



Keep Our Wheels – and Yours! – Turning



As part of their commitment to “[Drive to Do More](#)” by supporting charities and volunteers nationwide, Jiffy Lube International has partnered with Meals on Wheels to raise funds and awareness to help seniors stay nourished. We’re excited to invite Jiffy Lube customers to join the partnership effort. From October 1 to October 31, when customers visit participating Jiffy Lube service centers for oil changes, tire rotation or other vehicle maintenance, they’ll be able to donate \$3 to Meals on Wheels when they check out. Funds raised in our local community will be shared back with Trager Family JCC. Please email Dara Cohen (dcohen@jewishlouisville.org) for details.

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
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.

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

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LOUISVILLE, KY
PERMIT NO. 510

SENIOR TIMES

October, 2022

Happy Birthdays! October, 2022

1 Joan Wimsatt
4 Alyce Turpen
5 Mahrukh Joshi
6 Sonja B. Fitzgerald
9 Adrian Rosenthal
9 Irina Aminova
12 Diane Gilbert
13 Matthew Lemberger
13 Mary Olsen
14 Paula Weinshenker
15 Harris Berman
16 Joyce Miller
18 Rita Yates
19 Ivan Nibur
23 Ginger Wilkinson
23 Cindy Price
23 Irvin Bronner
24 Lura Spencer
25 Tony Kerr
30 Kate Black
31 Martha Bennett
31 Marian Jenkins



Wishing you and your
family a happy,
healthy and prosperous
5783. May you be
written and sealed in
the Book of Life.

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.

October 3, 12:45 p.m. ~ Senior Adult Committee Board Meeting.

October 4, 12:30 p.m. ~ Birthdays and Bingo. Join us to celebrate October birthdays. Bingo will be held afterwards.

October 13, 12:45 p.m. ~ Craig Friedman will be here to provide info on choosing the best Medicare option for you. This event is specifically designed for those already on Medicare who want to switch coverage during the open enrollment period.

October 14, 12 Noon ~ **Sukkah Luncheon.** Join us for lunch in the outdoor JCC Sukkah.


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

October 24, 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.

October 31, 12:45 p.m. ~ Join us for the musical stylings of the Silver Notes Senior Chorus with music from the 60s and 70s. The Silver Notes are a retired group of about twenty singers and entertain at local Senior Centers. Our very own Julie Segal is part of the Chorus. They play over forty concerts a year.

OCTOBER, 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	<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 Class!</u></p> <p>Water Walkers</p> <p>Wednesdays</p> <p>8:30 a.m.</p> <div> <p>If you need transportation to the Center, please contact Dara at 502-238-2749.</p> </div>
3 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Senior Adult Board Meeting</i> Chickpea Chicken Salad on Wheat Bread, Vegetable Soup, Chips, Fresh Fruit and Cookie.	4 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> Cheese Quesadilla, Black Bean Soup, Smashed Avocado and Orange Wedges.	5 TRAGER FAMILY JCC CLOSED YOM KIPPUR	6 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Memoirs Class 12:45 p.m.</i> Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Dinner Roll and Fruit.	7 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> Stuffed Pepper, Mashed Potatoes, Roasted Vegetables, Fresh Fruit and Challah.	
10 TRAGER FAMILY JCC CLOSED Sukkot	11 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. NUTRITION CENTER CLOSED Sukkot	12 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. Salmon Croquettes, Mac & Cheese, Greens, Green Salad and Fruit	13 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Craig Friedman 12:45 p.m.</i> Cheese Manicotti, Italian Green Beans, Salad and Banana Pudding.	14 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Lunch in the Sukkah</i> Vegetable Frittata, Roasted Potatoes, Apple Crisp, Green Salad and Challah.	
17 TRAGER FAMILY JCC CLOSED Shemini Atzeret	18 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. NUTRITION CENTER CLOSED Simchat Torah	19 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>Film 12:30 p.m.</i> Tuna Salad on Rye, Broccoli Cheese Soup and Fruit.	20 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Memoirs Class 12:45 p.m.</i> Baked Spaghetti, Roasted Vegetables, Green Salad and Fruit.	21 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> Baked Salmon, Brown Rice, Sauteed Vegetables, Spinach Salad, Pudding and Challah.	
24 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> French Toast, Berries and Bananas, Yogurt and Roasted Potatoes.	25 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Nutrition Advisory Council 12:30 p.m.</i> Vegetarian Lasagna, Green Salad, Dinner Roll, and Pineapple.	26 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 & 11:30 a.m. Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Oranges.	27 Cardio Dance 9:30 a.m. Chair Light Weights 10:30 a.m. <i>Memoirs Class 12:45 p.m.</i> Grilled Cheese, Tomato Soup, Green Salad and Pudding.	28 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> Crispy Tilapia, Mac & Cheese, Greens and Challah.	
31 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. <i>Silver Notes Chorus 12:45 p.m.</i> Vegetable Coconut Curry, Brown Rice and Fresh Fruit.		Join us for the mitzvah of eating in the Sukkah on October 14!	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.		

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

October, 2022

Joyce Myers to Mitzi Schatz ~ Thinking of you!

Joyce Myers to Diane Sadle ~ Happy Birthday wishes!

Dolores Levy to The Family of Rose Sosowsky ~ In memory of Rose.

Dolores Levy to Donald Platoff ~ Feel better!

Sara Robinson to Queen Rucker ~ Get well soon!

Ilean Rowe to Queen Rucker ~ Speedy recovery!

Ilean Rowe to Ruth Kelley ~ Wishing you a speedy recovery!