



# Happy February Birthdays! 2024



01 Jerry Wood  
03 Kevin Jenkins  
03 Don Meade  
06 Mary Clark  
07 Janet Guagliardo  
10 Carolyn Bell  
12 Marina LaTiff  
15 Vicki Hobson

15 Cynthia Merenbloom  
16 Gail Moody  
17 Mary Argon  
19 Chuck Jones  
23 Kathy Reinert  
24 Tami Penner  
27 Donna Riebel

### Senior Adult Committee Joyce Myers, Chairperson

Dara Cohen, Active Adult & Senior Director

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

Dara Cohen, Active Adult & Senior Director  
Melissa Wood, Senior Adult Associate  
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.

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



# J SENIOR TIMES

## February, 2024

**GOODWILL DONATIONS  
February, 2024**

**Ilean & Lewis Rowe to Gloria Jans ~ Wishing you a speedy recovery.**

**Ilean & Lewis Rowe to Evelyn Watkins ~ Wishing you a speedy recovery.**

**Ilean & Lewis Rowe ~ Happy Birthday to Evelyn Watkins!**

**Ilean & Lewis Rowe to Pat Oliver ~ Wishing you a speedy recovery.**

**Ilean & Lewis Rowe ~ Happy Birthday to Frank Wishnial!**

**Ilean & Lewis Rowe ~ Happy 90th Birthday to Joan Wolf!**

**Ilean & Lewis Rowe ~ Happy 88th Birthday to Arnold Shaikun!**

**Ilean & Lewis Rowe to Bruce Wolff ~ Sending get well wishes.**

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

- February 1, 8, 15, 22 and 29**, 1 p.m.~ Memoir Writing Class.
- February 2 & 9**, 1 p.m.~ Print making art class with Karen Herold. Please rsvp to Melissa Wood. mwood@jewishlouisville.org
- February 5**, 12:45 p.m. Senior Social Club Board Meeting in the Community Room.
- February 6**, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with February birthdays. Save room for dessert!!!
- February 7**, 10:30 p.m. ~ Sara Marlowe with the Louisville Free Public Library will be here from the Book Mobile. Sara can be reached at 574-1609 to answer questions.
- February 7**, 12:45 p.m. ~ Jonathan Wolf, TV music composer for "Will and Grace" and "Seinfeld" will be here to tell us about his career and entertain us on the piano. Please rsvp to Melissa mwood@jewishlouisville.org or 238-2743.
- February 9**, 1:00 p.m. ~ Auditions for a one act play. Please see Dara if you are interested in participating.
- February 12**, 1:00 p.m. ~ First Rehearsal for one act play.
- February 13**, 12:45 p.m. ~ Join Marian Harrell in the Community Room. Her presentation will be called "Everything you always wanted to know about Chocolate."
- February 14**, 12:45 p.m. ~ Join us for the film "Matchmaker" from the Louisville Jewish Film Festival. Popcorn, candy, and soda provided. Moti Bernstein is the perfect match for every bride – good looks, a good family, a good mind. In search of a wife, he meets the best girls in the Orthodox world, but he falls for the one girl he can never have.
- February 15**, 1:00 p.m. ~ Final rehearsal for one act play.
- February 16**, 1:00 p.m. ~ Join us in the Shapira Foundation Auditorium for a one act play performed by our very own Seniors. RSVP: 238-2743 or mwood@jewishlouisville.org
- February 19**, 12:45 p.m. ~ Sandra Cherry will continue her series on a Smithsonian Tour of Washington D.C. Her topic will be the Library of Congress.
- February 20**, 12:45 p.m. Webinar with Educator and Tour Guide Muki Jankelowitz will continue his series on "Understanding Israel." Muki has been the Director of Educational Services in the Israel office of the JCC Association and Senior Educator on the JDC Buncher Jewish Community Leadership Program. He will be discussing "The History of Zionism."
- February 26**, 10:30 a.m. ~ Join us in the Barbara Brick Reading Room for Book Club. We will be discussing *Maus: A Survivor's Tale*.
- February 26**, 12:45 p.m. ~ Sandra Cherry will continue her series on a Smithsonian Tour of Washington D.C. Her topic will be the State, Treasury, and Justice Departments.
- February 27**, 12:45 p.m. ~ Join us for a special performance by Mickey Nibur, who wrote a murder mystery entitled "Murder on the Greyhound Bus."

# FEBRUARY, 2024

Lunch is served at 12 p.m.  
To make a reservation,  
call Melissa at 238-2743 or  
Email: [mwood@jewishlouisville.org](mailto:mwood@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>1</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>Moroccan Vegetarian Stew, Rice, Fruit, and Cottage Cheese.</p>	<p><b>2</b> 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></p> <p>Mediterranean Fish Shakshuka Style, Lentil Rice Pilaf, Cucumber Salad, Yogurt with Honey and Challah.</p>
<p><b>5</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. <i>Sr Social Club Bd. Mtg. 12:45</i></p> <p>Vegetarian Biscuits and Gravy, Scrambled Eggs, Roasted Potatoes, Yogurt and Fruit.</p>	<p><b>6</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 and Bingo 12:30 p.m.</i></p> <p>Tuna Salad, Broccoli Cheese Soup, Chips, and Fruit.</p>	<p><b>7</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. <i>Bookmobile 10:30 a.m.</i> <i>Jonathan Wolf 12:45 p.m.</i></p> <p>Flat Bread Pizza, Carrot Salad, Fruit and Pudding.</p>	<p><b>8</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, Chips, and Fruit.</p>	<p><b>9</b> 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> <i>Auditions 1 p.m.</i></p> <p>Salmon Alfredo Pasta, Broccoli and Peppers, Salad, Fruit, Roll and Challah.</p>
<p><b>12</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. <i>Rehearsal 1 p.m.</i></p> <p>French Toast, Berries, Yogurt Parfait, and Roasted Potatoes.</p>	<p><b>13</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Marian Harrell 12:45</i></p> <p>Bean &amp; Cheese Burrito, Rice, Grilled Vegetables and Oranges.</p>	<p><b>14</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. <i>Film 12:45 p.m.</i></p> <p>Impossible Meatloaf, Mashed Potatoes, Green Beans and Fruit.</p>	<p><b>15</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> <i>Final Rehearsal 1 p.m.</i></p> <p>Vegetable Frittata, Roasted Potatoes, Apple Crisp.</p>	<p><b>16</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>Play 1 p.m.</i></p> <p>Salmon Croquette, Mashed Potatoes, Peas and Carrots and Challah.</p>
<p><b>19</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. <i>Sandra Cherry 12:45 p.m.</i></p> <p>Egg Salad, Mushroom Soup, Chips and Cookie.</p>	<p><b>20</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Understanding Israel webinar 12:45 p.m.</i></p> <p>Grilled Cheese, Tomato Soup, Fruit Salad and Pudding.</p>	<p><b>21</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.</p> <p>Vegetarian Chili, Elbow Pasta, Green Salad and Fruit.</p>	<p><b>22</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>Baked Spaghetti, Grilled Vegetables, Salad and Pudding.</p>	<p><b>23</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>Crispy Fish, Mac &amp; Cheese, Greens, Applesauce and Challah.</p>
<p><b>26</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. <i>Book club 10:30 a.m.</i> <i>Sandra Cherry 12:45 p.m.</i></p> <p>Cheese Quesadilla, Grilled Vegetables, and Black Bean Soup.</p>	<p><b>27</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <i>Mickey Nibur 12:45 p.m.</i></p> <p>Chickpea Coconut Curry, Rice, Steamed Spinach, and Mandarin Oranges.</p>	<p><b>28</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.</p> <p>Eggplant Parmesan, Bowtie Pasta, Salad and Fruit.</p>	<p><b>29</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, Vegetable Soup, Fruit and Bread.</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 before lunch starts.</b></p>



New this Month

**Gourmet Dining Club**

**February 28, 2024**

**Time: 6 p.m.**

**Mojitos in Havana  
3939 Shelbyville Rd  
In St. Matthews**

**RSVP to Kim Pendley  
k25mble@icloud.com or  
502-821-0733**

**Please join us in  
welcoming**

**Melissa Wood to the  
Senior Adult Team!**

**She can be reached at:  
502-238-2743 or**

**[mwood@jewishlouisville.org](mailto:mwood@jewishlouisville.org)**