



COMING IN AUGUST!

Join us on August 3 for the exciting ***Beyond Van Gogh*** Exhibit at the International Convention Center, Exhibit Space B. Through the use of cutting-edge projection technology and an original score, Beyond Van Gogh breathes new life into over 300 of Van Gogh's artworks. Transportation will be provided. **Bus transportation is complimentary. We will leave promptly at 12:45 p.m.** Tickets are \$40. Your paid reservation is due by Friday, July 15. Call Suzy or Julie at 238-2743.

**Senior Adult Committee
Joyce Myers, Chairperson**

Martha Bennett	Gale Moody
Julie Davis	Ilean Rowe
Gale Karem	Emily Podgursky
Tony Kerr	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.

J SENIOR TIMES

July, 2022

**Happy Birthdays!
July, 2022**

- 1 Marianne Sigda
- 1 Mark Swillinger
- 3 Elizabeth Essen
- 10 Deborah Abney
- 11 Donna O'Bryan Medley
- 14 Sara Rogers
- 14 Keith Winfree
- 14 Kathy Jones
- 16 Minnadah Brown
- 16 Patricia Becker
- 20 Debbie Hoblitzell
- 26 Mary Lee A. Lanning
- 26 Deb Chandler
- 27 Boyce George
- 29 Shirley Hardin
- 29 Shevvy Baker
- 30 Edward Ginsburg

**Gourmet Supper Club
July 18, 2022 ~ 5:30 p.m.**

Join your fellow Seniors at Bonefish Grill on Hurstbourne Lane. RSVP is a must. Call Martha Bennett to RSVP at 502-938-6955. Call Julie or Suzy for transportation, \$5

To make reservations for lunch call Julie or Suzy at 502-238-2743

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.

July 1st, 12 Noon ~ 4th of July Celebration! Hot Dogs and Patriotic Music played by Sara Robinson.

July 5th, 12:30 p.m. ~ Bingo and Birthday Celebration for July!

July 6th, 12:30 p.m. ~ Maria will come and do a MELT and Moving to Heal demonstration after lunch for 30 minutes, focusing on the hands.

July 11th, 1:00 p.m. ~ Senior Adult Committee meeting.

July 12th, 1:00 p.m. ~ Doc Talk Jen Care: Dr. Barry Sosnin will talk about how to identify and treat Depression.

July 13th, 12:45 p.m. ~ Sheri Polur from, Polur Elder Law, PLLC will be here with an associate to help fill out Advance Directives (i.e. Living Wills and DNR). Please read paperwork before hand.

July 19th, 12:30 p.m. ~ Join us for an entertaining film. Popcorn, candy, and soda included.

July 25th, 10:30-11:45 a.m. ~ Book Club. Join us for Book Club to discuss ***The Prime of Miss Jean Brodie***, by Muriel Spark. We will meet in the Barbara Brick Meeting room on the 2nd floor.

July 25th, 10:30 a.m. ~ Men's Auxillary Club Meeting. Make friends and help develop activities of interest together. Kohn Family Town Square.

July 26th, 12:45 -1:30 p.m. ~ Join us for the musical stylings of Misha Feigin on piano. We will be in the front of the Shapira Family Auditorium.

August 3rd, 12:45 p.m. ~ Join us for the exciting ***Beyond Van Gogh*** Exhibit at the International Convention Center, Exhibit Space B. Through the use of cutting-edge projection technology and an original score, Beyond Van Gogh breathes new life into over 300 of Van Gogh's artworks. **Bus transportation is complimentary. We will leave promptly at 12:45 p.m.** Tickets are \$40. Your paid reservation is due Friday, July 15. Please call Suzy or Julie at 238-2743 to make your reservation!

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LOUISVILLE, KY
PERMIT NO. 510

Trager Family Jewish Community Center
3600 Dutchmans Lane
Louisville, KY 40205
502-459-0660
www.jewishlouisville.org

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



JULY 2022

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

MON	TUE	WED	THU	FRI	
<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>MAH JONGG / GAME DAY Come play each Wednesday at 1:00 p.m.</p>		<p>1 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Music 1 p.m.</i> <i>Canasta 1 p.m.</i></p> <p>Hot Dogs, Chips, Baked Beans, Coleslaw and Watermelon.</p>	<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. Sat & Sun at 10:30 a.m.</p>
<p>4 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m.</p> <p>Nutrition Center Closed for 4th of July Holiday!</p>	<p>5 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Birthdays & Bingo 12:30 p.m.</i></p> <p>Bean and Cheese Burrito, Guacamole, Salsa, Rice, Mixed Vegetables and Fresh Fruit.</p>	<p>6 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. <i>MELT & Moving to Heal Demo 12:30 p.m.</i></p> <p>Vegetable and Chickpea Coconut Curry, Steamed Rice, Steamed Spinach, Mandarin Orange and Bread.</p>	<p>7 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Cheese Pizza, Salad with Chickpeas, Fruit Salad, Pudding.</p>	<p>8 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>Stuffed Pepper, Mashed Potatoes, Zucchini, Sliced Pears and Challah.</p>	
<p>11 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> <i>Spanish Lesson 1 p.m.</i></p> <p>Tuna Salad on Rye, Broccoli Cheese Soup and Fruit Cup.</p>	<p>12 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Doc Talk JenCare 1 p.m.</i> <i>Discussion regarding Depression</i></p> <p>Vegetarian Lasagna, Romaine Salad, Bread Stick, Pineapple and Cookie.</p>	<p>13 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. <i>Law Clinic with Shari Polur 1 p.m.</i> <i>Help with Advanced Directives</i> Line Dancing 12:30 p.m. or 1 p.m.</p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Oranges.</p>	<p>14 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>15 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, Greens, Mac and Cheese, Applesauce and Challah.</p>	
<p>18 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Spanish Lesson 1:00 p.m.</i></p> <p>Hummus Pita Pocket, Israel Salad, Peaches and Pudding.</p>	<p>19 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Film</i></p> <p>Mushroom Alfredo, Roasted Broccoli, Green Salad, Breadstick and Fruit.</p>	<p>20 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>BBQ Tofu, Creamed Corn, Green Beans, Corn Bread and Baked Apples.</p>	<p>21 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>22 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>Salmon Croquette, Mashed Potatoes, Peas & Carrots, Applesauce and Challah.</p>	
<p>25 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>Men's Auxillary Club 10:30 a.m.</i> <i>Spanish Lesson 1 p.m.</i></p> <p>Vegetable Frittata, Skillet Potatoes, Green Salad, Apple Crisp and Wheat Bread.</p>	<p>26 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Musical Stylings of Misha Feigin</i></p> <p>Black Bean Quinoa Burger, Avocado, Lettuce, Tomato, Sweet Potatoes and Fresh Fruit.</p>	<p>27 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m.</p> <p>Eggplant Parmesan, Pasta, Green Beans, Tossed Salad and Oranges</p>	<p>28 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>29 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>Vegetable Pot Pie, Mashed Potatoes, Green Salad, Sliced Pears and Challah.</p>	

ACTIVE ADULT AND SENIOR GROUP FITNESS SCHEDULE

Space is limited. Members must sign-up for classes online, at the Member Services Desk, or by calling 502-238-2727. Reservations can be made up to 48 hours in advance. All classes are 45 minutes unless noted with *. Classes noted with * are 55-60 minutes.

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	Andree

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-altenating fast and slow rhythms-to help improve cardio fitness.





Goodwill Donations

July, 2022

Ilean and Lewis Rowe to David and Helen Cooper ~ In memory of David's brother.

Ilean and Lewis Rowe to Robin and Fred Simon ~ In memory of Robin's sister.

Ilean Rowe to Joyce Myers ~ Speedy recovery of brother.

Ilean Rowe to Susan Greenspan ~ Congratulations on their son becoming a Rabbi!

Zmira Gold to Thelma Marx ~ Happy Birthday!

Gale Karem to Dolores Levy ~ Happy Birthday!

Gale Karem to Shirley Paul ~ Happy Birthday!

Gale Karem to Sharon Nussbaum ~ Happy Birthday!

Gale Karem to Sandi Meeron ~ Happy Birthday!

Gale Karem to all June birthdays ~ Happy Birthday!

Martha Tebault to the family of Joyce Swansey ~ In memory of my dear friend Joyce Swansey.

Shirley Paul to Dolores Levy ~ Happy special birthday Dolores.

Shirley Paul to Debbie Hyman ~ Wishing you good health and happiness in your new home.

Dolores Levy to Richard and Marilyn Frank ~ In memory of their daughter.