



Happy January Birthdays! 2023



1	Evelyn Watkins	14	Ernestyne Luber	27	Bill Loeffler
1	Greg Moyer	15	Margaret Twyman	27	Lucette Trueblood
1	Howard Kennedy	16	George Levine	28	Mikki Adams
1	Nancy Seitz	17	Lynn Cole	29	Shirley Mattingly
2	Tia Moore	20	Cyndi White		
2	Phyllis Spencer	22	Mindy Jaffee		
6	Sharon Whitlock	24	Fran Englander		
8	Julie Campisano	25	Judy Goolsby		
10	Terry Caswell	26	Arnold Shaikun		
11	Eunice McGuire	26	Janice Northcutt		

Senior Adult Committee

Joyce Myers, Chairperson
Dara Cohen, Active Adult & Senior Director

Barbara Gordon	Ilean Rowe
Gale Karem	Kim Pendley
Tony Kerr	Jim & Mitzie Schatz
Gail Moody	

Dara Cohen, Active Adult & Senior 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.

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



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SENIOR TIMES

January, 2024



Upcoming Events

For Reservations, call 238-2743

January 2, 12:45 p.m. ~ Join us for a film. Popcorn, candy and soda included.

January 3, 10:30 a.m. ~ Sara Marlowe with the Louisville Free Public Library will be here from the Book Mobile. She will set up in the Community Room. You can reach her at 574-1609 to answer any questions you may have.

January 3, 12:45 p.m. ~ Sandra Cherry will continue her series on a Smithsonian Tour of Washington D.C. Her topic will be the Supreme Court and Law of the Land.

January 5 and 12, 1 p.m. ~ Water Color Painting with Karen Herold. Please sign up by calling 238-2743. We will have 10 spots in each class.

January 7, Noon ~ As a member of the Senior Social Club you are invited to the **Senior Social Club Membership Party!** Come and pay your Club dues. Enjoy live music by Sweet Harmony, Volunteer Appreciation gifts, door prizes, and more!

January 8, 1 p.m. ~ **Newish Jewish Music** Join us for music featuring Cantor David Lipp in the Kohn Family Towne Center.

January 9, 12:30 p.m. ~ Birthdays and Bingo! Help us celebrate January birthdays. Bingo will be held afterwards.

January 10, 12:10 p.m. ~ Jesse Barfield will play the piano during lunch today.

January 19, 1 p.m. ~ Join us for a Murder Mystery Play featuring our very own Seniors. Show will be presented in the Auditorium. Interested in performing? Contact Dara Cohen via email: dcohen@jewishlouisville.org.

January 22, 10:30 ~ Join us for Book Club to discuss *A Spool of Blue Thread* by Anne Tyler. We will meet in the Barbara Brick Reading Room.

January 23, 12:45 p.m. ~ Join Boyce George who will continue teaching us about sign language.

January 24, 12:45 p.m. ~ Back by popular demand, Jesse will continue teaching our group how to make music with the Ukelele. Call 238-2743 to sign up in advance. We have 16 spots available for class.

January 26, 12:45 p.m. ~ Jewelry Class with Corrinne. Corrinne is planning a special project for the upcoming class. RSVP to 502-238-2743.

January 30, 12:45 p.m. ~ Zoom call with Israeli Educator to discuss and provide information regarding the war.

January 31, 12:45 p.m. ~ Sandra Cherry will continue the series on a Smithsonian Tour of Washington D.C. This presentation will feature the Veterans Memorials on the Mall.

Senior Social Club Membership Party!

Sunday, January 7, 2024
12 Noon—1:30 p.m.

Menu
Horseradish Encrusted Salmon, Roasted Beets & Braised Carrots, Cheesy Potatoes Au Gratin, Pie and Punch.

RSVP by 12/29/23
502-238-2743 or
sgessner@jewishlouisville.org

Newish Jewish Music

January 8, 2024

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

1:00 p.m.

Kohn Family Towne Square

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

JANUARY, 2024

Lunch is served at 12 p.m.
To make a reservation,
call 238-2743.

MON	TUE	WED	THU	FRI
1 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. SENIOR NUTRITION CLOSED	2 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Film 12:45 p.m.</i> Kasha Varnishkas*, Black-eyed Peas, Braised Cabbage, Beet Salad and Fruit.	3 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. <i>Book Mobile 10:30 a.m.</i> <i>Sandra Cherry 12:45 p.m.</i> French Toast, Berries, Yogurt Parfait and Roasted Potatoes.	4 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> Vegetable Risotto, Carrot Salad and Fruit.	5 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Class w/ Karen 1 p.m.</i> <i>Canasta 1 p.m.</i> Vegetable Pot Pie, Mashed Potatoes, Green Salad, Fruit and Challah.
8 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. <i>Cantor Lipp 1 p.m.</i> Black Bean Burger, Baked Sweet Potato and Fruit.	9 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Birthdays and Bingo 12:30 p.m.</i> Vegetable Stir-Fry, Brown Rice, Egg Drop Soup and Mandarin Oranges.	10 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. <i>Jesse Barfield 12:10 p.m.</i> Crispy Fish, Collard Greens, Mac and Cheese and Applesauce.	11 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> Baked Ziti and Vegetable Pasta, Romaine Salad and Sliced Pears.	12 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <i>Art Class w/ Karen 1 p.m.</i> <i>Canasta 1 p.m.</i> Fish Tacos, Quinoa Rice, Black Beans, Slaw and Challah.
15 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Egg Salad, Mushroom Soup, Chips and a Cookie.	16 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Flat Bread Pizza, Carrot Salad, Fruit and Pudding.	17 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. Chickpea Coconut Curry, Brown Rice, Steamed Spinach, Oranges and Bread.	18 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> Tuna Salad, Vegetable Soup, Chips and Fruit.	19 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>Murder Mystery Play 1 p.m.</i> Manicotti, Green Beans, Pears and Challah.
22 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. <i>Book Club 10:30 a.m.</i> Vegetable Frittata, Potatoes and Apple Crisp.	23 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Boyce George 12:45 p.m.</i> Bean and Cheese Burrito, Pico, Rice and Mixed Vegetables.	24 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. <i>Ukelele Class w/Jesse 12:45 p.m.</i> Vegetarian Chili, Elbow Pasta, Green Salad, Fruit and Cookie.	25 Gentle NIA 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <i>Nutrition Advisory Council 12:30 p.m.</i> <i>Memoir Writing Class 1 p.m.</i> Chickpea Chicken Salad, Vegetable Soup, Chips and Cookie.	26 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 w/ Corrine 12:45 p.m.</i> Vegetarian Cabbage Roll, Mashed Potatoes, Peas and Carrots, Spiced Apples and Challah.
29 Club 60 9:30 a.m. Tai Chi 9:30 a.m. Chair Yoga 10:30 a.m. Cheese Quesadilla, Black Bean Soup, Avocado Toast, Oranges and a Cookie.	30 Club 60 9:30 a.m. Zumba Gold 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <i>Zoom Call on Israel 12:45 p.m.</i> Impossible Burger, Lettuce, Tomato, Onion, Potato Wedges and Baked Beans.	31 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. <i>Sandra Cherry 12:45 p.m.</i> Stuffed Pepper with Mashed Potatoes, Zucchini, Sliced Pears and a Cookie.	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.	

RING IN THE NEW YEAR RIGHT!

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

IF YOU NEED TRANSPORTATION TO THE CENTER, PLEASE CONTACT DARA AT 502-238-2749

***Kasha Varnishkas**
A traditional dish of the Jewish Community. It combines buckwheat with noodles fried together with vegetables.

Sunday January 7, 2024
Senior Social Club Membership Luncheon & Party!
See menu on front page!

Be sure to register by December 29, 2023.
Call 502-238-2743 or email sgessner@jewishlouisville.org