



# Happy August Birthdays! 2023



- |    |                    |    |                  |    |                     |
|----|--------------------|----|------------------|----|---------------------|
| 1  | Beverly Griffin    | 16 | Donald Plattoff  | 23 | Suzanne Morison     |
| 6  | Peggy Miller       | 16 | Nancy Seitz      | 23 | Judith Lott         |
| 7  | Joyce Myers        | 16 | Mary Kenealy     | 23 | Barbara Lee         |
| 9  | June Willman       | 17 | Maureen Friedman | 27 | Katie Smith         |
| 10 | Kitty Furlong      | 17 | Eddie Turpen     | 27 | Raema Green         |
| 11 | Matthew Cherrie    | 18 | Jackie Thomas    | 28 | Sandra Jackson      |
| 11 | Chuck Webb         | 18 | Jan Paran        | 28 | Mary Helen Thompson |
| 11 | Cynthia Winfree    | 22 | Gale Karem       | 29 | Ann Lennon          |
| 14 | Caroline Rosenthal | 22 | Marvin Yussman   | 31 | Kassandra Drye      |

**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

## August, 2023



September 6, 2023



Experience the sensational musical about the bespectacled, 1950's rock n' roll icon! This non-stop entertaining rock show recounts Buddy Holly's meteoric rise to fame and the impact he left on the industry after his untimely death.

See inside to find out how to reserve your Derby Dinner Tickets by August 31.

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

**GOOD WILL DONATION**  
**AUGUST, 2023**

Ilean Rowe ~ Gale Karem  
 Wishing you a speedy recovery.

### Upcoming Events

For Reservations, call 238-2743

**August 1**, 12:45 p.m. ~ Birthdays & Bingo—Join us as we celebrate August birthdays.

**August 4 and 11**, 12:45 p.m. ~ Join Karen Herold for Art Class. You may only sign up for one of the two classes and it must be done in advance by emailing Suzy at sguessner@jewishlouisville.org.

**August 7**, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch in the Community room.

**August 8**, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

**August 9, 14, 21, 30**, 1 p.m. ~ Sara Robinson's Spanish Class. If you are interested, contact her at Sara0448@gmail.com or call 491-6603.

**August 16**, 12:45 p.m. ~ Jennifer Henderson will join us to discuss **Senior Home Transitions**. This discussion will include information about navigating the Senior Living options in our community. She will discuss the costs associated with Senior Living.

**August 22**, 12:45—1:30 p.m. ~ Osteoporosis Class with Kayla Lim will be held on the 2nd floor in the Group X Studio. Osteoporosis is a condition that causes bones to become weak and brittle, which can lead to fractures. Physical therapy can help prevent and treat osteoporosis. This workshop will include exercises and demonstrations to improve bone density, balance, and flexibility. There is no cost for the class but a reservation is required. Please rsvp to [sguessner@jewishlouisville.org](mailto:sguessner@jewishlouisville.org) by Friday Aug 18, 2023.

**August 28**, 10:30 a.m. ~ Join us in the **Community Room** (please note change in venue) for Book Club. We will be discussing the book **The Buddha in the Attic** by Julie Orsuka.

**August 28**, 12:45 p.m. ~ Join us to hear one of our very own, Julie Segal perform with the Silver Notes, a choral group made up of Seniors. We will meet in the Shapira Foundation Auditorium.

Trager Family Jewish Community Center  
 3600 Dutchmans Lane  
 Louisville, KY 40205  
 502-459-0660  
[www.jewishlouisville.org](http://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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# AUGUST, 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
<p><b>Come play Mah Jong on Wednesdays at 1 p.m.</b></p>	<p><b>1</b> Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Birthdays &amp; Bingo 12:45 p.m.</i></p> <p>Baked Spaghetti, Zucchini &amp; Squash, Dinner Roll and Fruit.</p>	<p><b>2</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>Bean and Cheese Burrito, Guacamole, Salsa, Rice and Mixed Vegetables.</p>	<p><b>3</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>No Memoir Class</i></p> <p>Tuna Salad Sandwich, Broccoli Cheese Soup, Chips and Fruit Cup.</p>	<p><b>4</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 12:45 p.m.</i></p> <p>Baked Salmon, Quinoa Rice, Sauteed Vegetables, Spinach Salad, Banana Pudding and Challah.</p>
	<p><b>7</b> 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 p.m.</i></p> <p>Vegetable Coconut Curry, Brown Rice, Steamed Spinach, Mandarin Gel Cup, and Roll.</p>	<p><b>8</b> 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>French Toast Casserole, Roasted Potatoes, Steamed Vegetable and Yogurt Parfait..</p>	<p><b>9</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 1:00 p.m.</i></p> <p>Crispy Fish, Mac and Cheese, Greens, and Apple Sauce.</p>	<p><b>10</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>No Memoir Class</i></p> <p>Egg Salad, Lettuce, Tomato, Cream of Mushroom Soup, Orange Wedges and a Cookie.</p>
<p><b>14</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></p> <p>Mushroom Alfredo, Roasted Broccoli, Bread Stick and Oranges.</p>	<p><b>15</b> Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Nutrition Advisory Counsel 12:45 p.m. p.m.p.m.p.m.</i></p> <p>Vegetable Stir Fry, Brown Rice, Egg Drop Soup, Mandarin Gel Cup.</p>	<p><b>16</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>Jennifer Henderson 12:45 p.m. Senior Home Transitions</i></p> <p>Stuffed Peppers, Sauteed Vegetables, Mashed Potatoes and Fresh Fruit.</p>	<p><b>17</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>No Memoir Class</i></p> <p>Chickpea "Chicken Salad", Vegetable Soup, Israeli Salad and Fresh Fruit.</p>	<p><b>18</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 and Carrots, Tossed Salad and Challah.</p>
<p><b>21</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></p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fresh Fruit and a Cookie.</p>	<p><b>22</b> Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Osteoporosis Class 12:45 p.m.</i></p> <p>Vegetable Frittata, Potatoes, Apple Crisp and Green Salad.</p>	<p><b>23</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>Manicotti, Italian Green Beans, Fresh Fruit and Banana Pudding..</p>	<p><b>24</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></p> <p>Hummus Pita Pocket, Israeli Salad, Fruit and Pudding.</p>	<p><b>25</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>Tuna Casserole, Roasted Potatoes, Green Salad, Fruit and Challah.</p>
<p><b>28</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>Silver Notes 12:45 p.m.</i></p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato and Fresh Fruit.</p>	<p><b>29</b> Zumba Gold 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m.</p> <p>Vegetarian Chili, Elbow Pasta, Spinach Salad, Orange Wedges and a Cookie.</p>	<p><b>30</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 1:00 p.m.</i></p> <p>Impossible Meatloaf, Mashed Potatoes, Green Beans, Applesauce and Salad.</p>	<p><b>31</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></p> <p>Grilled Cheese, Tomato Soup, Green Salad and Pudding.</p>	<p><b>Join us for lunch Monday through Friday at 12 p.m. Lunch is \$5 for those under 60 years old and \$3 for Seniors. RSVP 24 hours in advance. We ask that you arrive at least 10 minutes before lunch begins at Noon.</b></p>



**Please RSVP in advance by calling or emailing Suzy.**

**August 4 Art Class**

**August 11 Art Class**



**Derby Dinner**  
PLAYHOUSE

**Wednesday, Sept. 6, 2023**

**\$45.00 per person**

**Call Suzy Gessner at 502-238-2743.**

**Must be paid at time you make reservation. 21 spots are available**

**RSVP by August 31. No Refunds!**

**Transportation included in the price.**

**Meet at the Trager Family JCC by 11:05 a.m.**

**Bus will leave from Trager Family JCC at 11:20 p.m. and return approximately 3:30 p.m.**