



Happy February Birthdays! 2023



- | | | | |
|----|-----------------------|----|--------------------|
| 1 | George Becker | 13 | Juda Hellman |
| 3 | Don Meade | 13 | Marilyn Moore |
| 3 | Kevin Jenkins | 15 | Cynthia Merenbloom |
| 4 | Barbara Messina | 15 | Vicki Hobson |
| 4 | Christopher Kinberger | 16 | Gail Moody |
| 5 | Martha Walker | 19 | Jean Lonergan |
| 5 | Rosemary Fried | 19 | Chuck Jones |
| 6 | Bill Doherty | 21 | Ellen Christian |
| 8 | Patti Helm | 24 | Melanie Albin |
| 8 | Catherine Hume | 24 | Joe Megna |
| 8 | Sandi Dutson | 27 | Mary Kemper |
| 8 | Sandra Karpinsky | 27 | Donna Riebel |
| 12 | Marina Latiff | | |

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.

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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J SENIOR TIMES

February, 2023

Goodwill Donations February, 2023

Ilean Rowe to Faye Weinberg and Dr. Alan Roth ~ In memory of Sylvia Weinberg!

Ilene Rowe to Shirley Hardin ~ Thinking of you!

Ilean Rowe to Evelyn Watkins ~ Happy Belated Birthday!



SAVE THE DATE!

Model Seder Dinner

March 15, 2023
5 p.m.

IF YOU NEED

TRANSPORTATION TO THE
 CENTER, PLEASE CONTACT DARA
 COHEN AT

DCOHEN@JEWISHLouisville.org

Upcoming Events

For Reservations, call 238-2743

Wednesdays, 1 p.m. ~ Game Day! Bring your friends, your set, and play Mah Jongg.

February 1, 12:30 p.m. ~ Birthday's and Bingo! Help us celebrate February birthdays. Bingo will be held afterwards.

February 3, 12:45 p.m. ~ Art class with Karen Herald. Please sign up in advance by contacting Suzy at 238-2743 so we know how many supplies to purchase. Project to be determined.

February 6, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch

February 7, 12:45 p.m. ~ Join us for a movie from the Jewish Film Festival entitled **Karaoke** (100 min). Karaoke is an optimistic portrait of midlife self-discovery, laced with poignant wisdom and barbed humor. Popcorn, candy, and soda will be provided.

February 13, 20 & 27, 1 p.m. ~ "Ole Espanol" Spanish class will resume on February 13. Class is 30 minutes. Please contact Sara Robinson at Sara0448@gmail.com or call 502-491-6603 to reserve a spot.

February 14, 12:45 ~ Paul Troy works as Director of Senior Crime Victims at the Jewish Family & Career Services. He will join us to speak on "How to Avoid Scams".

February 15, 12:45 ~ Join us for a 2nd film from the Jewish Film Festival entitled **Levys of Monticello** (71 min) The remarkable story of the Levy family also intersects with the antisemitism that runs through American history. Popcorn, candy, and soda will be provided.

February 27, 10:30 -11:45 a.m.~ Join us at Book Club to discuss **Year of Wonders** by Geraldine Brooks. We will meet in the Barbara Brick Reading Room. Books can be picked up at the Trager Family JCC starting 1/30/23.

February 21, 12:45 p.m. ~ Let's play dominoes. We would like to start a weekly group.

February 24, 12:45 p.m. ~ Art class with Karen Herald. Please sign up in advance by contacting Suzy at 238-2743 so we know how many supplies to purchase. Project to be determined.

February 28, 12:45 p.m. ~ A veritable "Ambassador of Jazz," Professor Michael Tracey is one of America's foremost jazz educators, with more than forty years of performing and teaching experience. He will join us for lunch and provide jazz stylings on the saxophone.

FEBRUARY, 2023

Lunch is served at 12 p.m.
To make a reservation,
call 238-2743 or
Email: sgessner@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>1 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. Birthdays & Bingo 12:30 p.m.</p> <p>Black Bean Burger, Lettuce, Tomato, Avocado and Sweet Potato.</p> | <p>2 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Hummus Pita Pocket, Israeli Salad, Peaches and Pudding..</p> | <p>3 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>Vegetable Alfredo, Penne Pasta, Salad, Fruit and Challah.</p> |
| <p>6 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Sr. Social Club Bd Mtg 12:45 a.m.</p> <p>Tuna Casserole, Roasted Potato, Peas, Carrots and Roll.</p> | <p>7 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. JFF, Karaoke 12:45 p.m.</p> <p>Baked Spaghetti, Zucchini & Yellow Squash, Green Salad and Pudding.</p> | <p>8 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>Bean & Cheese Burrito, Tomato Rice, Mixed Vegetables, Salsa and Guacamole .</p> | <p>9 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Grilled Cheese, Tomato Soup, Green Salad and Pudding.</p> | <p>10 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>Salmon Croquette, Mashed Potatoes, Peas & Carrots, Fruit and Challah.</p> |
| <p>13 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Tuna Salad, Lettuce, Tomato, Soup, Chips and Fruit.</p> | <p>14 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Paul Troy, How to Avoid Scams 12:45 p.m.</p> <p>Egg Salad, Lettuce, Tomato, Soup, Orange Wedges and Cookie.</p> | <p>15 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. JFF, Levys of Monticello 12:45 p.m.</p> <p>Baked Ziti, Zucchini & Yellow Squash, Salad, Roll and Fruit.</p> | <p>16 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Chickpea Chicken Salad Sandwich on Wheat, Chips, Fruit and Cookie.</p> | <p>17 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>Baked Tilpia, Roasted Potatoes, Green Beans, Fruit and Challah.</p> |
| <p>20 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Vegetable Risotto, Green Beans, Roasted Tomatoes and Orange Slices.</p> | <p>21 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Let's Play Dominos 12:45 p.m.</p> <p>Manicotti, Green Beans, Sliced Pears and Roll.</p> | <p>22 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>Grilled Cheese, Tomato Soup, Green Salad, Fruit and Chocolate Pudding</p> | <p>23 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Nutrition Advisory Council 12:30 p.m.</p> <p>Vegetable Frittata, Roasted Potatoes, Green Salad and Apple Crisp.</p> | <p>24 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>Fish Taco, Tomato Rice, Salsa, Crema, Tortilla, Fruit and Challah.</p> |
| <p>27 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Book Club 10:30 a.m. Ole Espanol Class 1 p.m. with Sara Robinson.</p> <p>Coconut Curry, Brown Rice, Spinach, Roll and Mandarin Orange.</p> | <p>28 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Saxophonist, Mike Tracey 12:45 p.m.</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Oranges and Cookie.</p> | <p>Come play Mah Jong on Wednesdays at 1 p.m.</p> | | |

**Sign up for class
48 hours
in advance.**

**Stop by the
Member Services**

**Desk
or**

**Call
502-238-2727 to**

**Reserve
Your Place!**

ACTIVE ADULT AND SENIOR GROUP FITNESS SCHEDULE

Space is limited. Members must sign-up for at the Member Services Desk. 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 |
| | 10:30 AM | Tai Chi* | MB | Thomas |
| | 10:30 AM | Chair Yoga* | GX | Angela |

| THURS | Time | Class | Studio | Instructor |
|-------|----------|----------------------|--------|------------|
| | 9:30 AM | Gentle NIA | MB | Andree |
| | 10:30 AM | Chair Light Weights* | GX | Andree |
| | 11:30 AM | Chair Light Weights* | GX | Andree |

| 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* | GX | Paula |
| | 11:30 AM | Chair Light Weights* | GX | Andree |

| FRI | Time | Class | Studio | Instructor |
|-----|----------|------------------|--------|------------|
| | 9:30 AM | Active Adult Fit | MB | Debbie |
| | 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 |

| 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* | GX | Maria |
| | 11:30 AM | Moving to Heal* | GX | Maria |

| SUN | Time | Class | Studio | Instructor |
|-----|----------|-------------|--------|------------|
| | 10:30 AM | Zumba Gold* | MB | Paula |

| STUDIOS | P-Pool | GX-Group Ex Studio | MB-Mind Body Studio |
|---------|--------|--------------------|---------------------|
|---------|--------|--------------------|---------------------|

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.

Gentle Nia (Basic) - A modified version of Classic Nia, Gentle Nia uses easy to follow movements to build strength and flexibility while conditioning your body.

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-altenating fast and slow rhythms-to help improve cardio fitness.

