



Happy June Birthdays! 2023



- 1 Sharon Broaddus
- 1 Kevin Schindler
- 2 Dolores Levy
- 2 Betty Pohn
- 3 Carol Stenbro
- 3 Marilyn Pincus
- 4 Mary Harper
- 4 Maxine Quinn
- 5 Veronica Gossett
- 6 Enid Mason
- 7 Robert Imhof
- 10 Shirley Paul

- 10 Marjorie Shallcross
- 12 Melvin Koby
- 12 Rosie Sprawls
- 13 Deann Jones
- 13 Olga Kazlova
- 13 David Strait
- 14 Beverly Machin
- 15 Norma Lyons
- 15 Cary Matthews
- 15 Teresea Stiles
- 16 Mary Kenealy
- 16 Sandra Meeron

- 17 Beverly Coleman
- 17 Hilda Schweitzer
- 20 Lanita Gammell
- 20 Sharon Nussbaum
- 22 Mary Adams
- 27 Marty Kasdan
- 28 Julie Namkin
- 28 Evelyn Siemens
- 29 Mark Epstein
- 30 Constance Collins
- 30 Phyllis Costello

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.



SENIOR TIMES

June, 2023

Upcoming Events

For Reservations, call Suzy @ 238-2743

June 2, 1 p.m. ~ Join Kathy Jones for a fun painting class. We will be painting rocks! They make wonderful positive messages to give to friends who will enjoy!

June 5, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch.

June 7, 14, 21 and 28, 12:45—2 p.m. The Chautauqua (CHQ) Lectures. Sandra Cherry will facilitate the Chautauqua Experience every Wednesday for four weeks.

- 6/7 Jon Meacham: "An Existential Crises – Autocracy or Democracy?"
- 6/14 Matthew Desmond: "Evicted – Poverty and Profit in the American City".
- 6/21 Hon. Jaime Raskin: "It's Hard to Be Human" (The Story of My Son's Life – Tommy Raskin).
- 6/28 Jonah Goldberg and Nancy Gibbs: "A Conversational Dialogue on Conservatism".

June 6, 12, 19, 30, 12:45 p.m. ~ Sara Robinson's Spanish Class. If you are interested contact her at Sara0448@gmail.com or call 491-6603.

June 9, 12:45 p.m.~ Join us for Birthdays & Bingo. Celebrating our Seniors June Birthdays.

June 13, 1 p.m. ~ Make Music—Sing! Dance! Play! Come join Dr. Rob Amchin and your friends in making music together. A welcoming participatory session of "chair" dancing, singing and playing with your friends. No prior experience necessary. Everyone is welcome!

June 20, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

June 23, 11:15 a.m.-3:00 p.m.~ Huber's Orchard and Winery for shopping, lunch and fresh air. Bus will leave promptly at 11:15 a.m. from the Trager Family JCC. You must pay at time of registration, \$31 per person, no refunds. Call Suzy for reservations.

June 26, 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing the book The Book Woman of Troublesome Creek by Kim Michele Richardson.

June 27, 12:45 p.m. ~ Musician Mark Pyles will play guitar and sing popular favorites from the 60s, 70s, and 80s.

**GOOD WILL DONATIONS
JUNE, 2023**

Pat Oliver ~ Happy Belated Birthday to Dara Cohen.

Pat Oliver ~ Sincere sympathy to Diane Sadle on the loss of her husband Elliott.

Ilean Rowe ~ Happy Birthday Julie Davis, Gloria Soltes, Dara Cohen, Kim Pendley, Jim Schatz and Thelma Marx!

Ilean & Lewis Rowe ~ To the family of Mrs. Stanley Smith. In memory of your Mom.

Ilean Rowe ~ Get Well Soon Sheila Long!

Ilean Rowe ~ Joan Wimsatt, our deepest condolences on the loss of your beloved grandson.

Ilean & Lewis Rowe ~ Happy Birthday Julie Segall

Emily Podgursky ~ To Julie Davis and Sara Robinson. In celebration of their birthdays.

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

Marilyn Mattingly ~ To the Sadle Family, may Elliott's memory be a blessing forever.

Joyce Myers ~ To the Sadle Family, so sorry for your loss. May his memory be a blessing forever.

Dolores Levy ~ To Joan Wimsatt and family. Our deepest condolences on the loss of your grandson.

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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JUNE, 2023

Lunch is served at 12 p.m.
To make a reservation,
call Suzy at 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>Come play Mah Jong on Wednesdays at 1 p.m.</p>	<p>1 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>Baked Spaghetti, Zucchini and Squash, Fruit and Dinner Roll.</p>	<p>2 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></p> <p>Baked Salmon, Rice Quinoa Pilaf, Sauteed Vegetables, Spinach Salad, Banana Pudding and Challah.</p>
<p>5 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Senior Social Board Mtg 12:45 p.m.</i></p> <p>Tuna Salad Sandwich, Broccoli Cheese Soup, Chips and Fruit Cup.</p>	<p>6 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Spanish Class 1 p.m.</i></p> <p>Bean and Cheese Burrito, Guacamole, Salsa, Rice, Mixed Vegetables and Fresh Fruit.</p>	<p>7 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>CHQ w/Sandra Cherry 12:45 p.m.</i></p> <p>Vegetable Coconut Curry, Brown Rice, Steamed Spinach, Mandarin Gel and Roll.</p>	<p>8 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>French Toast Casserole, Roasted Potatoes, Steamed Vegetables and Yogurt Parfait.</p>	<p>9 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>Birthdays & Bingo 12:45 p.m.</i></p> <p>Crispy Fish, Mac and Cheese, Greens, Applesauce and Challah.</p>
<p>12 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>Egg Salad Sandwich, with Lettuce & Tomato, Cream of Mushroom Soup, Orange Wedges and Cookie.</p>	<p>13 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Dr. Rob Amchin 12:45 p.m.</i></p> <p>Grilled Cheese, Tomato Soup, Green Salad and Pudding.</p>	<p>14 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>CHQ w/Sandra Cherry 12:45 p.m.</i></p> <p>Mushroom Alfredo, Roasted Broccoli, Breadstick and Oranges.</p>	<p>15 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>Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p>16 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>Stuffed Peppers, Sauteed Vegetables, Mashed Potatoes, Fresh Fruit and Challah.</p>
<p>19 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>Chickpea "Chicken Salad", Vegetable Soup, Israeli Salad and Fresh Fruit..</p>	<p>20 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>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fresh Fruit and Cookie.</p>	<p>21 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. <i>CHQ w/Sandra Cherry 12:45 p.m.</i></p> <p>Salmon Croquettes, Mashed Potatoes, Peas & Carrots, Tossed Salad and Dinner Roll.</p>	<p>22 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> <i>Sr. Nutrition Advisory Council</i></p> <p>Mushroom Marsala, Linguini, Asparagus and Fresh Fruit.</p>	<p>23 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Huber's Trip 11:15 a.m.</i></p> <p>Cheese Manicotti, Italian Green Beans, Fresh Fruit, Banana Pudding and Challah.</p>
<p>26 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></p> <p>Hummus Pita Pocket, Israeli Salad, Fruit and Pudding.</p>	<p>27 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Mark Pyles 12:45 p.m.</i></p> <p>Tuna Casserole, Roasted Potatoes, Green Salad and Fruit.</p>	<p>28 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. <i>CHQ w/Sandra Cherry 12:45 p.m.</i></p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Onion, Sweet Potato and Fresh Fruit.</p>	<p>29 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>Vegetarian Chili, Elbow Pasta, Spinach Salad, Orange Wedges, and Cookie.</p>	<p>30 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>Spanish Class 1 p.m.</i></p> <p>Shepards Pie, Green Beans, Applesauce, Pudding and Challah.</p>



THINGS TO REMEMBER!

- ◆ If you need transportation to the Center, please contact Dara at 238-2749 48 HOURS ADVANCE NOTICE REQUIRED.
- ◆ Call the Wellness Desk at 502-238-2727 as early as 48 hours in advance to book exercise classes.



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 RSVP after June 1 Bus leaves promptly at 11:15 a.m. from the Trager Family JCC. We will return approximately 3 p.m.