



Happy January Birthdays! 2023



1	Evelyn Watkins	17	Lynn Cole
1	Greg Moyer	20	Cyndi White
6	Sharon Whitlock	24	Fran Englander
6	Jim Collier	25	Judy Goolsby
8	Julie Campisano	26	Arnold Shaikun
10	Terry Caswelll	26	Janice Northcutt
11	Eunice McGuire	27	Lucette Trueblood
15	Jeri Korby	28	Amelia Adams
15	Bett Etenohan	29	Shirley Mattingly
16	George Levine	30	Elliott Sadle

Senior Adult Committee Joyce Myers, Chairperson

Julie Davis	Ilean Rowe
Gale Karem	Kim Pendley
Tony Kerr	Emily Podgursky
Gail Moody	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.



SENIOR TIMES

January, 2023



**Sunday, January 8, 2023
 Menu**
**Salmon, Salad, Asparagus,
 Potatoes Au Gratin, Rolls,
 Desserts, Punch and
 Champagne!**

Goodwill Donations January, 2023

Ilean Rowe to Mr and Mrs.
 Sek Hung ~ In honor of
 their new grandbaby!

Ilean Rowe to Julie Davis
 ~ Thinking of you. Get
 well soon!

**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. ~ Game Day! Bring your friends, your set, and play Mah Jongg. **Several members have expressed interest in both Dominos and Pinochle. Please call us if you are interested in either. Let us know what day you are available.**

January 2, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch.

January 3, 12:30 p.m. ~ Birthday's and Bingo! Help us celebrate January birthday's. Bingo will be held afterwards.

January 6 and 13, 1 p.m. ~ Karen Herold will provide a **Painting on Canvas** class on these two Fridays. Please sign up in advance.

January 8, Noon ~ **Senior Social Club New Year's Party!** Let us 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. Please reserve your spot by December 30th.

January 9, 16, 23 and 30, 1 p.m. ~ "Ole Espanol" Spanish class resumes on January 9 at 1 p.m. Class is 30 minutes. Please contact Sara Robinson at Sara0448@gmail.com or call 502-491-6603 to reserve a spot.

January 10, 12:45-1:45 p.m. ~ Bob Mueller, our guest motivational speaker, brings a rich understanding of the spiritual and emotional dimensions of life. In his presentations, Bob offers ways to renew the spirit and mind as well as the body. He will join us to discuss "Twelve Steps to Peace".

January 17, 12:45 p.m. ~ Pianist Nada will be joining us again to play classical music. We will meet in the Shapira Foundation Auditorium.

January 23, 10:30 -11:45 a.m.~ Join us at Book Club to discuss **The Bean Trees** by Barbara Kingsolver. We will meet in the Barbara Brick Reading Room.

January 31, 12:45 p.m. ~ Join us for an entertaining film. Popcorn, candy and soda included.

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

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

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JANUARY, 2023

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>2 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. Senior Social Bd Mtg 12:45 p.m.</p> <p>Tuna Casserole, Peas & Carrots and Fruit Cup.</p>	<p>3 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Birthdays and Bingo 12:30 p.m.</p> <p>Vegetable Frittata, Skillet Potatoes, Green Salad and Apple Crisp.</p>	<p>4 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.</p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Onion and Baked Sweet Potato.</p>	<p>5 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Memoir Writing Class 1 p.m.</p> <p>Egg Salad on Rye, Cream of Mushroom Soup and Orange Wedges.</p>	<p>6 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Art Class 1 p.m. Canasta 1 p.m.</p> <p>Shepherd's Pie, Green Beans, Apple Sauce, Dinner Roll, Pudding and Challah.</p>
<p>9 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson</p> <p>French Toast Casserole, Potatoes, Steamed Vegetables and Yogurt Parfait with Berries.</p>	<p>10 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Bob Mueller 12:45 p.m.</p> <p>Mushroom Alfredo, Broccoli, Roll and Oranges.</p>	<p>11 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.</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado, Salsa and Orange Wedges.</p>	<p>12 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Memoir Writing Class 1 p.m.</p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p>13 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Coffee Concert 10 a.m. Art Class 1 p.m. Canasta 1 p.m.</p> <p>Chickpea Chicken Salad, Vegetable Soup, Steamed Broccoli, Fruit and Challah.</p>
<p>16 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Baked Spaghetti, Roasted Vegetables, Green Salad and Fruit.</p>	<p>17 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Pianist Nada 12:45 p.m.</p> <p>Crispy Tilapia, Mac & Cheese, Green Beans, and Dinner Roll.</p>	<p>18 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. Derby Dinner 11:20 a.m.</p> <p>Tuna Salad Sandwich, Bean Soup, Steamed Carrots and Fruit.</p>	<p>19 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Memoir Writing Class 1 p.m.</p> <p>Coconut Curry, Brown Rice and Mandarin Fruit Gel.</p>	<p>20 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Eggplant Parmesan, Pasta, Italian Green Bean, Salad, Dinner Roll and Challah.</p>
<p>23 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. Book Club 10:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Hummus Wrap, Grilled Vegetables, Potato Soup, Salad and Fruit Cup.</p>	<p>24 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Nutrition Advisory Council 12:30 p.m.</p> <p>Vegetarian Chili, Pasta, Green Salad and Fruit.</p>	<p>25 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.</p> <p>Fish Taco, Pico, Tortilla, Sour Cream and Black Bean Soup.</p>	<p>26 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Memoir Writing Class 1 p.m.</p> <p>Grilled Cheese, Tomato Soup, Green Salad and Pudding.</p>	<p>27 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Stuffed Pepper, Mashed Potatoes, Peas and Carrots, Salad and Challah.</p>
<p>30 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 & 11:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Tuna Salad, Broccoli Soup, Fruit and Cookie.</p>	<p>31 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Film 12:45 p.m.</p> <p>Egg Salad Sandwich, Vegetable Soup, Green Salad and Fruit.</p>	<p>Come play Mah Jong on Wednesdays at 1 p.m.</p>		<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>

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.

For the New Year!
There is a New Plan for Tai Chi!

Thomas is going to start with a refresher from the beginning basics of Tai Chi. So seasoned participants can continue their progress while bringing along individuals who are just starting.

See the Senior Fitness Schedule for days and times.

January 8, 2023
Senior Social Club New Year's Party!
See menu on front page!
Be sure to register by December 30, 2022.