



September 22, 2022  
Picnic Lunch on Mary Miller Riverboat

Louisville's newest addition to the waterfront, the Mary M. Miller is named for America's first female licensed steamboat captain. With as much spirit as her namesake, the Mary M. Miller is a propeller-driven riverboat with old fashioned charm and modern amenities.

Senior Social Club Members, \$40, Non-Members, \$48

Bus Transportation will be provided to and from the dock.

Avocado Veggie wrap and boxed lunch included.

Alcohol and Soda are available for an extra fee.

RSVP to Dara Cohen at 238-2849. Payment due at time of reservation.

Only 25 tickets available\*

\*Senior Social Club Members will receive priority.

**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  
Julie Davis & Suzy Gessner,  
Senior Adult Associates  
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

## September, 2022

Happy Birthdays!  
September, 2022

- 1 Tina McNurlen
- 3 Stuart Ross
- 8 Rose Cantrell
- 12 Diane Sadle
- 13 Suzanne Dunne
- 14 Sidney Katz
- 14 Carol Goossens
- 14 Gordon Korby
- 19 William Fitzgerald
- 21 Karen Herold
- 22 Jimmy Crawford
- 24 Gary Goldblatt



Join us to meet Ethan on  
September 21st.

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

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.

**September 5th ~ Nutrition Center Closed in honor of Labor Day.**

**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. RSVP: jholloway@jfcslouisville.org or 502-322-1932.

**September 8th 15th and 29th**, 1:00-2:30 p.m. ~ Memoir Writing Classes. Tomorrow needs to hear your story today. Don't know how to put it into words? Been meaning to get around to writing your memories? Sharing a memoir is a gift to your children and grandchildren as well as a reaffirmation of your life and experiences. Join our memoir writing workshop, Thursdays at 1:00 in Barbara Brick Reading Room. No experience necessary. In this group we will write, share and explore different ways of telling your story. Led by Jeffrey Levy. RSVP to Julie or Suzy.

**September 13th**, 12:45 p.m. ~ Birthdays and Bingo. Join us to celebrate September birthdays and play Bingo.

**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. RSVP please 502-458-5566 or email: office@ncjwlou.org

**September 19th**, 10:30 a.m. ~ Join us at Book Club to discuss The Red Tent by Anita Diamant. We will meet in the Barbara Brick Meeting Room on the 2nd floor.

**September 20th**, 12:30 p.m. ~Join us for an entertaining film. Popcorn, candy and soda included.

**September 21st**, 12:30 p.m. Join us to hear about Ethan the Rescue Dog. Ethan and his Papa, Jeff will be here to visit. We are collecting monetary donations or dog & cat toys to donate to the Humane Society. See Julie Davis or Suzy Gessner.

**September 22nd**, 11:00 a.m.-3:00 p.m. Join us for a two hour tour on the Mary Miller Riverboat. Enjoy an Avocado Veggie Wrap, music and fun on Louisville's newest addition to the waterfront. Soda and Alcohol are available for an extra fee. Cost is \$40 for Members and \$48 for Non-Members. Transportation provided from the Trager Family JCC leaving at 11 a.m. and returning at 3 p.m. 25 tickets are available. Call 502-238-2743 to make your reservation. Payment is due when reservation is made.

NONPROFIT ORG.  
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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: 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

# SEPTEMBER, 2022

Lunch is served at 12 p.m.  
To make a reservation,  
call 238-2743 or  
Email: [seniornutrition@jewishlouisville.org](mailto:seniornutrition@jewishlouisville.org)

MON	TUE	WED	THU	FRI	<p><b>Senior Exercise classes will be held in the Mind Body Room on the second floor of the Trager Family JCC .</b></p> <p><b>Sign up for class 48 hours in advance.</b></p> <p><b>Stop by the member services desk or call 238-2727.</b></p> <p><b><u>New Class!</u></b></p> <p><b>Wednesday at 8:30 a.m.</b></p> <p><b>Water Walkers w/Jeannie.</b></p> <div> <p><b>SAVE THE DATE</b></p> <p>Thursday, October 13, 2022</p> <p>Craig Friedman will be here to provide info on choosing the best Medicare option for you.</p> </div>
<p><b>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.</b></p>			<p><b>1</b> Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m.</p> <p>Baked Ziti, Zucchini &amp; Yellow Squash, Romaine Salad, and Fruit.</p>	<p><b>2</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b></p> <p>Vegetarian Cabbage Rolls, Mashed Potatoes, Peas &amp; Carrots, Baked Apples and Challah.</p>	
<p><b>5</b> Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 &amp; 11:30 a.m.</p> <p><b>NUTRITION CENTER</b></p> <p><b>CLOSED for Labor Day</b></p>	<p><b>6</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Alzheimer Talk 12:45 p.m.</b></p> <p>Hummus Wrap, Grilled Vegetables, Potato Leek Soup and Fresh Fruit.</p>	<p><b>7</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. <b>Derby Dinner Playhouse 11 a.m.</b></p> <p>French Toast with Bananas, Roasted Potatoes, and Fruit and Yogurt Parfait.</p>	<p><b>8</b> Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <b>Memoirs Class 1 p.m.</b></p> <p>Chickpea Chicken Salad, Vegetable Soup, Fruit and Cookie.</p>	<p><b>9</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b></p> <p>Stuffed Peppers, Mashed Potatoes, Roasted Vegetables, Fresh Fruit and Challah.</p>	
<p><b>12</b> Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 &amp; 11:30 a.m. <b>OMG CLUB 10:30 a.m.</b> <b>Spanish Lesson 1 p.m.</b></p> <p>Baked Falafel, Tzatziki Sauce, Israeli Salad, Roasted Potatoes, and Pudding.</p>	<p><b>13</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Birthdays &amp; Bingo 12:30 p.m.</b></p> <p>Bean and Cheese Burrito, Guacamole, Salsa, Mixed Vegetables and Fresh Fruit.</p>	<p><b>14</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <b>Nutrition Advisory Council 12:30</b></p> <p>Vegetable Chickpea Coconut Curry, Rice, Steamed Spinach, Mandarin Gel Cup and Bread.</p>	<p><b>15</b> Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <b>Memoirs Class 1 p.m.</b></p> <p>Tuna Salad on Rye Bread, Vegetable Soup and Fruit Cup.</p>	<p><b>16</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b></p> <p>Baked Salmon, Quinoa Rice, Stir Fry Vegetables, Fruit Salad and Challah.</p>	
<p><b>19</b> Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 &amp; 11:30 a.m. <b>Book Club 10:30 a.m.</b> <b>Spanish Lesson 1:00 p.m.</b></p> <p>Egg Salad, Lettuce and Tomato, Cream of Mushroom Soup, Orange Wedges and Cookie.</p>	<p><b>20</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Film 12:45 p.m.</b></p> <p>Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.</p>	<p><b>21</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <b>Ethan the Rescue Dog 12:30 p.m.</b></p> <p>Fish Tacos, Soft Tortilla, Pico De Gallo, Tomato Rice with Cheese and Fresh Fruit.</p>	<p><b>22</b> Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <b>Mary Miller Excursion 11 a.m.</b></p> <p>Mushroom Alfredo, Steamed Spinach, Green Salad, Grilled Bread and Cookie.</p>	<p><b>23</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b></p> <p>Cookout Day! Hamburger, Baked Beans, Coleslaw, Chips and Challah.</p>	
<p><b>26</b></p> <p><b>Trager Family JCC</b></p> <p><b>CLOSED for</b></p> <p><b>Rosh Hashanah</b></p>	<p><b>27</b></p> <p><b>Trager Family JCC</b></p> <p><b>CLOSED for</b></p> <p><b>Rosh Hashanah</b></p>	<p><b>28</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m.</p> <p>Vegetable Frittata, Roasted Potatoes, Salad, Wheat Bread and Apple Crisp.</p>	<p><b>29</b> Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <b>Memoirs Class 1 p.m.</b></p> <p>Baked Spaghetti, Zucchini and Squash, Garlic Bread and Fresh Fruit.</p>	<p><b>30</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b></p> <p>Salmon Croquettes, Mashed Potatoes, Peas &amp; Carrots, Dinner Roll, Fresh Fruit and Challah.</p>	

# ACTIVE ADULT AND SENIOR GROUP FITNESS SCHEDULE

**Space is limited. Members must sign-up at the Member Services Desk or by calling 502-238-2727.**

**Reservations can be made 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
	8:30 AM	Water Walkers	P	Jeannie
	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	Gentle NIA	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.

**Water Walkers (Basic)** This class utilizes gentle walking and marching movements to increase mobility, while gaining the added benefits of the water.

**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***

### ***September, 2022***

Kate Gonzer to Dolores Levy ~ In honor of your 95th Birthday.

Dolores Levy to Emily Poodgursky ~ Congrats on your award!

Dolores Levy to Martha Bennett ~ Condolences on the loss of your daughter-in-law.

Dolores Levy to Joyce Myers ~ Happy Birthday!

Dolores Levy to Donald Plattoff ~ Happy Birthday!

Dolores Levy to Gale Karem ~ Happy Birthday!

Gale Karem ~ In honor of August & September Birthdays!

Ilean Rowe to Martha Bennett ~ Condolences on passing of her daughter-in-law.

Emily Podgursky to Trager Family JCC Senior Department ~ In appreciation for receiving the Elsie P. Judah Award!



## **Sit Down Comedy**

We are seeking volunteers (men and women) to provide material for presentation for an afternoon of comedy. You can either present yourself or submit a joke or a story to be told by another comedian.

If you are interested in sharing what makes you laugh. Please contact:

Jim Schatz: [jamesm.schatz@gmail.com](mailto:jamesm.schatz@gmail.com)

or

Joe Meegna: [2TheJoes.FL@gmail.com](mailto:2TheJoes.FL@gmail.com)

The deadline to submit is October 14, 2022.  
The comedy showcase will be held on  
November 15, 2022 at 12:45 p.m.