

September 7, 2022

A Matinee performance at Derby Dinner Playhouse

Bright Star

Inspired by a true story and featuring a score by Steve Martin and Edie Brickell, this Broadway musical tells a sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and 1940s.

Only 25 tickets available. Bus leaves Trager family JCC at 11:00 am, Buffett is open from 11:30—12:45 and the show starts at 1 p.m. The bus leaves Derby Dinner after show at 3:30 p.m. Cost: \$40 for Members, \$48 Non-Members

Senior Adult Committee Joyce Myers, Chairperson

Martha Bennett
Julie Davis
Gale Karem
Tony Kerr

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.



SENIOR TIMES

August, 2022

Happy Birthdays! August, 2022

1 Beverly Griffin
1 Jacqueline Raque
5 Elizabeth Hadel
6 Peggy Miller
7 Barbara Teague
7 Joyce Myers
8 Joyce Wicke
9 Dorothy Willman
10 Kitty Furlong
11 Cynthia Winfree
14 Caroline Rosenthal
16 Donald Platoff
16 Wilfried Luescher
16 Nancy Seitz
17 Maureen Friedman
17 Eddie Turpen
18 Jackie Thomas
18 Jan Paran
22 Gale Karem
23 Suzanne Morison
23 Judy Lott
27 Katie Smith
28 Sandy Jackson
29 Ivan Shekhovtsov
29 Ann Lennon

Gourmet Supper Club August 15th, 2022 ~ 5:30 p.m.

Join us at Goose Creek Diner, 2923
Goose Creek Road.

RSVP is a must. Call Martha Bennett to RSVP at 502-938-6955. Call Julie or Suzy for transportation, \$5 roundtrip.

All events will be held in The Community Room unless otherwise noted.

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.

August 1st, 12:45 p.m. ~ Senior Adult Committee Board Meeting.

August 2nd, 12:30 p.m. ~ Bingo and Birthday celebration for August birthdays.

August 8th, 10:30 a.m. ~ “The OMG Club” Senior Men’s group. Make friends and help develop activities of interest together. Community Room.

August 9th, 12:30 p.m. ~ Join us for an entertaining film. Popcorn, candy and soda included.

August 16th, 12:30 p.m. ~ Our very own: Jacqueline Thomas, 30 year resident of Paris will take us to six off-the-beaten-path places in Paris you may never have experienced! Come and hear a wonderful talk and see a great presentation.

August 17th, 12:30 p.m. ~ Nutrition Advisory Council. Come and hear a short presentation on Nutrition and give your constructive feedback regarding the Senior Nutrition Program.

August 22nd, 10:30 –11:45 a.m. ~ Join us at Book Club to discuss **My Antonia** by Willa Cather. We will meet in the Barbara Brick Meeting Room on the 2nd floor.

August 23rd, 12:45 p.m. ~ Join us for some traditional summertime fun. An Ice Cream Social sponsored by Mary Corese of Medicare Advantage. Ice Cream Bar with all the toppings! Mary will have information on Medicare Advantage as well.

August 30th, 12:45 -1:15 p.m. ~ Join us around the piano as we hear our very own Marvin Yussman perform for us in the Kohn Family Town Square.

September 6th, 12:45 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.

September 7th, 11 a.m. ~ Derby Dinner Playhouse presents “Bright Star” See back page for details.

Sunday September 18th, 10 a.m. ~ **Medicare 101.** Sue Johnson KIPDA Social Services Planner, will be here to give a talk on understanding the basics of Medicare. This talk is geared towards Seniors new to Medicare. Will be held in the Community Room. Coffee and bagels will be served.

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



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AUGUST 2022

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

MON	TUE	WED	THU	FRI
<div>1</div> <div>Club 60 9:30 a.m. Tai Chi 9::30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Committee Meeting 12:45 p.m.</i></div> <div>Chickpea “Chicken Salad” on Wheat Bread, Steamed Broccoli, Minestrone Soup, Fresh Fruit and Cookie.</div>	<div>2</div> <div>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></div> <div>Bean and Cheese Burrito, Guacamole, Salsa, Rice, Mixed Vegetables and Fresh Fruit.</div>	<div>3</div> <div>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>Van Gough Exhibit 12:45 p.m.</i></div> <div>Vegetable and Chickpea Coconut Curry, Steamed Rice, Steamed Spinach, Mandarin Orange and Bread.</div>	<div>4</div> <div>Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</div> <div>Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Bread Stick and Sliced Pears.</div>	<div>5</div> <div>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></div> <div>Stuffed Pepper, Zucchini, Sliced Pears and Challah.</div>
<div>8</div> <div>Club 60 9:30 a.m. Tai Chi 9::30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>OMG CLUB 10:30 a.m.</i> <i>Spanish Lesson 1 p.m.</i></div> <div>Hummus Pita Pocket, Israel Salad, Peaches and Pudding.</div>	<div>9</div> <div>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Film 12:30 p.m.</i></div> <div>Mushroom Alfredo, Roasted Broccoli, Green Salad, Breadstick and Fruit.</div>	<div>10</div> <div>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.</div> <div>BBQ Tofu, Creamed Corn, Green Beans, Corn Bread and Baked Apples.</div>	<div>11</div> <div>Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</div> <div>Cheese Manicotti, Green Beans, Sliced Pears, Dinner Roll and Banana Pudding.</div>	<div>12</div> <div>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></div> <div>Crispy Baked Fish, Steamed Broccoli, Mac & Cheese, Applesauce and Challah.</div>
<div>15</div> <div>Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Spanish Lesson 1 p.m.</i> <i>Gourmet Supper Club 5:30 p.m.</i></div> <div>Vegetable Frittata, Skillet Potatoes, Green Salad, Wheat Bread and Apple Crisp.</div>	<div>16</div> <div>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Jackie Thomas 12:30 p.m.</i></div> <div>Black Bean Burger with garnish (Avocado, Lettuce, Tomato & Onion), Baked Sweet Potato and Fresh Fruit.</div>	<div>17</div> <div>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 p.m. or 1 p.m. <i>Nutrition Advisory Council 12:30</i></div> <div>Eggplant Parmesan, Pasta, Green Beans, Tossed Salad, Dinner Roll and Fruit Cup.</div>	<div>18</div> <div>Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</div> <div>Shepard’s Pie with Lentils, Green Beans, Applesauce and Pudding.</div>	<div>19</div> <div>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></div> <div>Baked Salmon, Quinoa Rice Pilaf, Sautéed Vegetables, Spinach Salad, Banana Pudding and Challah.</div>
<div>22</div> <div>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 Lesson 1:00 p.m.</i></div> <div>Tuna Salad on Rye, Broccoli Cheese Soup and Fruit Cup.</div>	<div>23</div> <div>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Ice Cream Social 12:45 p.m.</i></div> <div>Vegetarian Lasagna, Romaine Salad, Bread Stick, Pineapple and Cookie.</div>	<div>24</div> <div>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. Line Dancing 1 p.m.</div> <div>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Oranges.</div>	<div>25</div> <div>Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</div> <div>Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.</div>	<div>26</div> <div>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></div> <div>Salmon Croquettes, Mashed Potatoes, Peas & Carrots, Dinner Roll, Butterscotch Pudding and Challah.</div>
<div>29</div> <div>Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Spanish Lesson 1 p.m.</i></div> <div>Egg Salad on Wheat Bread, Cream of Mushroom Soup, Orange Wedges and Cookie.</div>	<div>30</div> <div>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m <i>Marvin Yussman 12:45 p.m.</i></div> <div>Vegetable Risotto, Green Beans, Roasted Tomatoes, Romaine Salad, Sliced Oranges and Dinner Roll.</div>	<div>31</div> <div>Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m.</div> <div>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges and Cookie.</div>	<div>Join us for lunch Monday through Friday at 12 p.m. Lunch is \$5 for those under 60 years old. For 60 years and over, it is a suggested \$3 donation. We ask that you try to arrive approximately 10 minutes early before lunch starts. Make a reservation for lunch 24 hours in advance.</div>	

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.

New Classes!

Monday, Wednesday and Friday at 11:30 a.m.

Sat & Sun at 10:30 a.m.

SAVE THE DATE

Thursday, October 13, 2022

Craig Friedman will be here to provide info on choosing the best Medicare option for you.

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

August, 2022

Ilean and Lewis Rowe to Mr. and Mrs. Johnny Kimberlin
~ Congratulations on the birth of your daughter.

Ilean and Lewis Rowe to Emily Podgursky ~

Congratulations on receiving the Elsie P Judah award.

Ilean and Lewis Rowe to John Thomas ~ Wishing you a
speedy recovery.

Ilean and Lewis Rowe ~ In memory of Joyce Swansey.

Ilean and Lewis Rowe to Cookie Kling ~ Congrats on
your new home.

Dolores Levy to Zmira Gold ~ Wishing you a speedy
recovery.

From all your friends at the Trager Family JCC and the
Senior Social Club to Vicky Carpenter ~ Our deepest
condolences on the loss of your mother.

Medicare 101

What to Know



Sunday, September 18
10:00am

Trager Family
Jewish Community Center
Community Room
3600 Dutchmans Lane

(virtual attendance offered)

Please join us for this free, informative presentation on the basics of Medicare. Kentuckiana Regional Planning & Development Agency (KIPDA) Social Services Planner, Sue Johnson, will discuss:

- Who is eligible for Medicare
- When to apply for Medicare
- Understanding Part A, Part B, & Part D
- What services Medicare covers
- Supplements vs. Advantage plans
- What is new for 2023

To register for this free informational event:

go to ncjwlou.org
email us at office@ncjwlou.org
or call us at (502) 458-5566



KIPDA
Kentuckiana Regional Planning
& Development Agency

NCJ ≥

National Council of Jewish Women
Louisville Section



Jewish Federation
OF LOUISVILLE



**Chavurat
Shalom**