



## Happy October Birthdays!



- |                       |                       |                     |                     |
|-----------------------|-----------------------|---------------------|---------------------|
| 1 Philip Chaney       | 11 Cheryl Bynum       | 18 Rita Yates       | 25 Tony Kerr        |
| 1 Jodie Goldberg      | 12 Diane Gilbert      | 19 Mickey Nibur     | 26 Mary Woolsey     |
| 1 Joan Wimsatt        | 13 Matthew Lemberger  | 19 Enice McCord     | 27 Rebecca Conkling |
| 4 Alyce Turpen        | 13 Mary Olsen         | 22 Steve Stenbro    | 30 Kate Black       |
| 5 Mahrukh Joshi       | 13 Kevin DeCoste      | 22 Suzanne Webb     | 31 Marian Jenkins   |
| 6 Kathleen Wilson     | 14 Paula Weinshenker  | 23 Mildred Streeter | 31 Mary Riggs       |
| 6 Carol Williams      | 15 Harris Berman      | 23 Ginger Wilkinson | 31 Barbara Chaney   |
| 6 Sonja B. Fitzgerald | 16 Joyce Miller       | 23 Cindy Price      | 31 Shirley Presley  |
| 9 A.W. Rosenthal      | 17 Millicent Stiefler | 24 Lura Spencer     |                     |

### 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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# J SENIOR TIMES

## October, 2023

**GOODWILL DONATIONS**  
**OCTOBER, 2023**

**Ilean & Lewis Rowe ~ To Walter Wolf, Jr. Happy 92nd Birthday!**

**Donna O'Bryan ~ To Julie, Suzy and Dara Thank you for being community builders!**

### Upcoming Events

For Reservations, call 238-2743

**October 2**, 12:45 p.m. ~ Senior Social Club Board Meeting after lunch in the Community room.

**October 3**, 12:45 ~ Join us for a film. Popcorn, candy & soda will be provided.

**October 5 & 6**, 12:30 p.m. ~ Enjoy dessert and program, Dessert in the Sukkah outside. October 5th will be with Cantor Hordes. October 6th will be with Rabbi Freed.

**October 5, 12, 19, 26**, 1 p.m. ~ Memoir Writing Class in the Barbara Brick Reading Room. Instructor, Jeffrey Levy.

**October 6 and 13**, 1 p.m. ~ Join Karen Herold for stenciling on kitchen tiles. 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.

**October 9, 16, 23, 30**, 1 p.m. ~ Sara Robinson's Spanish Class. If you are interested, contact her at Sara0448@gmail.com or call 491-6603.

**October 10**, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with October birthdays. Save room for dessert!!!

**October 11**, 12:10 p.m. ~ Jesse Barfield will entertain us on the keyboard during lunchtime.

**October 16**, 11:20 a.m. ~ Derby Dinner Playhouse, Salute to the Rat Pack. This concert will put you right back in the showroom of the Sands Hotel circa 1960! Cost is \$45, call Suzy Gessner to reserve your ticket. Payment is required at time of reservation. Tickets go on sale on October 1, 2023. Only 20 seats available.

**October 18**, 12:45 p.m. ~ Join in the fun as Marty Kasdan does a poetry reading by Edgar Allen Poe "the Raven". Following the poem, Tiffany will host a music and movie trivia game with prizes for correct answers.

**October 20 and 27**, 12:45 P.M. ~ Corinne Peers, artist and jewelry-maker will teach earring making on the 20th and then the 27th will teach how to make a memory wire bracelet. Bring your own beads and we will provide tools & findings. Limit 10 people per class. RSVP to Suzy at sguessner@jewishlouisville.org.

**October 23**, 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing Wicked: The Life and Times of the Wicked Witch of the West, by Gregory Maguire.

**October 25**, 9:15 a.m. ~ Bus leaves for Walking Tour at Berheim Forest. Volunteer Naturalist, Kat Panther will serve as our Tour Guide from 10:00 – 11:00 for a *Living Legacy* tour. We will meet her at the Visitors Center and walk about 1/4 mile. Following the tour we will have a catered lunch in the Sassafras Room at Isaac's Café located a short walk to the Visitors Center. The price to attend will be \$45 and includes transportation as well as lunch. RSVP by October 11 to Suzy Gessner at 502-238-2743. Payment is required at time of reservation.

**October 31**, 12:45 p.m. ~ Dara will repeat her presentation on her trip to Israel with the Martin Pear Fellowship and the JCC Association. Israel Part II will be on November 25, 2023.

## Newish Jewish Music

Join us for music and enrichment featuring Cantor David Lipp on guitar, and an introduction to new liturgical music.

**Kohn Family Town Square at Café Olam**

10:30 - 11:30 a.m.

Monday, Oct. 2  
 Monday, Oct. 9  
 Monday, Oct. 30

The first 10 people to arrive for the program will receive a \$10 gift certificate for a treat and coffee at Café Olam.



# OCTOBER, 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   |
|---|--|---|---|---|
| <b>2</b><br>Club 60 9:30 a.m.<br>Tai Chi 10:30 a.m.<br>Chair Yoga 10:30 a.m.<br><i>Cantor Lipp 10:30 a.m.</i><br><i>Sr Social Club Bd Mtg 12:45 p.m.</i><br>Impossible Burgers, Baked Beans,<br>Lettuce and Tomato, Chips, Orange<br>Wedges and a Cookie. | <b>3</b><br>Zumba Gold 9:30 a.m.<br>Club 60 9:30 a.m.<br>Chair Light Weights 10:30 & 11:30 a.m.<br><i>Film 12:45 p.m.</i><br>Vegetable Pot Pie, Mashed Potatoes<br>and Fruit.  | <b>4</b><br>Water Walkers 8:30 a.m.<br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Moving to Heal 10:30 & 11:30 a.m.<br>Line Dancing 1 p.m.<br>Grilled Cheese, Tomato Soup,<br>Fruit Salad and Pudding.   | <b>5</b><br>Gentle NIA 9:30 a.m.<br>Chair Light Weights 10:30 a.m.<br>Chair Light Weights 11:30 a.m.<br><i>Dessert in the Sukkah 12:30 p.m.</i><br><i>Memoir Writing Class 1 p.m.</i><br>Chickpea Chicken Salad, Potato<br>Leek Soup, Chips and Fruit.          | <b>6</b><br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Tai Chi 10:30 a.m.<br><i>Dessert in the Sukkah 12:30 p.m.</i><br><i>Canasta 1 p.m.</i><br><i>Art Class 1 p.m.</i><br>Tuna Salad Sandwich, Vegetable Soup,<br>and Challah. |
| <b>9</b><br>Club 60 9:30 a.m.<br>Tai Chi 10:30 a.m.<br>Chair Yoga 10:30 a.m.<br><i>Cantor Lipp 10:30 a.m.</i><br><i>Spanish Class 1 p.m.</i><br>Vegetable Flat Bread Pizza, Fruit<br>Salad and a Cookie.  | <b>10</b><br>Zumba Gold 9:30 a.m.<br>Club 60 9:30 a.m.<br>Chair Light Weights 10:30 & 11:30 a.m.<br><i>Birthdays &amp; Bingo 12:30 p.m.</i><br>Bean & Cheese Burrito, Salsa, and<br>Sour Cream, Grilled Vegetables and<br>Pudding. | <b>11</b><br>Water Walkers 8:30 a.m.<br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Moving to Heal 10:30 & 11:30 a.m.<br>Line Dancing 1 p.m.<br><i>Jesse Barfield 12:10 p.m.</i><br>Manicotti, Green Beans and Fruit.   | <b>12</b><br>Gentle NIA 9:30 a.m.<br>Chair Light Weights 10:30 a.m.<br>Chair Light Weights 11:30 a.m.<br><i>Memoir Writing Class 1 p.m.</i><br>Hummus, Pita, Celery & Carrot Sticks,<br>Israeli Salad and Fruit.  | <b>13</b><br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Tai Chi 10:30 a.m.<br><i>Canasta 1 p.m.</i><br><i>Art Class 1 p.m.</i><br>Crispy Fish, Collard Greens,<br>Mac & Cheese, Apple Sauce<br>and Challah.                      |
| <b>16</b><br>Club 60 9:30 a.m.<br>Tai Chi 10:30 a.m.<br>Chair Yoga 10:30 a.m.<br><i>Derby Dinner Departs 11:20 a.m.</i><br><i>Spanish Class 1 p.m.</i><br>French Toast, Berries,<br>Yogurt Parfait and Roasted Potatoes.                                  | <b>17</b><br>Zumba Gold 9:30 a.m.<br>Club 60 9:30 a.m.<br>Chair Light Weights 10:30 & 11:30 a.m.<br>Vegetable Coconut Curry, Brown Rice,<br>Spinach and Flat Bread.  | <b>18</b><br>Water Walkers 8:30 a.m.<br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Moving to Heal 10:30 & 11:30 a.m.<br>Line Dancing 1 p.m.<br><i>Marty Kasdan &amp; Tiffany 12:45 p.m.</i><br>Cheese Quesadilla, Grilled Vegetables,<br>Black Bean Soup and Sweet Potato<br>Wedges.   | <b>19</b><br>Gentle NIA 9:30 a.m.<br>Chair Light Weights 10:30 a.m.<br>Chair Light Weights 11:30 a.m.<br><i>Memoir Writing Class 1 p.m.</i><br>Vegetarian Chili, Elbow Pasta, Spinach<br>Salad, Chips, Fruit and a Cookie.                                      | <b>20</b><br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Tai Chi 10:30 a.m.<br><i>Jewelry w/Corinne 12:45 p.m.</i><br><i>Canasta 1 p.m.</i><br>Tuna Casserole, Red Bliss Potatoes,<br>Cucumber Salad, Oranges<br>and Challah.     |
| <b>23</b><br>Club 60 9:30 a.m.<br>Tai Chi 10:30 a.m.<br>Chair Yoga 10:30 a.m.<br><i>Book Club 10:30 a.m.</i><br><i>Spanish Class 1 p.m.</i><br>Vegetable Alfredo, Penne Pasta,<br>Green Salad and Fruit.  | <b>24</b><br>Zumba Gold 9:30 a.m.<br>Club 60 9:30 a.m.<br>Chair Light Weights 10:30 & 11:30 a.m.<br>Vegetable Frittata, Home Fries and Apple<br>Cranberry Crisp.   | <b>25</b><br>Water Walkers 8:30 a.m.<br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Moving to Heal 10:30 & 11:30 a.m.<br>Line Dancing 1 p.m.<br><i>Berheim Forest Walking Tour 9:00 a.m.</i><br>Black Bean Burger, Avocado,<br>Lettuce, Tomato, Onion, Baked<br>Sweet Potato  | <b>26</b><br>Gentle NIA 9:30 a.m.<br>Chair Light Weights 10:30 a.m.<br>Chair Light Weights 11:30 a.m.<br><i>Senior Nutrition Council 12:45 p.m.</i><br><i>Memoir Writing Class 1 p.m.</i><br>Egg Salad, Cream of Mushroom Soup,<br>Fruit Cocktail and a Cookie. | <b>27</b><br>Club 60 9:30 a.m.<br>Gentle Yoga 9:30 a.m.<br>Tai Chi 10:30 a.m.<br><i>Jewelry w/Corinne 12:45 p.m.</i><br><i>Canasta 1 p.m.</i><br>Vegetarian Lasagna, Green Beans,<br>Salad, Fruit and Challah.                      |
| <b>30</b><br>Club 60 9:30 a.m.<br>Tai Chi 10:30 a.m.<br>Chair Yoga 10:30 a.m.<br><i>Cantor Lipp 10:30 a.m.</i><br><i>Spanish Class 1 p.m.</i><br>Tuna Salad, Broccoli Cheese Soup,<br>Bread and Oranges.  | <b>31</b><br>Zumba Gold 9:30 a.m.<br>Club 60 9:30 a.m.<br>Chair Light Weights 10:30 & 11:30 a.m.<br><i>Dara Cohen on Israel Part 1 12:45 p.m.</i><br>Baked Spaghetti, Roasted Squash,<br>Fruit and Dinner Roll.                    | 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. |   | <b>TO MAKE RESERVATIONS FOR EXERCISE CLASSES, CALL 238-2727 48 HOURS IN ADVANCE.</b>  |



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

**1 p.m.**  
**Oct. 6 Art Class w/Karen**  
**Oct. 13 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**

**Oct. 20 Making Earrings**  
**Oct. 27 Making a Bracelet**

**Remember only 10 people per Class**



**The Salute to the Rat Pack**  
**October 16, 2023**

**Reservations will open October 1.**

**Twenty tickets are available.**

**RSVP: Payment required at time of reservation. Call 502-238-2743**