



**Annual Thanksgiving Luncheon**  
will be held on  
**November 15th, 2023**  
**Keneseth Israel Synagogue**  
**2531 Taylorsville Rd**  
**Noon—2 p.m.**  
**Bring a new or unexpired canned good or**  
**toiletry to donate to the**  
**Sonny & Janet Meyer**  
**Food Pantry at JFCS**

www.CreativeCertificates.com

**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.

Trager Family Jewish Community Center  
3600 Dutchmans Lane  
Louisville, KY 40205  
502-459-0660  
www.jewishlouisville.org



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# SENIOR TIMES

## November, 2023

### Upcoming Events

**November 1**, 10:30 p.m. ~ Sara Marlowe with the Louisville Free Public Library will be here from the Book Mobile. She will be set up in the Community Room. Details are included in the flyer enclosed in the newsletter.

**November 3 and 10**, 12:45 p.m. ~ Art Class with Karen Herold. The class will be decorating luminaries for use in home or garden. 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).

**November 6**, 12:45 p.m. Senior Social Club Board Meeting after lunch in the Community Room.

**November 7**, 11:00 a.m. ~ Shops of the Bluegrass Outlet Mall. Lunch on your own in the food court. Transportation provided for \$15 round trip. Call Suzy to RSVP for this outing at 502-238-2743.

**November 8 and 29**, 12:10 p.m. ~ Enjoy the musical stylings of Jesse Barfield during lunch on the 8th. Then on the 25th, Jesse will teach us to make music with ukeleles. RSVP to Suzy at 502-238-2743.

**November 1, 8, 22 and 29**, 1 p.m. ~ Learn to play Mah Jongg the ancient tile game with instruction from Helene Williams. Helene can teach up to eight people. RSVP to Suzy Gessner at 502-238-2743.

**November 15**, 12:00 p.m.—2 p.m. ~ Join us for the **Annual Thanksgiving Luncheon**. This year's meal will be held at **Keneseth Israel Synagogue**, 2531 Taylorsville Road, Louisville, KY 40205. Seniors are invited to bring a guest but they must be registered with the Senior Program before November 10th. Limited transportation to the synagogue will be available and must be arranged by contacting Dara Cohen. RSVP for lunch to Suzy by November 10 at 502-238-2743.

**November 17**, 12:45 P.M. ~ Corinne Peers, artist and jewelry-maker will teach a jewelry class. Bring your own beads and we will provide tools & findings. Limit 10 people per class. RSVP to Suzy at 502-238-2743

**November 20**, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with November birthdays. Save room for dessert!!!

**November 21**, 12:45 p.m. Join Boyce George who will help us understand the key components of sign language.

**November 27**, 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing *The Buddha in the Attic* by Julie Otsuka. Books will be available at the October 23 Book Club meeting.

**November 28**, 12:45 p.m. ~ Dara will present **Part II** of her presentation on her trip to Israel with the Martin Pear Fellowship and the JCC Association.

**GOODWILL DONATIONS**  
**NOVEMBER, 2023**

**Ilean & Lewis Rowe ~ To the family of Laura Melon. In loving memory of Laura**

**Ilean & Lewis Rowe ~ To the family of Elaine Bornstein. In loving memory of Elaine.**

**Ilean & Lewis Rowe ~ Happy Birthday to Joanie Wimsatt.**

**Ilean & Lewis Rowe ~ To the Family of Barbara Pass. In loving memory of Barbara.**

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.

# NOVEMBER, 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>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 related activities to our program participants. All participants who receive health related counseling or outreach services will be given an opportunity to make a voluntary donation. The Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin.</p>		<p><b>1</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. <b>Mah Jongg Classes 1 p.m.</b> <b>Bookmobile 10:30 a.m.</b></p> <p>Fish Tacos, Rice, Beans, Cabbage Slaw and Fresh Fruit.</p>	<p><b>2</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p>Impossible Burger, Avocado, Lettuce, Tomato, Baked Beans, Potato Wedges and Fresh Fruit.</p>	<p><b>3</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b> <b>Art Class 1 p.m.</b></p> <p>Salmon Alfredo, Penne Pasta, Broccoli and Peppers, Salad, Fruit and Challah.</p>
<p><b>6</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <b>Sr Social Club Board Mtg. 1 p.m.</b></p> <p>Hummus Pita, Vegetable Soup, Chips and Fruit.</p>	<p><b>7</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Bluegrass Outlet Mall 11:00 a.m.</b></p> <p>Eggplant Parmesan, Green Beans, Salad and Roll.</p>	<p><b>8</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. <b>Jesse Barfield 12:10 p.m.</b> <b>Mah Jongg Classes 1 p.m.</b></p> <p>Egg Salad, Cream of Mushroom Soup, Fruit Cocktail and a Cookie.</p>	<p><b>9</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b></p> <p>Grilled Cheese, Tomato Soup, Fruit Salad and Pudding.</p>	<p><b>10</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <b>Canasta 1 p.m.</b> <b>Art Class 1 p.m.</b></p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, Applesauce and Challah.</p>
<p><b>13</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m.</p> <p>Baked Spaghetti, Zucchini &amp; Yellow Squash, Fruit and Dinner Roll.</p>	<p><b>14</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>Tuna Salad, Vegetable Soup, Chips and Fruit.</p>	<p><b>15</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. <b>Annual Thanksgiving Luncheon 12 p.m.—2 p.m.</b></p> <p><b>Traditional Turkey Dinner Held at Keneseth Israel Synagogue 2531 Taylorsville Road</b></p>	<p><b>16</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Senior Nutrition Council 12:45 p.m.</b> <b>Memoir Writing Class 1 p.m.</b></p> <p>Chickpea Chicken Salad, Potato Leek Soup, Chips and Fruit.</p>	<p><b>17</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <b>Jewelry w/Corinne 12:45 p.m.</b> <b>Canasta 1 p.m.</b></p> <p>Salmon, Quinoa Rice Pilaf, Vegetable Medley, Fruit Salad and Challah.</p>
<p><b>20</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <b>Birthdays and Bingo 12:30 p.m.</b></p> <p>Vegetable Flat Bread Pizza, Fruit Salad and Pudding.</p>	<p><b>21</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 <b>Sign Language w/ Boyce George 12:45 p.m.</b></p> <p>Bean and Cheese Burrito, Rice, Grilled Vegetables and Oranges.</p>	<p><b>22</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. <b>Mah Jongg Classes 1 p.m.</b></p> <p>Vegetable Pot Pie, Mashed Potatoes and Fruit.</p>	<p><b>23</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m.</p> <p><b>SENIOR NUTRITION CENTER CLOSED</b></p>	<p><b>24</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m.</p> <p><b>SENIOR NUTRITION CENTER CLOSED</b></p>
<p><b>27</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <b>Book Club 10:30 a.m.</b></p> <p>Vegetable Frittata, Roasted Potatoes and Apple Crisp.</p>	<p><b>28</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Dara Cohen on Israel Part II 12:45 p.m.</b></p> <p>Black Bean Burger, Avocado, Lettuce, Tomato, Baked Sweet Potato and Fruit.</p>	<p><b>29</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. <b>Mah Jongg Classes 1 p.m.</b> <b>Ukelele Class with Jesse 1 p.m.</b></p> <p>Vegetarian Chili, Elbow Pasta, Spinach Salad, and Fruit</p>	<p><b>30</b> Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b></p> <p>Mushroom Alfredo, Spinach, Green Salad, Roll and Fruit.</p>	<p><b>TO MAKE RESERVATIONS FOR EXERCISE CLASSES, CALL 238-2727 48 HOURS IN ADVANCE.</b></p>



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

**Nov. 3 1 p.m. Art Class w/Karen**  
**Nov. 9 1 p.m. Art Class w/Karen**

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

**12:45 p.m. Jewelry Making with Corinne**

**Nov. 17 10 people per class**

November 29, 2023  
Jesse Barfield  
Join us for this fun lesson on how to make music with the Ukelele!



1:00 p.m.  
Up to 17 students  
RSVP by 11/22/23 to  
Suzy Gessner  
[sgessner@jewishlouisville.org](mailto:sgessner@jewishlouisville.org)

**Line Dancing 1 p.m.**  
**November 1**  
**November 8**  
**November 15**  
**November 22**  
**November 29**  
**Call April Bond for more information: 502-500-6154**

## Bookmobile is here for YOU

Have you read – or heard – a good book lately? Trager Family JCC is joining Shalom Tower as a site for the Louisville Free Public Library’s adult outreach program. Each month they bring the world of books to the doorsteps of many neighbors for whom a routine trip to the library can be a challenge.

On the first Wednesdays of most\* months, the Bookmobile visits Shalom Tower, but beginning **November 1**, LFPL staff will add the J to their morning schedule and set up a “mini branch” in the Community Room from 10:30 a.m. – 11:30 a.m. Just bring your library card and you’ll have access to a host of materials. They may also be able to assist you with downloadable materials like free eBooks and downloadable audiobooks for your Android, Apple, or Kindle devices. If you have items from other LFPL branches you’re ready to return, you can save a trip by returning your books on these visits.

If you don’t have your card handy, staff may still be able to look you up in our files – so don’t let a forgotten card stop you from visiting. If you don’t have a card at all or if yours is out of date, they can issue you a new one. This is a free service.

They will bring the “newest of the new,” but if you don’t see what you’re looking for, they will look for materials you’ve requested and -- if at all possible -- bring it along for you on an upcoming visit. Just tell them what you’re looking for they visit, or call ahead at 574-1609 and leave a brief voicemail with the following info:

Your name

Your telephone number

The subject and/or title of the book and/or author’s name

From mysteries to histories, romances to adventure, the Bookmobile is a real convenience for those who like to read but have challenges in making it to a branch. Here are the dates they’ll be by:

**November 1, 2023**

**December 6, 2023**

**January 3, 2024**

**February 7, 2024**

**March 6, 2024**

\*Holidays and staff availability occasionally affect the schedule.



**Jewish Federation**<sup>®</sup>  
OF LOUISVILLE



## Happy November Birthdays!

02 Mona McCubbin  
04 Ellen Skomsky  
05 Vicky Rego  
06 Dorthea "Dude Cahall  
06 Cheryl Angal  
06 Nathan Goldman  
07 Sandra Cherry  
08 Phillip Feger  
09 Marsha Puckett  
10 Anita Fleischman  
11 Alice Dzenitis  
11 Rosemary Sandman  
11 Barbara Ratke  
12 Maryde Hillebrand  
13 John Kleier  
14 Judy Allgeier  
14 Paul Stewart  
14 Mina Tasman  
15 Karen Alexander  
15 Fred Moore  
15 Anita Goldin  
16 Barbara Miller  
17 Maggie Sasher  
18 Becky Brunner  
20 Jill Ginsburg  
20 Mary Moll  
24 Sheri Solzman  
24 Jim Dusenberry  
25 George Singlust  
26 Joyce Rousch  
26 Jan Pieper  
27 Gerald Korfhage  
28 Suzanne Sparling  
29 Harvey Liebschutz  
29 Margaret Metzger  
29 Ann Pickering  
30 Howard Eggleton



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