

Happy September Birthdays!

Diane Sadle

Sidney Katz

Peggy Bradley

Marilyn Juckett

Suzanne Dunne

Carol Goossens

Henrietta Schumer

12

13

14

14

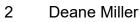
14

15

24



- 21 Karen Herold
- 24 Gary Goldblatt
- Jimmy Crawford 22
- Hank Williams 22 27 Karen Orwick
- 28 Barbara Paige
- 29
- **Deborah Harris**



- 2 Conrad McGovern
- 2 Tina McNurlen
- 3 Christine Nusky
- 3 Stuart Ross
- Bob Meadwav 4
- 8 Rose Cantrell
- 12 **Bonnie Lichtefeld**

Senior Adult Committee

Joyce Myers, Chairperson

Dara Cohen, Active Adult & Senior Director

Julie Davis Barbara Gordon Gale Karem Tony Kerr Gail Moody

llean Rowe Kim Pendley Emily Podgursky Jim & Mitzie Schatz

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.

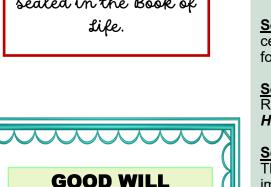


Happy

<u>September 5, 13, 18, 29</u>, 1 p.m. ~ Sara Robinson's Spanish Class. If you are interested, contact her at Sara0448@gmail.com or call 491-6603.

Wishing you and your family a happy, healthy and prosperous 5784. May you be written and sealed in the Book of

DONATION



September 22, 12:45 p.m. ~ Jewelry Making with Randi Myers. Bring your own beads and imagination. We will provide the tools & findings to make your jewelry come to life. Limit 10 people. RSVP by 9/18 to Suzy at sgessner@jewishlouisville.org.

September 26, 12:45 p.m. ~ Singer-songwriter, Tyrone Cotton, with his unique voice and vivid songs, brings a soulful sound that's refreshingly honest and real.

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in the State of Kentucky. Title III also provides for counseling, outreach and health Community Center. The Jewish Community Center Nutrition Site is the only kosher one vices, KIPDA, Metro United Way, The Jewish Community Federation and the Jewish senior adults. Funds for this project are administered by Louisville Metro Human Ser-Senior Adult Department to operate a dining facility and provide delivered meals for TITLE III: Title III of the Older Americans Act provides Federal funding that enables the

www.jewishlouisville.org 205-429-0660 Louisville, KY 40205 Trager Family 3600 Dutchmans Lane

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Center

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SENIOR TIMES September, 2023

September 6, 11:20 a.m. ~ Derby Dinner Playhouse, Buddy Holly. Please arrive at the Trager Family JCC before 11:20 a.m. when the bus departs. We will return approximately 3:30 p.m.

September 7, 14, 21, 28, 1 p.m. ~ Memoir Writing Class in the Barbara Brick Reading Room. Instructor, Jeffrey Levy.

September 11, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch in the Community room.

September 12, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with September birthdays. Save room for dessert!!!

<u>September 18</u>, 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing *The Elegance of the* Hedgehog by Muriel Barbery.

September 19, 12:45—1:30 p.m ~ Fall Prevention with Kayla Lim. 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 sgessner@jewishlouisville.org by Monday, August 28, 2023.

September 20 & 27, 12:50 to 1:30 p.m. ~ Sandra Cherry presents a two-part series entitled "A Smithsonian Tour of Washington DC".

Upcoming Events For Reservations, call 238-2743

September 1 & 8, 1 p.m. ~ Join Karen Herold for Clay Tile Making Class. 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.

> Sept. 20 How Washington Came to Be The White House & the Presidency Sept. 27

SEPTEMBER, 2023

MON	TUE	WED	THU		FRI
Join us for lunch Monday through Friday at 12 p.m. For adults 60 years and over, it is a suggested \$3 donation. Lunch begins promptly at noon. We ask that you try to arrive approximately 10 minutes early before lunch starts. Make a reservation for lunch 24 hours in advance.		IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA COHEN AT 502-238-2749 NOTICE REQUIRED 48 HOURS IN ADVANCE		1	Club 60 9: Gentle Yoga Tai Chi 10: <i>Canasta</i> <i>Art Class</i> Baked Ziti, Zucchini a Romaine Salad, Fruit a
4 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. SENIOR NUTRITION	5 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &11:30 a.m.	6 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. Derby Dinner Departs 11:20 a.m.	7 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>	8	Club 60 9: Gentle Yoga Tai Chi 10: Canasta Art Class
CENTER CLOSED FOR Labor Day	Hummus Wrap, Grilled Vegetables, Potato Leek Soup and Fresh Fruit.	Eggplant Parmesan, Green Beans, Salad, Roll and Fruit.	Chickpea Chicken Salad, Vegetable Soup, Fruit and Cookie.	5	Baked Salmon, Qui Stir Fry Vegetables, Fr Challah.
11 Club 60 9:30 a.m. Tai Chi 10::30 a.m. Chair Yoga 10:30 a.m. Senior Social Club Bd Mtg 12:45	12 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Birthdays & Bingo 12:30 p.m.</i>	13 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. Spanish Class 1 p.m.	14 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>	15	Club 60 9:3 Gentle Yoga Tai Chi 10:3 <i>Canasta</i> 1
Flat Bread Pizza, Green Salad with Chickpeas and Pudding.	Bean and Cheese Burrito, Guacamole, Salsa, Mixed Vegetables and Fresh Fruit.	Vegetable Chickpea Coconut Curry, Rice, Steamed Spinach, Mandarin Gel and Bread.	Tuna Salad on Rye Bread, Vegetable Soup and Fruit Cup.		Vegetable Pot Green Salad, Pears a
18 Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Book Club 10:30 a.m. Spanish Class 1 p.m.	19 Zumba Gold 9:30 a.m Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Fall Prevention & How to Get Up 12:45 p.m.	20 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. Sandra Cherry 12:45 p.m.	21 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. Senior Nutrition Council 12:45 p.m. Memoir Writing Class 1 p.m.	22	Club 60 9:3 Gentle Yoga 9 Tai Chi 10:3 Canasta 1 Jewelry Making
Egg Salad, Lettuce and Tomato, Cream of Mushroom Soup, Orange Wedges and Cookie	Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.	Fish Tacos, Soft Tortilla, Pico De Gallo, Tomato Rice with Cheese and Fresh Fruit.	Mushroom Alfredo, Steamed Spinach, Green Salad, Grilled Bread and Cookie.		npossible Meatloaf, Ma reen Beans, Applesauc
25 TRAGER FAMILY JCC CLOSED FOR	26 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Tyrone Cotton 12:45 p.m.</i>	27 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. Sandra Cherry 12:45 p.m.	28 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>	29	Tai Chi 10:3 Canasta 1 Spanish Clas
YOM KIPPUR	Black Bean Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato and Fresh Fruit.	Vegetable Frittata, Roasted Potatoes and Apple Crisp.	Manicotti, Green Beans, Roll and Banana Pudding.	S	almon Croquettes, Mas Peas and Carrots, F and Challal

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

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9:30 a.m. a 9:30 a.m. 0:30 a.m. a 1 p.m. s 1 p.m.

uinoa Rice, Fruit Salad and

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ot Pie, and Challah.

):30 a.m. a 9:30 a.m.):30 a.m. a 1 p.m. ng 12:45 p.m.

Mashed Potatoes, uce and Challah.

):30 a.m. a 9:30 a.m.):30 a.m. 1 p.m. ass 1 p.m.

lashed Potatoes, Fresh Fruit



Please RSVP to all art classes in advance by emailing Suzy at sgessner@jewishlouisville.org

1 p.m.

Sept 1 Sept 8 **Art Class w/Karen Art Class w/Karen**

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

> **NEW CLASS!** 12:45 p.m.

Sept. 22

Jewelry Class with Randi Myers.

10 Spots Available

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

> **TO MAKE RESERVATIONS FOR EXERCISE CLASSES,** CALL 238-2727 **48 HOURS IN ADVANCE.**