



## Happy September Birthdays!



2 Deane Miller  
 2 Conrad McGovern  
 2 Tina McNurlen  
 3 Christine Nusky  
 3 Stuart Ross  
 4 Bob Meadway  
 8 Rose Cantrell  
 12 Bonnie Lichtefeld

12 Diane Sadle  
 13 Suzanne Dunne  
 14 Sidney Katz  
 14 Carol Goossens  
 14 Henrietta Schumer  
 15 Peggy Bradley  
 24 Marilyn Juckett

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

### 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

## September, 2023

### 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](mailto:sgessner@jewishlouisville.org).

**September 5, 13, 18, 29**, 1 p.m. ~ Sara Robinson's Spanish Class. If you are interested, contact her at [Sara0448@gmail.com](mailto:Sara0448@gmail.com) or call 491-6603.

**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!!!

**September 18**, 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](mailto: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".

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

**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](mailto: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.



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

### GOOD WILL DONATION SEPTEMBER, 2023

**Ilean Rowe ~ To Jill & Eddie Ginsburg in honor of your 51st Anniversary.**

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](http://www.jewishlouisville.org)

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# SEPTEMBER, 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>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.</p>		<p>IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA COHEN AT 502-238-2749 NOTICE REQUIRED 48 HOURS IN ADVANCE</p>		<p><b>1</b> Club 60 9:30 a.m. Gentle Yoga 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 Ziti, Zucchini and Squash, Romaine Salad, Fruit and Challah.</p>
<p><b>4</b> Club 60 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m.</p> <p><b>SENIOR NUTRITION CENTER CLOSED FOR Labor Day</b></p>	<p><b>5</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m.</p> <p>Hummus Wrap, Grilled Vegetables, Potato Leek Soup and Fresh Fruit.</p>	<p><b>6</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>Derby Dinner Departs 11:20 a.m.</i></p> <p>Eggplant Parmesan, Green Beans, Salad, Roll and Fruit.</p>	<p><b>7</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>Chickpea Chicken Salad, Vegetable Soup, Fruit and Cookie.</p>	<p><b>8</b> Club 60 9:30 a.m. Gentle Yoga 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, Quinoa Rice, Stir Fry Vegetables, Fruit Salad and Challah.</p>
<p><b>11</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</i></p> <p>Flat Bread Pizza, Green Salad with Chickpeas and Pudding.</p>	<p><b>12</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Birthdays &amp; Bingo 12:30 p.m.</i></p> <p>Bean and Cheese Burrito, Guacamole, Salsa, Mixed Vegetables and Fresh Fruit.</p>	<p><b>13</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 p.m.</i></p> <p>Vegetable Chickpea Coconut Curry, Rice, Steamed Spinach, Mandarin Gel and Bread.</p>	<p><b>14</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>Tuna Salad on Rye Bread, Vegetable Soup and Fruit Cup.</p>	<p><b>15</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m.</i></p> <p>Vegetable Pot Pie, Green Salad, Pears and Challah.</p>
<p><b>18</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 p.m.</i></p> <p>Egg Salad, Lettuce and Tomato, Cream of Mushroom Soup, Orange Wedges and Cookie</p>	<p><b>19</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Fall Prevention &amp; How to Get Up 12:45 p.m.</i></p> <p>Grilled Cheese, Tomato Soup, Green Salad and Chocolate Pudding.</p>	<p><b>20</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>Sandra Cherry 12:45 p.m.</i></p> <p>Fish Tacos, Soft Tortilla, Pico De Gallo, Tomato Rice with Cheese and Fresh Fruit.</p>	<p><b>21</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Senior Nutrition Council 12:45 p.m.</i> <i>Memoir Writing Class 1 p.m.</i></p> <p>Mushroom Alfredo, Steamed Spinach, Green Salad, Grilled Bread and Cookie.</p>	<p><b>22</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <i>Canasta 1 p.m.</i> <i>Jewelry Making 12:45 p.m.</i></p> <p>Impossible Meatloaf, Mashed Potatoes, Green Beans, Applesauce and Challah.</p>
<p><b>25</b></p> <p><b>TRAGER FAMILY JCC CLOSED FOR YOM KIPPUR</b></p>	<p><b>26</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Tyrone Cotton 12:45 p.m.</i></p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Onion, Baked Sweet Potato and Fresh Fruit.</p>	<p><b>27</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>Sandra Cherry 12:45 p.m.</i></p> <p>Vegetable Frittata, Roasted Potatoes and Apple Crisp.</p>	<p><b>28</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>Manicotti, Green Beans, Roll and Banana Pudding.</p>	<p><b>29</b> Club 60 9:30 a.m. Gentle Yoga 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>Salmon Croquettes, Mashed Potatoes, Peas and Carrots, Fresh Fruit and Challah.</p>



**Please RSVP to all art classes in advance by emailing Suzy at [sgessner@jewishlouisville.org](mailto:sgessner@jewishlouisville.org)**

**1 p.m.**

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