



## Happy March Birthdays! 2023



2	Helene Williams	18	Emily Podgursky	22	Dennis Guagliardo
5	Charlene Gordon	18	Barbara Suzan	25	Carl Jackson
5	Peggy Hardman	19	Colleen Walker	27	Peggy Maultsby
7	Donna Jones	20	Marilyn Mattingly	28	Lewis Rowe
8	Judith Spears	21	Raema Green	28	Julie Segal
14	Suzy Gessner	21	Queen E. Rucker	29	Mary Walker
15	Dennis Monroe	22	Cheryl Kinberger	30	Mary Stone
16	Michael Diedenhofen	22	Joel Selker	30	Kim Toebe
16	Leslie Marlin	23	Debbie Bates	31	Ilean Rowe

### Senior Adult Committee Joyce Myers, Chairperson

Julie Davis  
Gale Karem  
Tony Kerr  
Gail Moody

Ilean Rowe  
Kim Pendley  
Emily Podgursky  
Jim & Mitzie Schatz

Dara Cohen, Active Adult & Senior Director  
Suzy Gessner, Assistant Senior Adult Director  
Julie Davis, Senior Associate  
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 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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# J SENIOR TIMES

## March, 2023



### Model Seder

#### Menu

Matzo Ball Soup  
Honey Mustard Encrusted Fish  
Potato Kugel  
Asparagus  
Flourless Chocolate Cake



March 22, 2023  
Derby Dinner Playhouse

Make your reservation today by contacting Suzy at 502-238-2743 or emailing [sgessner@jewishlouisville.org](mailto:sgessner@jewishlouisville.org)

Bus leaves from Trager Family JCC at 11:20 a.m. Will return at approximately 3:30 p.m. Must be paid at time of reservation. No refunds. Tickets are \$40

IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA COHEN AT 238-2749 OR [DCOHEN@JEWISHLouisVILLE.ORG](mailto: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. If you are interested in Playing Pineochle contact Dara Cohen at 238-2749.

**March 1**, 12:30 p.m. ~ Birthdays and Bingo! Help us celebrate March birthdays. Bingo will be held afterwards.

**March 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. We will be painting wine cups for Passover Seder. Each attendee will be painting one Elijah cup and one Miriam cup to be used at the Model Seder. In addition, you can paint one cup for yourself.

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

**March 7**, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

**March 8, 13, 20 and 27**, 1 p.m. ~ "Ole Espanol" Spanish class will be held in the Towne Square. Class is 30 minutes. Please contact Sara Robinson at [Sara0448@gmail.com](mailto:Sara0448@gmail.com) or call 502-491-6603 to reserve a spot.

**March 14**, 12:45 p.m. ~ Two U of L Music Graduate Students, Liam Hedrick and Joey Piellucci both play classical guitar.

**March 15**, 4:45 p.m. ~ **NO LUNCH SERVED TODAY. Model Passover Seder** with LBSY students and Rabbi Freed. Come learn about the traditions of the Passover Seder and enjoy a lovely dinner. For reservations call 238-2743. The cost is \$9 for Senior Social Club Members and \$14 for Non-Members.

**March 21**, 8:30 a.m. to 3:30 p.m. ~ Mobile Mammograms. The Brown Cancer Center mobile unit will be in the back of Anshei Sfarad parking lot. To schedule a mammogram please call 502-852-6318.

**March 22**, 11 a.m. ~ "Young Frankenstein" at Derby Dinner Playhouse. It's alive! The electrifying musical adaptation of Mel Brooks' monstrously funny film will leave you in stitches. Ticket includes lunch, bus transportation roundtrip from the Trager Family JCC and are \$40 each. Senior Social Club members will be given first priority. Your payment is due when you make your reservations.

**March 27**, 10:30 -11:45 a.m.~ Join us at Book Club to discuss "Animals in Translation" by Temple Grandin We will meet in the Barbara Brick Reading Room. Books can be picked up at the Trager Family JCC starting February 27.

# MARCH, 2023

Lunch is served at 12 p.m.  
To make a reservation,  
call 238-2743 or  
Email: [sguessner@jewishlouisville.org](mailto:sguessner@jewishlouisville.org)



## THINGS TO REMEMBER!

- ◆ Did you make your reservation for exercise yet?
- ◆ Call the Wellness Desk at 502-238-2727 as early as 48 hours in advance.
- ◆ Lunch is served promptly at 12 Noon. Please arrive by 11:50 a.m.
- ◆ Make your reservation for the Model Passover Seder.
- ◆ Did you make your reservation for Derby Dinner? Please pay at the time of reservation and call Suzy at 502-238-2743.

## Volunteers Needed!

- ◆ Help with folding & labeling Newsletters. Usually about the 15th of the month.
- ◆ Setting up and Serving Lunch.
- ◆ Helping with Floral Arrangements.

Contact Julie Davis at [jdavis@jewishlouisville.com](mailto:jdavis@jewishlouisville.com)

MON	TUE	WED	THU	FRI
<p><b>Join us for lunch Monday through Friday at 12 p.m. (except where noted on the calendar) For Seniors 60 years and over, the cost of lunch is a suggested \$3 donation. We ask that you try to arrive approximately 10 minutes early before lunch starts. Make a reservation for lunch a minimum of 24 hours in advance.</b></p>		<p><b>1</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <i>Birthdays &amp; Bingo 12:30 p.m.</i></p> <p>Eggplant Parmesan, Pasta, Green beans, Dinner Roll and Fruit.</p>	<p><b>2</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Egg Salad, Lettuce &amp; Tomato, Cream of Mushroom Soup, Orange Wedges and Cookies.</p>	<p><b>3</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Class 1 p.m.</i> <i>Canasta 1 p.m.</i></p> <p>Vegetarian Lasagna, Romaine Salad, Breadstick, Pineapple, Cookie and Challah.</p>
<p><b>6</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Sr. Social Club Bd Mtg 12:45 a.m.</i></p> <p>Vegetable Frittata, Skillet Potatoes, Green Salad and Apple Crisp.</p>	<p><b>7</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Film 12:45 p.m.</i></p> <p>Breaded Cod, Collard Greens, Mac &amp; Cheese and Applesauce.</p>	<p><b>8</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <i>Spanish Class with Sara 1 p.m.</i></p> <p>Hummus Pita, Vegetable Soup, Peaches and Pudding.</p>	<p><b>9</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Tuna Salad Sandwich, Broccoli Cheese Soup and Fruit Salad.</p>	<p><b>10</b> 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>Cheese Manicotti, Green Beans, Banana Pudding and Challah.</p>
<p><b>13</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Spanish Class with Sara 1 p.m.</i></p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p><b>14</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>U of L Music School Musicians 12:45 p.m.</i></p> <p>Black Bean Burger, Lettuce, Tomato, Onion, Smashed Avocado, Sweet Potato and Fresh Fruit.</p>	<p><b>15</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <i>Lunch will not be served</i></p> <p><b>Model Passover Seder at 4:45 p.m.</b> <b>RSVP at 502-238-2743</b></p>	<p><b>16</b> 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><b>17</b> 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>Vegetable Pot Pie, Mashed Potatoes, Green Salad, Pears and Challah.</p>
<p><b>20</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Spanish Class with Sara 1 p.m.</i></p> <p>Chickpea Chicken Salad, Vegetable Soup, Fresh Fruit and Cookie.</p>	<p><b>21</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Mobile Mammogram</i></p> <p>Tuna Salad Sandwich, Vegetable Soup and Fruit.</p>	<p><b>22</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m. <i>Leave for Derby Dinner 11:20 a.m.</i></p> <p>French Toast Casserole, Spinach Salad, Roasted Potatoes and Berry Yogurt Parfait.</p>	<p><b>23</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Nutrition Advisory Council 12:30 p.m.</i></p> <p>Baked Ziti, Zucchini and Yellow Squash, Romaine Salad, Bread and Fruit.</p>	<p><b>24</b> 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>Salmon Croquettes, Mashed Potatoes, Peas, Tossed Salad, Pudding and Challah.</p>
<p><b>27</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Book Club 10:30 a.m.</i> <i>Spanish Class with Sara 1 p.m.</i></p> <p>Egg Salad, Cream of Mushroom Soup, Orange Wedges and Cookie.</p>	<p><b>28</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m.</p> <p>Tuna Casserole, Roasted Potatoes, Green Salad and Fruit.</p>	<p><b>29</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Moving to Heal 10:30 &amp; 11:30 a.m. Line Dancing 1 p.m.</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges and Cookie.</p>	<p><b>30</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Cheese and Vegetable Flat Bread Pizza, Green Salad and Fruit.</p>	<p><b>31</b> 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>Crispy Fish, Mac &amp; Cheese, Greens, Applesauce and Challah.</p>

# 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
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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.

**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-alternating fast and slow rhythms-to help improve cardio fitness.

