



Happy July Birthdays! 2023



1 Mark Swillinger
3 Liz Essen
4 Cathy Quayle
7 Beverly Miller
9 Sarah Gallagher
9 Bobbie Rouben
10 Deborah Abney
10 Frances Beeler
11 Donna O'Bryan Medley

12 Tom Rutenueller
13 Sherrie Loeffler
13 Peggy Dillon
14 Kathy Jones
14 Keith Winfree
14 Sara Rogers
15 Judith Crane
16 Peter Pritchard
16 Minnah Brown
18 Joanie Wimsatt

19 Carol Raskin
20 Linda Turpen
25 Janice Johnson
26 Debbie Chandler
27 Boyce George
29 Shirley Hardin
30 Ellen Buche
31 Jim Blain

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

July, 2023

Upcoming Events

For Reservations, call 238-2743

July 3, 12:45 p.m. ~ 4th of July celebration and Sing-a-Long with Sara Robinson.

July 5, 12, 17, 24, 31, 1 p.m. ~ Sara Robinson's Spanish Class. If you are interested, contact her at Sara0448@gmail.com or call 491-6603.

July 7 & 14, 12:45 p.m. ~ Join Karen Herold for Art Class. We will be painting a seascape. Karen will have 10 individuals in each class and the same painting will be done on the 7th and 14th. You may only sign up for one of the two classes and it must be done in advance by emailing Suzy at sgessner@jewishlouisville.org.

July 10, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch in the Community room.

July 14, 12:30 p.m. ~ Please plan to attend and wish Frank Lichtefeld a Happy 25th Anniversary with the JCC. Let's celebrate this milestone with him.

July 18, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

July 19, 9:20 a.m. 5:30 p.m. ~ Come join us for a very special outing in Columbus, IN. We will be having lunch at Zaharakos, an old-fashioned ice cream parlor and museum, followed by a Modern Architecture tour by bus. The visitor's guide lists over 90 buildings and pieces of public art by internationally noted architects and artists.

There will be lots of walking, standing, and climbing on and off the bus. We will stop and visit many prominent sites. The last stop will be at the Visitor's Center gift shop.

The cost is \$80 for Senior Social Club Members. We will leave at 9:20 a.m. and return to the JCC around 5:30 p.m. See Suzy Gessner to pay and reserve your spot. No refunds. RSVP by July 13.

July 24, ~ 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing the book **Away**, by **Amy Bloom**. Copies will be available at the June 26 Book Club Meeting.

July 25, 12:45 p.m. ~ Dara Cohen will be sharing what she learned from her trip to Israel with the Martin Pear Fellowship and the JCC Association.

**GOOD WILL DONATION
JULY, 2023**

Ilean Rowe ~ To Dr. Dan Weinberg for a remarkable recovery.

Ilean Rowe ~ Harriet Behr — Get Well!

Ilean Rowe ~ Zmira Gold and Veronica Gossett, Happy Birthday!

Ilean Rowe ~ Beth Haines ~ Mazel Tov on Whitney's engagement .

Ilean Rowe ~ Adam Goldstein Mazel Tov on your granddaughter's Bat Mitzvah.

Ilean Rowe ~ To Lola Podgursky, Get Well Soon.

Ilean Rowe ~ Margaret Mazanac Happy Belated Birthday.

Ilean Rowe ~ Susan & Steve Kommer, In Honor of your grandchild.

Lunch is served promptly at 12 Noon. Please arrive by 11:50 a.m.

JULY 4, 2023

SENIOR NUTRITION CTR

CLOSED

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

NONPROFIT ORG.
U.S. POSTAGE
PAID
LOUISVILLE, KY
PERMIT NO. 510

JULY, 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>3 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Sing-A-Long w/Sara Robinson 12:45 p.m.</i></p> <p>Cook Out Day! Impossible Burger, Grilled Vegetables, Baked Beans, Chips, Coleslaw and Strawberry Shortcake.</p>	<p>4 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</p>	<p>5 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>Fish Tacos, Tomato Rice, Salsa, Crema and Fruit.</p>	<p>6 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>7 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>Manicotti, Italian Green Beans, Fruit Salad and Challah.</p>
<p>10 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Senior Social Club Bd Mtg 12:45</i></p> <p>Vegetable Frittata, Roasted Potatoes, Apple Crisp, and Salad.</p>	<p>11 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Birthdays & Bingo 12:45 p.m.</i></p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato, Fruit and Icecream Sandwich.</p>	<p>12 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>Baked Spaghetti, Zucchini & Yellow Squash, Pudding and Dinner Roll.</p>	<p>13 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>Nutrition Advisory Counsel 12:45 p.m.</i></p> <p>Tuna Casserole, Egg Noodles, Roasted Potatoes and Fruit.</p>	<p>14 Club 60 9:30 a.m. Active Adult Fit 9:30 a.m. Tai Chi 10:30 a.m. <i>Frank's 25 Yr. Anniversary</i> <i>Art Class 1 p.m.</i></p> <p>Salmon, Quinoa Rice, Grilled Vegetables, Fruit, Cake and Challah.</p>
<p>17 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, Fruit and a Cookie.</p>	<p>18 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>Bean and Cheese Burrito, Salsa, Mixed Vegetables and Fruit.</p>	<p>19 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>Outing in Columbus, IN 9:20 a.m.</i></p> <p>Hummus Wrap, Grilled Vegetables, Israeli Salad and Fresh Fruit.</p>	<p>20 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 Penne Alfredo, Salad, Fruit and Roll.</p>	<p>21 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, Roasted Potatoes, Peas and Carrots, Banana Pudding and Challah.</p>
<p>24 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></p> <p>Chickpea "Chicken Salad", Vegetable Soup, Israeli Salad and Fresh Fruit.</p>	<p>25 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Dara's Israel Talk 12:45 p.m.</i></p> <p>Cheese Quesadilla, Bean Soup, Avocado Toast, Fresh Fruit and a Cookie.</p>	<p>26 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>Vegetable Stir-fry, Brown Rice, Egg Drop Soup and Mandarin Gel Cup.</p>	<p>27 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 Tilapia, Steamed Vegetables, Rice and Fresh Fruit.</p>	<p>28 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>Impossible Meatloaf, Mashed Potatoes, Green Beans and Challah.</p>
<p>31 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 and Tomato, Mushroom Soup and Fruit Cup.</p>	<p>♦ Did you make your reservation for exercise yet?</p> <p>♦ Call the Wellness Desk at 502-238-2727 as early as 48 hours in advance.</p>		<p>IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA COHEN AT</p> <p>502-238-2749</p> <p>48 HOURS IN ADVANCE</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>



Please RSVP in advance by calling or emailing Suzy.

Painting Seascape

July 7 Art Class w/Karen

July 14 Art Class w/Karen

Remember only 10 people per class and you may only take 1 of the two classes.

July 19 Outing in Columbus, Indiana. RSVP by July 13, 2023.



I want to send a huge heartfelt thank you to each of you who made my 96th birthday so special. I am filled with gratitude for the Senior Center. It meant the world to me to be able to spend time with so many old and new friends.