



Happy April Birthdays! 2023



3	Brenda Ross	17	Carolyn Jameson
4	Lester LaBroi	19	Mary Wright
5	Eleanor Lowe	20	Wanda Elkhawily
6	Margie Hubert	20	David Pickle
6	Marian Harrell	23	Judith Clark
9	JoAnn Rouse	23	Sara Robinson
9	Phyllis Costello	30	Julie Davis
12	Marina LaTiff	30	Sue Albright
14	Pat Oliver		

Senior Adult Committee Joyce Myers, Chairperson

Julie Davis	Ilean Rowe
Barbara Gordon	Kim Pendley
Gale Karem	Emily Podgursky
Tony Kerr	Jim & Mitzie Schatz
Gail Moody	

Dara Cohen, Active Adult & Senior Director
Suzy Gessner, Assistant Senior Adult Director
Julie Davis, Senior Adult 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.



SENIOR TIMES

April, 2023

Meet Jesse Barfield Our Trager Family JCC Assistant Camp Director And Arts & Idea Staff Person

Jesse has 20 years as a Performing Artist. His credits include touring the Caribbean Islands on a cruise ship, stints at the Derby Dinner Playhouse, and working with Acting Out at the Trager Family JCC.

Jesse will be joining our Senior Lunch Program in April as follows:

April 19: 12 Noon
Piano during Lunch

April 26: Visual Art
Class. 12:45—1:15 p.m.

To sign up for class on April 26, call Suzy at 502-238-2743.

GOOD WILL DONATION APRIL, 2023

**Dolores Levy ~ In memory of
Janice Bailen.**

IF YOU NEED
TRANSPORTATION TO
THE CENTER, PLEASE
CONTACT DARA AT
502-238-2749
48 HOURS ADVANCE
NOTICE REQUIRED

Upcoming Events For Reservations, call 238-2743

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

April 3, 2023 12:45 p.m. ~ Senior Social Club Board Meeting after lunch.

April 4, 2023, 12:45 p.m. ~ Join us for an entertaining film. Popcorn, candy and soda included.

April 6, 7, 10, 11, 12 and 13 ~ Senior Nutrition Program is closed. Due to the Passover Holiday. When the Senior Lunch Program is closed, there is no transportation available.

April 5, 17, and 24, 1:00 p.m. ~ "Ole Espanol" Spanish class Class is 30 minutes. Please contact Sara Robinson at Sara0448@gmail.com or call 502-491-6603 to reserve a spot.

April 19, 12 Noon. ~ Piano during lunch with Jesse Barfield. See bio and info regarding Jesse.

April 19, 12:30 p.m. ~ Birthdays and Bingo.

April 21, 1 p.m. ~ Art Class with Karen Herold. Project to be determined.

April 20 and 27, 1 p.m. Memoir writing will resume. Please sign up for this class by contacting Suzy at 502-238-2743.

April 24, 10:30 -11:45 a.m.~ Join us at Book Club to discuss **Better Lucky Than Good: Tall Tales and Straight Talk from the Backside of the Track, Edited by Joe Manning.** We will meet in the Barbara Brick Reading Room. Books will be available after March 27, 2023.

April 25, 12:45 p.m. ~ Louisville Water Company program. Come and learn about the history of Louisville Water and plans for the new Water Tower and Park.

April 26, 12:45 p.m. ~ Visual Art with Jesse Barfield (see bio and info).

April 28, 12:45 p.m. Let's all celebrate the one year birthday of our beloved Trager Family JCC with an old fashioned birthday party. Pin the tail on the donkey, pinata, pass the present, cupcakes and more.

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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APRIL, 2023

Lunch is served at 12 p.m.
To make a reservation,
call Suzy at 238-2743 or
Email: sgessner@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.

TRAGER FAMILY JCC IS CLOSED April 6 & 12

SENIOR NUTRITION CTR IS CLOSED April 7, 10, 11, 12 and 13

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.org

MON	TUE	WED	THU	FRI
<p>3</p> <p>Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Sr Social Bd Mtg 12:45 p.m.</i></p> <p>Frittata, Potatoes, Apple Crisp and Salad.</p>	<p>4</p> <p>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>Black Bean Burger, Avocado, Lettuce, Tomato, Onion. Baked Sweet Potato and Fruit.</p>	<p>5</p> <p>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>Spanish Class 1:00 p.m.</i></p> <p>Egg Salad Sandwich, Mushroom Soup, Oranges and Cookie.</p>	<p>6</p> <p>Trager Family JCC CLOSED</p>	<p>7</p> <p>Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>SENIOR NUTRITION CENTER CLOSED FOR PASSOVER</p>
<p>10</p> <p>Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m.</p> <p>SENIOR NUTRITION CENTER CLOSED FOR PASSOVER</p>	<p>11</p> <p>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m.</p> <p>SENIOR NUTRITION CENTER CLOSED FOR PASSOVER</p>	<p>12</p> <p>Trager Family JCC CLOSED</p>	<p>13</p> <p>Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>SENIOR NUTRITION CENTER CLOSED FOR PASSOVER</p>	<p>14</p> <p>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>Baked Salmon, Sautéed Vegetables, Brown Rice w/Quinoa, Spinach Salad and Challah.</p>
<p>17</p> <p>Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Spanish Class 1:00 p.m.</i></p> <p>Tuna Salad Sandwich, Lettuce, Tomato, Broccoli Cheese Soup, Chips and Cookie.</p>	<p>18</p> <p>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Yom Hashoah: Holocaust Remembrance Day</i></p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup, and Fresh Fruit.</p>	<p>19</p> <p>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>Piano During Lunch with Jesse Birthdays & Bingo 12:30 p.m.</i></p> <p>Crispy Fish, Steamed Broccoli, Mac and Cheese and Applesauce.</p>	<p>20</p> <p>Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Memoir Writing Class 1 p.m.</i></p> <p>Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.</p>	<p>21</p> <p>Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m. Art Class 1 p.m.</i></p> <p>Stuffed Pepper, Zucchini & Squash Sliced Pears and Challah.</p>
<p>24</p> <p>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. Spanish Class 1:00 p.m.</i></p> <p>Chickpea "Chicken Salad", Vegetable Soup, Orange Slices, and Cookie.</p>	<p>25</p> <p>Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Louisville Water Company 12:45 p.m.</i></p> <p>Mushroom Alfredo, Roasted Broccoli, Grilled Bread and Fresh Fruit.</p>	<p>26</p> <p>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>Visual Art with Jesse 12:45 p.m.</i></p> <p>Cheese Quesadilla, Bean Soup, Avocado Toast and Oranges.</p>	<p>27</p> <p>Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Memoir Writing Class 1 p.m.</i></p> <p>Hummus Pita, Israeli Salad, Potato Soup, Fresh Fruit and Vanilla Pudding.</p>	<p>28</p> <p>Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m. 1 Year Birthday Celebration 12:45 p.m.</i></p> <p>Salmon Croquettes Mashed Potatoes, Peas and Carrots, Salad and Challah.</p>
<p>Come play Mahjong 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>	

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

