</p>	<p>22 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 12:30 or 1 p.m.</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges and a Cookie.</p>	<p>23 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Alzheimer's Talk with Barbara Staats 1 p.m.</i></p> <p>Baked Ziti, Zucchini and Yellow Squash, Romaine Salad, Bread Stick and Sliced Pears.</p>	<p>24 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m.</i></p> <p>Vegetarian Cabbage Roll, Mashed Potatoes, Peas & Carrots, Hot Spiced Apples, and Challah.</p>	
<p>27 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Men's Auxiliary Club 10:30 a.m.</i> <i>Spanish Lessons 1 p.m.</i></p> <p>French Toast with Bananas, Roasted Potatoes, Steamed Vegetables and Berry Yogurt Parfait.</p>	<p>28 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Claudia Sanders & Shops of the Bluegrass Outlet 11:30 a.m.</i></p> <p>Grilled Vegetable Wrap with Hummus, Potato Soup, Fresh Fruit and Banana Pudding.</p>	<p>29 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m.</p> <p>Vegetable Pot Pie, Green Salad, Sliced Pears and Dinner Roll.</p>	<p>30 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Chickpea "Chicken Salad" on Wheat Bread, Steamed Broccoli, Minestrone Soup, Fresh Fruit and a Cookie.</p>	<p>Mah Jongg / Game Day ~ 1 p.m. Come play each Wednesday!</p>	

ACTIVE ADULT AND SENIOR GROUP FITNESS SCHEDULE

Space is limited. Members must sign-up for at the Member Services Desk. Reservations can be made
All classes are 45 minutes unless noted with *. Classes noted with * are 55-60 minutes. Call 238-2727

MON	Time	Class	Studio	Instructor
	9:30 AM	Club 60*	P	Linda
	9:30 AM	Tai Chi*	MB	Thomas
	10:30 AM	Chair Yoga*	MB	Angela
	11:30 AM	Chair Yoga*	MB	Angela

TUES	Time	Class	Studio	Instructor
	9:30 AM	Zumba Gold	MB	Paula
	9:30 AM	Club 60*	P	Linda
	10:30 AM	Chair Light Weights*	MB	Paula
	11:30 AM	Chair Light Weights*	MB	Paula

WED	Time	Class	Studio	Instructor
	9:30 AM	Club 60*	P	Jeannie
	9:30 AM	Gentle Yoga	MB	Angela
	10:30 AM	Moving to Heal*	MB	Maria
	11:30 AM	Moving to Heal*	MB	Maria

THURS	Time	Class	Studio	Instructor
	9:30 AM	Cardio Dance	MB	Andree
	10:30 AM	Chair Light Weights*	MB	Andree

FRI	Time	Class	Studio	Instructor
	9:30 AM	Active Adult Fit	MB	Lisa L.
	9:30 AM	Club 60*	P	Pam
	10:30 AM	Tai Chi*	MB	Thomas

SAT	Time	Class	Studio	Instructor
	10:30 AM	Chair light weights*	MB	Tessa

SUN	Time	Class	Studio	Instructor
	10:30 AM	Chair light weights*	MB	Rebecca

STUDIOS	P-Pool	MB-Mind Body Studio
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Active Adult Fitness (BASIC): Low impact movement with standing and floor exercises. Stay fit with low impact aerobics, strength and conditioning utilizing a variety of equipment, followed by a gentle stretch. Perfect for new exercisers or those who want to keep it moving with low impact options.

Club 60 (ALL LEVELS): This is a low-impact water class designed for senior adults. Aqua chi as well as aqua yoga is incorporated into the class while concentrating on stretching, balance and breathing. This is a great class for seniors who need arthritis exercise and enjoy being in the water.

Cardio Dance (ALL LEVELS): An exhilarating cardio class for active older adults that uses music & easy to follow moves combining fast & slow rhythms (interval training) to tone & sculpt your body.

Chair Light Weights (BASIC): For beginners and active seniors, this class incorporates weight bearing and muscle resistance exercises at a slow pace, isolating each muscle group with proper breathing and stretching techniques.

Moving to Heal (BASIC): Learn to slow down and personalize movement to fit your body while focusing on the sensation of feeling better move by move, breath by breath. Improve feelings of wellness regardless of physical condition.

Tai Chi (ALL LEVELS): Through gentle movements and directed breath practitioners build inner strength, flexibility, and enhanced balance and coordination. Tai chi is appropriate for all body types and fitness levels.

Yoga (ALL LEVELS): Build a strong foundation for a regular yoga practice with a sequence of pranayama (breath work) and asanas (body postures) that will improve your flexibility, strength, and endurance.

Zumba Gold (ALL LEVELS): A modified Zumba class for active older adults that recreates the original moves you love at a lower intensity. Zumba routines incorporate interval training-alternating fast and slow rhythms-to help improve cardio fitness.





Goodwill Donations

June, 2022

Sandie Meeron to Ben and Laura Arfa ~ In memory of Sandra Arfa mother of Ben and Laura Arfa.

Sandie Meeron to Dara Cohen ~ Happy Birthday to Dara Cohen.

Sandie Meeron to Ron Meeron ~ Happy Birthday!

Sandie Meeron to Karyn Schwartz ~ In memory of Adrienne Weinstein, mother of Karyn Schwartz.

Ilene and Lewis Rowe to All May Birthdays ~ Happy Birthday!

Ilean and Lewis Rowe to Debbie Feldbaum and Family ~ In memory of your mother Norma.

Ilean Rowe to Sara Robinson ~ Happy Birthday!

Ilean Rowe to Pat Hirsch ~ Happy Birthday!

Ilean Rowe to Family of Betty Wolff ~ In memory of Betty Wolff.

Thelma Marx to Ilean and Lewis Rowe ~ In memory of Clara.

Thelma Marx to Gale Karem ~ In memory of your son, Brent.

Thelma Marx to Julie Segal ~ Happy Belated Birthday Julie Segal!

Thelma Marx to Zmira Gold ~ Happy Belated Birthday Zmira Gold!

Thelma Marx to Dolores Levy ~ Happy Birthday Dolores Levy!

Gale Moody to Gale Karem ~ In memory of your son Brent.

Gale Karem to Friends at JCC Seniors ~ In appreciation to all who sent notes and condolences to me after the loss of my son.

Gale Karem to All May Birthdays ~ Happy Birthday!

Gale Karem to Sara Robinson ~ Happy Birthday!

Gale Karem to Pat Oliver ~ Happy Birthday!

Mohini Warrick to Gale Karem ~ In memory of her son Brent.

Dolores Levy to Debbie Feldbaum Family ~ In memory of Norma Feldbaum.

Dolores Levy to Mark Wolff Family ~ In memory of Betty.

Sara Robinson to The Wolff Family ~ In memory of Betty Wolff.

NEW ACTIVITIES

Beginners Line Dancing Lessons: Wednesdays from 12:30-1:00 p.m. Starts June 8th, Cost \$15 for a 5 week session. Call April Bond to reserve your spot: (502) 500-6154.

Spanish Lessons with Sara. Mondays 1:00-1:30 p.m. in the Community Room. RSVP to Suzy or Julie at 238-2743 .

Starts Monday, June 20th. Lessons will include Spanish history and culture as well.

Canasta Lessons. Fridays at 1:00 p.m. Starting June 17th. Minimum 6 players needed. RSVP to Suzy or Julie at 238-2743.