



## Happy December Birthdays! 2023



1 John Bynum  
1 Harriet Teller  
2 Barbara Miller  
2 Carole Gittli  
4 Mariann Pero  
4 Judy Weintraub  
5 Evelyn Reynolds  
7 Barbara Vetter  
7 Bonnie Williamson  
8 Wally Oyler  
8 Steve Jochim  
8 Wes Wilkinson  
8 Rachel Rosenfeld

10 JoKay Kessler  
10 Mitzie Schatz  
12 Yeva Blinetskaya  
13 Jackie Heller  
15 Carol Halbleib  
16 Bobbi Merket  
16 Sonia Ernst  
17 Tom Reinking  
17 Patricia Donnelly  
18 Mary Becker  
19 Becky West  
19 Doris Engstrom  
20 Mary Jean Timmel  
20 Mohini Warick

20 Debbie Heuser  
21 Toni Gipson  
23 Linda Williams  
24 Patti Meyer  
26 Yolanda First  
27 Heidi Levy  
27 Janet Givhan  
27 Frank Lichtefeld  
28 Shirley Davis  
28 George Miller  
28 Loretto Casper  
29 Ruth Settles

### 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.

# J SENIOR TIMES

## December, 2023

### Upcoming Events

**December 4,** 12:45 p.m. Senior Social Club Board Meeting after lunch in the Community Room.

**December 5,** ~ 10:30 a.m. Join us for a trip to Caesar's Casino in Southern IN. Lunch will be on your own at the Piazza Food Court. The cost is \$20 for transportation and due at time of reservation. There are 25 seats available on the bus. RSVP to Suzy Gessner at 502-238-2743 by November 30.

**December 6,** 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. Sara can be reached at 574-1609 to answer questions.

**December 6,** 1 p.m. ~ Enjoy the musical stylings of Jesse Barfield, Owner of Talent World, and Assistant Camp Director/Arts & Ideas Outreach at the JCC and Jimmy Crawford, who is formerly of the Moonglows. These talented musicians will entertain us in the Auditorium with some tunes from Motown.

**December 7, 14, 21, 28,** 1 p.m.~ Join Jeffrey Levy in the Barbara Brick Reading Room for Memoir Writing Class.

**December 8,** 12: Noon ~ Annual Hanukkah Lunch & Celebration.

**December 13,** 1245 p.m. ~ Sandra Cherry will continue the series on a Smithsonian Tour of Washington D. C. Her topic will be The Capitol Building and the Legislature. Her presentation will be in the Community Room and last about 45 minutes.

**December 15, 22, 20,** 12:45 ~ Come learn to play Rummikub, a rummy tile game. Create "runs" and "groups" of numbers and try to be the first player to lay down all your tiles. We have four games, so sixteen people can join in the fun!

**December 18,** 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with December birthdays. Save room for dessert!!!

**December 18,** 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing The Alchemist—A Fable About Following Your Dreams by Paulo Coelho. Books will be available at the November 27 Book Club meeting.

**December 19,** 12:45 p.m. ~ Join us in the Auditorium for a concert given by Michael Jackman. Michael is an accomplished singer, songwriter and poet. He is a Louisville resident and plays locally with the band Crazy Chester.

**December 20,** 12:10 p.m. ~ Jesse Barfield will play piano for us during lunch.

**December 26,** 12:45 p.m. ~ Join us for a film at 12:45 p.m. Popcorn, candy and soda will be available.

**GOODWILL DONATIONS  
DECEMBER, 2023**

**Ilean & Lewis Rowe ~ Condolences to Sharon Goldblatt on the loss of her sister.**

**Ilean & Lewis Rowe ~ Condolences to the family of David Friedman on their loss.**

**Ilean & Lewis Rowe ~ Wishing Raema Green a speedy recovery.**

**Ilean & Lewis Rowe ~ Best wishes to Sara Robinson on a speedy recovery.**

**The Senior Program is Open Monday—Friday between 8 a.m. and 3 p.m.**



*Happy Hanukkah*

**Join us on December 8 For the Annual Hanukkah Lunch and Celebration! Music, Door Prizes and Fun!**

**12 Noon—1:30 p.m.**

**RSVP: 502-238-2743**

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



# DECEMBER, 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>TO MAKE RESERVATIONS FOR EXERCISE CLASSES, CALL 238-2727 48 HOURS IN ADVANCE.</b></p>  | <p><b>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.</b></p>                                   | <p><b>1</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/><b>Canasta 1 p.m.</b></p> <p>Crispy Fish, Collard Greens, Mac &amp; Cheese, Fruit and Challah.</p>   |
| <p><b>4</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/>Chair Yoga 10:30 a.m.<br/><b>Sr Social Club Bd. Mtg. 12:45 p.m.</b></p> <p>Tuna Salad Sandwich, Broccoli Cheese Soup, Chips and Oranges.</p>  | <p><b>5</b> Zumba Gold 9:30 a.m.<br/>Club 60 9:30 a.m.<br/>Chair Light Weights 10:30 &amp; 11:30 a.m.<br/><b>Caesar's Casino 10:20 a.m.</b></p> <p>Baked Ziti Pasta with Vegetables, Salad, Fruit and Dinner Roll.</p> | <p><b>6</b> 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 &amp; 11:30 a.m.<br/><b>Bookmobile 10:30 a.m.</b><br/><b>Concert w/ Jimmy &amp; Jesse 1 p.m.</b></p> <p>Grilled Cheese, Tomato Soup, Fruit Salad and Pudding.</p> | <p><b>7</b> Gentle NIA 9:30 a.m.<br/>Chair Light Weights 10:30 a.m.<br/>Chair Light Weights 11:30 a.m.<br/><b>Memoir Writing Class 1 p.m.</b></p> <p>Egg Salad on Wheat Bread, Cream of Mushroom Soup, Fruit and Cookie.</p>                                  | <p><b>8</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/><b>Canasta 1 p.m.</b><br/><b>Hanukkah Celebration</b></p> <p>Impossible Meatloaf, Latkes, Green Beans, Applesauce, Sour Cream and Challah.</p> |
| <p><b>11</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/>Chair Yoga 10:30 a.m.</p> <p>Chickpea Chicken Salad, Vegetable Soup, Chips and a Cookie.</p>   | <p><b>12</b> Zumba Gold 9:30 a.m.<br/>Club 60 9:30 a.m.<br/>Chair Light Weights 10:30 &amp; 11:30 a.m.</p> <p>Vegetable Frittata, Roasted Potatoes, Cinnamon Apples and Salad,</p>                                     | <p><b>13</b> 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 &amp; 11:30 a.m.<br/><b>Sandra Cherry 12:45 p.m.</b></p> <p>Tuna Casserole, Roasted Potatoes, Salad and Oranges.</p>   | <p><b>14</b> Gentle NIA 9:30 a.m.<br/>Chair Light Weights 10:30 a.m.<br/>Chair Light Weights 11:30 a.m.<br/><b>Memoir Writing Class 1 p.m.</b></p> <p>Cheese Quesadilla, Grilled Vegetables, Black Bean Soup and Sweet Potato.</p>                            | <p><b>15</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/><b>Rummikub 12:45 p.m.</b><br/><b>Canasta 1 p.m.</b></p> <p>Fish Taco, Beans, Rice Quinoa, Fruit, Salad and Challah.</p>                      |
| <p><b>18</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/>Chair Yoga 10:30 a.m.<br/><b>Book Club 10:30 a.m.</b><br/><b>Birthdays and Bingo 12:30 p.m.</b></p> <p>Coconut Curry, Rice, Steamed Spinach, Flat Bread and Oranges</p>  | <p><b>19</b> Zumba Gold 9:30 a.m.<br/>Club 60 9:30 a.m.<br/>Chair Light Weights 10:30 &amp; 11:30<br/><b>Michael Jackman 12:45 p.m.</b></p> <p>Impossible Burger, Potato Wedges, Baked Beans and Applesauce.</p>       | <p><b>20</b> 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 &amp; 11:30 a.m.<br/><b>Jesse Barfield 12:10 p.m.</b></p> <p>Vegetarian Chili, Elbow Pasta, Spinach Salad and Fruit.</p>   | <p><b>21</b> Gentle NIA 9:30 a.m.<br/>Chair Light Weights 10:30 a.m.<br/>Chair Light Weights 11:30 a.m.<br/><b>Senior Nutrition Council 12:45 p.m.</b><br/><b>Memoir Writing Class 1 p.m.</b></p> <p>Vegetable Flat Bread Pizza, Fruit Salad and Pudding.</p> | <p><b>22</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/><b>Rummikub 12:45 p.m.</b><br/><b>Canasta 1 p.m.</b></p> <p>Salmon, Vegetables, Rice Quinoa, Salad, Dessert and Challah.</p>                  |
| <p><b>25</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/>Chair Yoga 10:30 a.m.</p> <p><b>SENIOR NUTRITION CLOSED</b></p>  | <p><b>26</b> Zumba Gold 9:30 a.m.<br/>Club 60 9:30 a.m.<br/>Chair Light Weights 10:30 &amp; 11:30 a.m.<br/><b>Film 12:45 p.m.</b></p> <p>Tuna Salad Sandwich, Soup, Chips and Fruit.</p>                               | <p><b>27</b> 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 &amp; 11:30 a.m.</p> <p>Bean &amp; Cheese Burrito, Rice, Grilled Vegetables and Oranges.</p>   | <p><b>28</b> Gentle NIA 9:30 a.m.<br/>Chair Light Weights 10:30 a.m.<br/>Chair Light Weights 11:30 a.m.<br/><b>Memoir Writing Class 1 p.m.</b></p> <p>French Toast Casserole, Roasted Potatoes, Steamed Vegetables and Yogurt Parfait.</p>                    | <p><b>29</b> Club 60 9:30 a.m.<br/>Gentle Yoga 9:30 a.m.<br/>Tai Chi 10:30 a.m.<br/><b>Rummikub 12:45 p.m.</b><br/><b>Canasta 1 p.m.</b></p> <p>Salmon Croquettes, Mashed Potatoes, Peas &amp; Carrots, Fruit and Challah.</p>    |



**December 5, 2023  
Leaving the JCC @  
10:30 a.m.**

**Join us for a trip to  
the Casino.**

**Bus ride \$20  
Lunch on your own.  
at the Piazza  
Food Court.  
Food offerings  
include Asian  
cuisine, homestyle  
comfort dishes,  
pizza, wings and  
burgers.**

**RSVP by 11/30/23  
to Suzy Gessner  
502-238-2743**