

**Goodwill Donations
December, 2022**

Ilean Rowe to Joyce Myers ~ Get well soon!

Ilean Rowe to Mary Jean Timmel ~ Congrats on your retirement!

Ilean Rowe to Harriet Teller ~ In honor of her new granddaughter, Nina.

Thelma Marx to Joyce Myers ~ Get well soon!

J SENIOR TIMES

December, 2022

Senior Adult Committee
Joyce Myers, Chairperson

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.

**Happy Birthdays!
December, 2022**

- 2 **Barbara Miller**
- 4 **Mariann Pero**
- 4 **Judy Weintraub**
- 5 **Evelyn Reynolds**
- 7 **Barbara Vetter**
- 7 **Bonnie Williamson**
- 8 **Rachel Rosenfeld**
- 8 **Wes Wilkinson**
- 10 **Jo Kay Kessler**
- 10 **Mitzie Schatz**
- 15 **Sonia Paran**
- 16 **Barbara Merket**
- 17 **Thomas Reinking**
- 18 **Mary Becker**
- 19 **Becky West**
- 20 **Mary Jean Timmel**
- 20 **Mohini Warwick**
- 21 **Toni Gipson**
- 23 **Linda Williams**
- 26 **Yolanda First**
- 27 **Frank Lichtefeld**
- 27 **Heidi Levy**
- 28 **Shirley Davis**
- 29 **Ruth Settles**
- 31 **Carolyn Cornell**

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.

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 needed call 238-2743.

December 5, 12:45 p.m. ~ Senior Adult Committee Board Meeting.

December 6, 12:45 p.m. ~ Weight Loss Class. Cyndi Byers, Nurse Practitioner will be discussing new strategies and tools for weight management. She will be talking about healthy habits that some may not have considered as factoring into weight management. She will also help individuals to figure out how to know that a specific type of diet is right for them.

December 7, 12:45 p.m. ~ Birthdays and Bingo. Join us to celebrate December birthdays. Bingo will be held afterwards.

December 13, 12:45 p.m. ~ Mark Pyles, a singer/songwriter and performer specializing in 50's-80's standards by artists such as Elvis, Johnny Cash, The Everly Brothers, George Jones, and Neil Diamond.

December 20, 12:00 p.m. ~ Help us celebrate Hanukkah with song. Door and Dreidel prizes will be awarded.

December 21, 10:30 am-1:30 pm ~ Join Phyllis Shaikun for a docent lead tour of the art of Alphonse Mucha at the Speed Art Museum. Mucha was one of the founders of the Art Nouveau movement. The exhibit features a vast array of posters, illustrations, ornamental objects, and rarely seen sculpture. Following the exhibit, we will have lunch catered by the Wiltshire Pantry in the Café. Chicken Salad, lemon bars, and a grain salad will be featured. **Cost \$30 for Senior Social Club members.** We have 25 spots reserved. Due to limited numbers, Senior Social Club members will receive priority. The bus will depart from the Trager Family JCC at 10:30 am. RSVP by December 12, 2022. No refunds.

December 26, 10:30 a.m. ~ Join us at Book Club to discuss **Orphan Train** by Christina Baker Kline. We will meet in the Barbara Brick Meeting Room.

December 27, 12:45 p.m. ~ Join us for an entertaining film. Popcorn, candy and soda included.

Coming in January, 2023 See Insert for details.

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

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U.S. POSTAGE
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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

DECEMBER, 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>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.</p>				
<p>5 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></p> <p>Tuna Salad on Rye, Broccoli Cheese Soup, Carrots and Fruit Cup.</p>	<p>6 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Weight Loss Class 12:45 p.m.</i></p> <p>Vegetarian Lasagna, Romaine Salad, Break Stick, Pineapple and Cookie.</p>	<p>7 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 and Bingo 12:45 pm</i></p> <p>Vegetable Stir Fry with Tofu, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p>8 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></p> <p>Grilled Cheese Sandwich, Tomato Soup, Green Salad, Chocolate Pudding.</p>	<p>2 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Class 12:45 a.m.</i> <i>Canasta 1 p.m.</i></p> <p>Baked Salmon, Quinoa Rice Pilaf, Sauteed Vegetables, Spinach Salad, Banana Pudding and Challah.</p>
<p>12 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m.</p> <p>Salmon Croquettes, Mashed Potatoes, Peas & Carrots, Tossed Salad, Dinner Roll and Butterscotch Pudding.</p>	<p>13 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Musician Mark Pyles 12:45 p.m.</i></p> <p>Vegetable Risotto, Green Beans, Roasted Tomatoes, Romaine Salad, Sliced Oranges and Dinner Roll.</p>	<p>14 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>Nutrition Advisory Council 12:45 pm</i></p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges and a Cookie.</p>	<p>15 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></p> <p>Baked Ziti, Zucchini and Yellow Squash, Romaine Salad, Bread Stick and Sliced Pears.</p>	<p>9 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></p> <p>Crispy Baked Fish, Steamed Broccoli, Macaroni and Cheese, Applesauce and Challah.</p>
<p>19 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m.</p> <p>French Toast with Bananas, Roasted Potatoes, Steamed Vegetables, and Berry Yogurt Parfait.</p>	<p>20 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Celebrate Hanukkah</i></p> <p>Grilled Vegetable Wrap with Hummus, Potato Soup, Fresh Fruit and Banana Pudding.</p>	<p>21 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>Speed Art Museum 10:30 a.m.</i></p> <p>Vegetable Pot Pie, Green Salad, Sliced Pears and Dinner Roll.</p>	<p>22 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></p> <p>Chickpea "Chicken Salad" on Wheat Bread, Steamed Broccoli, Minestrone Soup, Fresh Fruit, and a Cookie.</p>	<p>16 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>Vegetarian Cabbage Roll, Mashed Potatoes, Peas & Carrots, Hot Spiced Apples and Challah.</p>
<p>26 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></p> <p>Shepherd's Pie with Lentils, Steamed Green Beans, Applesauce, Dinner Roll and Pudding.</p>	<p>27 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></p> <p>Bean and Cheese Burrito, Guacamole, Pico de Gallo, Salsa, Rice, Mixed Vegetables, and Fresh Fruit.</p>	<p>28 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.</p> <p>Vegetable and Chickpea Coconut Curry, White Rice, Spinach, Mandarin Oranges and Roll.</p>	<p>29 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></p> <p>Cheese Pizza, Salad with Chickpeas, Fruit Salad and Pudding.</p>	<p>23 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>Mushroom Lentil Meatballs, Pasta, Steamed Vegetables, Fruit and Challah.</p>
				<p>30 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, Zucchini, Sliced Pears, Cookie and Challah.</p>

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.

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



Sunday, January 8, 2023 ~ Noon

Senior Social Club New Year's Party!

Let's celebrate the New Year and enjoy a great party! Come and pay your Senior Social Club dues. You can look forward to a lovely luncheon, live music by Sweet Harmony, Volunteer Appreciation, door prizes, split the pot and more! Dues for the 2023 year are as follows: Non JCC members \$80 Individual/\$95 couple. JCC members \$30 Individual/\$35 couple. RSVP by December 30 to 238-2743.



Friday, January 13, 2023 ~ 10:10am-12:30pm

Join us for a Coffee Concert with the Louisville Orchestra. Ludwig van Beethoven's Fifth Symphony and Fifth Piano Concerto. Don't miss this monumental program. Teddy Abrams will play and conduct the concerto from the keyboard. **\$32 for Senior Social Club members.** We have 25 spots reserved. Due to the limited numbers, Senior Social Club members will receive priority. The bus will depart from the Trager Family JCC at 10:10 am. RSVP by December 16, 2022. No Refunds.



Wednesday, January 18, 2023 ~ 11:20 am -3:30 pm

Join us for the musical version of "Grumpy Old Men" at Derby Dinner Playhouse. A laugh-out-loud story of friendship, love, and romance in a fresh new musical! Based on the 1993 film, this stage adaptation captures the lovably crotchety characters through twinkling humor and the depiction of a small town that feels like home to everyone. Contains adult humor. **\$40 for Senior Social Club members.** We have 25 seats reserved. Senior Social Club members have priority. The bus leaves the Trager Family JCC at 11:20 am. RSVP by December 16, 2022. No Refunds.



**If you are in the market for a car,
we hope you will Share the Love!**

**When you buy or lease a new vehicle during the
2022 Subaru Share the Love® Event,
Support the Trager Family JCC's
nutrition program for vulnerable, homebound seniors
by selecting Meals on Wheels.**

**In addition, from November 16 thru January 2, 2023, we will be
collecting toiletries (soap, toothpaste,
toilet paper, etc.) for our Seniors in need.
Just drop your items off in the Community Room
at the Trager Family JCC.**

