



# Happy May Birthdays! 2023



2 M.E. Solomon  
3 Margo O'Bryan  
3 Ella Goodman  
3 Barbara Gordon  
5 Sherman Friedman  
5 Margaret Mazanec  
6 Lisa Moorman  
8 Sharon Goldblatt  
8 Jane Dryer  
8 Sandra White  
9 Ron Meeron  
9 Pam Washburn  
10 Dora Ocheretner

12 Doug Stern  
12 Sue Ann Warms  
12 David Berman  
12 Dara Cohen  
14 Dennis Mckierman  
16 Linda Chambers  
18 Gloria Soltes  
18 Rosemary Dorsey  
19 Pat Gregg  
19 Marvin Fleischman  
20 Brenda Malone  
21 Frankie Gordon

24 Lauren Kehr  
25 Kim Pendley  
25 Jerry Solzman  
26 Zmira Gold  
27 Ginger Munden  
27 Debra Glenn  
28 Thelma Marx  
28 Ann Abbott  
29 Barbara Levy  
29 Jan Mueller  
31 Jim Schatz

## Senior Adult Committee

**Joyce Myers, Chairperson**

Dara Cohen, Active Adult & Senior Director

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.

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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# SENIOR TIMES

## May, 2023

### Upcoming Events

For Reservations, call 238-2743

**May 1,** 12:45 p.m. ~ Senior Social Club Board Meeting after lunch.

**May 2,** 12:45 p.m. ~ Frank Schwartz, a native of Budapest will speak on his return to his homeland after 66 years.

**May 3, 8, 15, 22, and 29,** 1 p.m. ~ Sara Robinson's Spanish Class.. If you are interested contact her at Sara0448@gmail.com or call 491-6603.

**May 5,** 12:45 p.m. ~ Join Karen Herold for Art Class. Sign up in advance by emailing Suzy at sguessner@jewishlouisville.org.

**May 9,** 12:45 a.m. ~ Our nighttime dreams have influenced public policy from biblical Egypt to the Beatles hit song "Let It Be." Journalist Joyce Lynn will explore how our messengers of the night influence society and culture. Bring your questions and perhaps a memorable, recurring, or recent dream. **Masks required.**

**May 10,** 12:10 p.m. ~ Jesse Barfield will play piano during lunch.

**May 11,** 1 p.m. ~ Barbara Staats, Alzheimer's Association Community Educator will speak on the common signs of the disease and what are the next steps to take including how to talk to your doctor. RSVP: jholloway@jfcslouisville.org or call 502-322-1932.

**May 12 & 19** 11 a.m. until 11:45 a.m. ~ Join Marvin Fleischman to learn to play the harmonica. RSVP to Suzy at 238-2743 or sguessner@jewishlouisville.org. There are ten slots available for this class which will be held in the Barbara Brick Reading Room.

**May 17,** 12:45 p.m. ~ Who/what/where? Participants engage in community building while playing various improvisation games. Games will connect participants imagination to their lives by recreating memories and making new ones.

**May 22,** 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing the book Tinkers by Paul Harding.

**May 23,** 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

**May 30,** 12:45 p.m. Jeux Franklin is a local comic originally from Chicago, IL. He's new to the stage but approaches the comedic craft as a seasoned veteran. He is ready make you laugh.

**GOOD WILL DONATION  
MAY, 2023**

**Ilean Rowe ~ Happy Birthday  
Cookie Honigberg!**

**Ilean Rowe ~ Happy Birthday  
Cindy Diederhofer!**

**Ilean Rowe ~ Get Well Soon  
Sheila Long!**

**Ileane Rowe ~ Get Well Soon  
Harris Cohen!**

**Ileane & Lewis Rowe ~ Get  
Well Soon Marlene Gordon!**

**Ilean & Lewis Rowe ~ Happy  
Birthday Julie Segal!**

**Sheri Solzman ~ Condolences  
to Diane Sadle on the loss of  
her husband, Elliott.**

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

**48 HOURS ADVANCE  
NOTICE REQUIRED**

# MAY, 2023

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

MON	TUE	WED	THU	FRI
<b>1</b> 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> Vegetable Frittata, Skillet Potatoes, Apple Crisp and Salad.	<b>2</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Frank Schwartz 12:45 p.m.</i> Black Bean Burger, Avocado, Lettuce, Tomato, Onion. Baked Sweet Potato and Fruit.	<b>3</b> 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> Eggplant Parmesan, Pasta, Green Beans, Dinner Roll and Fruit.	<b>4</b> 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> Vegetable & Chickpea Coconut Curry, Steamed Rice, Spinach, Mandarin Orange and Bread.	<b>5</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> <i>Art Class 1 p.m.</i> Vegetarian Lasagna, Romaine Salad, Breadstick, Pineapple, Cookie and Challah.
<b>8</b> 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> Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.	<b>9</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Joyce Lynn 12:45 p.m.</i> Breaded Cod, Collard Greens, Mac & Cheese and Applesauce.	<b>10</b> 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>Jessie Barfield 12:10 p.m.</i> <i>Birthdays &amp; Bingo 12:40 p.m.</i> Hummus Pita, Vegetable Soup, Peaches and Pudding.	<b>11</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Barbara Staats at 1 p.m.</i> Baked Ziti, Zucchini and Yellow Squash, Romaine Salad, Bread and Fruit.	<b>12</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Harmonica Class 11 a.m.</i> <i>Canasta 1 p.m.</i> Vegetable Pot Pie, Mashed Potatoes, Green Salad, Pears and Challah.
<b>15</b> 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> Tuna Salad Sandwich, Lettuce, Tomato, Broccoli Cheese Soup, Chips and Cookie.	<b>16</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. French Toast Casserole, Spinach Salad, Roasted Potatoes and Berry Yogurt Parfait.	<b>17</b> 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>Improv Class w/Jesse 12:45 a.m.</i> Crispy Fish, Steamed Broccoli, Mac and Cheese and Applesauce.	<b>18</b> 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> Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.	<b>19</b> Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Harmonica Class 11 a.m.</i> <i>Canasta 1 p.m.</i> Impossible Meat Loaf, Mashed Potatoes, Green Beans, Salad, Fruit and Challah.
<b>22</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 1:00 p.m.</i> Chickpea "Chicken Salad", Vegetable Soup, Orange Slices, and Cookie.	<b>23</b> 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> Mushroom Alfredo, Roasted Broccoli, Grilled Bread and Fresh Fruit.	<b>24</b> 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. Cheese Quesadilla, Black Bean Soup, Avocado Toast and Oranges.	<b>25</b> 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> Hummus Pita, Israeli Salad, Potato Soup, Fresh Fruit and Vanilla Pudding.	<b>26</b> <b>TRAGER FAMILY JCC CLOSED FOR SHAVOUT</b>
<b>29</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <b>SENIOR NUTRITION CENTER CLOSED</b>	<b>30</b> Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Jeux Franklin 12:45 p.m.</i> Tuna Casserole, Roasted Potatoes, Green Salad and Fruit.	<b>31</b> 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. Cheese and Vegetable Flat Bread Pizza, Green Salad and Fruit.	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.	



## 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.



**COMING UP  
JUNE 23, 2023**

**We will be taking a bus to Huber's Orchard and Winery for a fun filled day of shopping, lunch and fresh air. Limit of 21 \$31 per person No Refunds Stay tuned for more info. RSVP after June 1**