



Annual Thanksgiving Luncheon
will be held on
November 16th, 2022
Keneseth Israel Synagogue
2531 Taylorsville Rd
Noon—2 p.m.
Bring a new or unexpired canned good or
toiletry to donate to the
Sonny & Janet Meyer
Food Pantry at JFCS

www.CreativeCertificates.com

Senior Adult Committee
Joyce Myers, Chairperson

Julie Davis Ilean Rowe
Gale Karem Emily Podgursky
Tony Kerr Jim & Mitzie Schatz
Gale Moody

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, Adult Social Club or a non-member.

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 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

November, 2022

Happy Birthdays!
November, 2022

- 6 Cheryl Angal
- 6 Nathan Goldman
- 8 Phillip Feger
- 11 Alice Dzenitis
- 11 Barbara Ratke
- 12 Maryde Hillebrand
- 13 John Kleier
- 14 Judy Allgeier
- 14 Paul Stewart
- 15 Karen Alexander
- 15 Anita Goldin
- 15 Melvin Moore
- 17 Maggie Sasher
- 18 Becky Brunner
- 20 Jill Ginsburg
- 24 Sheri Solzman
- 25 George Singlust
- 28 Suzanne Sparling
- 28 Charlotte Baumgardner
- 29 Harvey Liebschutz
- 29 Margaret Metzger
- 29 Ann Pickering
- 30 Howard Eggleton

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

Upcoming Events
For Reservations, call 238-2743

Wednesdays 1 p.m. ~ Mah Jongg and Games in the Kohn Family Town Square. Come play scrabble, dominoes, cards, etc.

November 2, 12:30 p.m. ~ Birthdays and Bingo. Join us to celebrate November birthdays. Bingo will be held afterwards.

November 3, 10 and 17, 1:00 p.m. ~ Join us for Memoir Writing with Jeffrey Levy. We will meet in the Barbara Brick Meeting Room.

November 7, 12:45 p.m. ~ Senior Adult Committee Board Meeting.

November 14, 10:30 a.m. ~ OMG Men's Club meeting in the "Garage" next to the community room.

November 8, 12:45 p.m. ~ Join us for a Jazz 101 Presentation with Marty Kasdan. You won't want to miss the slides, music and games.

November 9, 12:45 p.m. ~ Join us for a comedy routine with Mark Klein. Nationally recognized comedian and Louisville Native.

November 14, 21, and 28, 1:00 p.m. ~ Sara Robinson will resume Spanish Lessons in the Kohn Family Town Square.

November 16, 12:00 p.m.—2 p.m. ~ Join us for the **Annual Thanksgiving Luncheon**. This year's meal will be held at **Keneseth Israel Synagogue**, 2531 Taylorsville Road, Louisville, KY 40205. Seniors are invited to bring a guest but they must be registered with the Senior Program before November 11th. Limited transportation to the synagogue will be available and must be arranged by contacting Dara Cohen.

November 18, December 2 and 9 12:45 p.m. ~ Join Karen Herold as she teaches the handmade printing process. Printing on fabric and paper, using 3 simple methods: Linoleum cut blocks, glue resist, and paper cuts. Assistance will be available to help carve if needed. Reservations call 238-2749.

November 22, 12:45 p.m. ~ Join us for an entertaining film. Popcorn, candy and soda included

November 28, 10:30 a.m. ~ Join us at Book Club to discuss **Hotel on the Corner of Bitter and Sweet**, by Jamie Ford. We will meet in the Barbara Brick Meeting Room.

November 29, 12:45 p.m. ~ Join us as Dara Cohen shares her trip to Budapest with the Partner 2 Partner program.

NOVEMBER, 2022

Lunch is served at 12 p.m.
To make a reservation,
call 238-2743 or
Email: Seniornutrition@jewishlouisville.org

MON	TUE	WED	THU	FRI
	1 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Vegetarian Chili, Elbow Macaroni, Green Salad and Fruit.	2 Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 1 p.m. <i>Birthdays & Bingo 12:30 p.m.</i> Cheese Quesadilla, Fajita Vegetables, Brown Rice and Bean Soup.	3 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Memoirs Class 1:00 p.m.</i> Flat Bread Pizza, Green Salad, Fruit and Cookie.	4 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> Vegetable Pot Pie, Mashed Potatoes, Peas, Fruit Salad and Challah.
7 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Senior Social Bd Mtg 12:45 p.m.</i> Mushroom Alfredo, Roasted Vegetables, Roll and Orange Slices.	8 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Marty Kazdan -Jazz 101 12:45 p.m.</i> Baked Falafel, Pita, Israeli Salad, Peaches and Pudding.	9 Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 1 p.m. <i>Mark Klein Comedian 12:45 p.m.</i> Grilled Cheese, Tomato Soup, Mixed Vegetables and Fruit Salad.	10 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Memoirs Class 1:00 p.m.</i> BBQ Tofu, Mexican Corn, Greens and Baked Apples.	11 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> French Toast, Sliced Bananas & Berries, Roasted Potatoes, Sliced Oranges and Challah.
14 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>OMG Men's Club 10:30 a.m.</i> <i>Spanish Class 12:45 a.m.</i> Tuna Salad, Vegetable Soup, Chips and Cookie.	15 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Egg Salad, with Lettuce and Tomato, Tomato Soup, Fruit Cup or Vanilla Pudding.	16 Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 1 p.m. <i>Annual Thanksgiving Luncheon</i> Traditional Turkey Dinner <i>Held at Keneseth Israel Synagogue</i> <i>2531 Taylorsville Rd</i>	17 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Memoirs Class 1:00 p.m.</i> Mac & Cheese Casserole, Sweet Potatoes, Green Beans and Fruit Salad.	18 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Class 12:45 p.m.</i> <i>Canasta 1 p.m.</i> Fish Tacos with Pico, Tortilla, Cheese Crema, Black Bean Soup and Challah.
21 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Spanish Class 12:45 a.m.</i> Vegetable Risotto, Butternut Squash Soup, Roasted Tomato Salad and Dinner Roll.	22 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> Vegetable Chickpea Curry, Brown Rice, Spinach and Orange Gel Cup.	23 Water Walkers 8:30 a.m. 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</i> Baked Salmon, Rice, Roasted Vegetables and Chocolate Pudding.	24 TRAGER FAMILY JCC CLOSED Thanksgiving Day	25 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> SENIOR NUTRITION SITE CLOSED
28 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 Class 12:45 a.m.</i> Cheese Quesadilla, Roasted Corn & Peppers, Black Bean Soup, Salsa and Oranges.	29 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Budapest Presentation by</i> <i>Dara Cohen</i> Cheese Manicotti, Green Beans, Fruit and Roll.	30 Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Line Dancing 1:00 p.m. Stuffed Pepper, Mashed Potatoes, Peas and Carrots, Fruit and Cookie.	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.	

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.

Need help Navigating
Medicare choices? Contact
Craig Friedman

502-640-4228 or

Email craig@seniorhealth.ky

January 8, 2023
Mark your calendar for
the Senior Social Club
Membership Luncheon.



Goodwill Donations

November, 2022

Ilean Rowe to Joan Wimsatt ~ Happy Belated 70th Birthday!

Ilean Rowe to Dara Cohen ~ Feel better and Happy New Year!

Senior Department and Friends to Sara Robinson ~ Get Well Soon!

Senior Department and Friends to Emily Podgursky ~ In Memory of your Brother.

The Senior Department and Friends to Frank and Bonnie Lichtefeld
~ In memory of your sister-in-law, Nancy.

