



## Happy Birthday to our Senior Social Club members !



2 Norman Stiefler  
 3 Brenda Ross  
 3 Julie Davis  
 4 Lester LaBroi  
 5 Eleanor Lowe  
 6 Margie Hubert  
 9 Phyllis Costello  
 9 JoAnne Rouse

12 Marian Harrell  
 14 Genya Munits  
 14 Patricia Oliver  
 16 Joan Epstein  
 16 Connie Fondong  
 17 Martha Sandford  
 17 Carolyn Jameson  
 17 Jean Marlowe

20 Wanda Bohannon  
 20 Judy Bochan  
 22 Sandra Dusenberry  
 23 Sara Robinson  
 25 John Sallee  
 27 Donna Benton  
 28 Janice Korfhage  
 28 Mary Kathleen Hall

### Senior Adult Committee Joyce Myers, Chairperson

Dara Cohen, Active Adult & Senior Director

Julie Davis  
 Barbara Gordon  
 Gale Karem  
 Tony Kerr  
 Gail Moody

Ilean Rowe  
 Kim Pendley  
 Jim & Mitzie  
 Schatz

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

## April 2024

### GOODWILL DONATIONS April 2024

**Ilean & Lewis Rowe ~ To the family of Sidney Katz  
In memory of Sidney .**

**Ilean & Lewis Rowe to Dolores Levy ~ Get Well Soon!**

**Ilean & Lewis Rowe to Sara Robinson ~ Mazel Tov on the birth of your Grandson.**

**Sara Robinson to Dolores Levy ~ Get Well soon!**



### Model Seder

#### Menu

Matzo Ball Soup  
 Horseradish Encrusted Fish  
 Potato Kugel  
 Asparagus

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

**April 1,** 12:45 p.m. ~ Senior Social Club Committee meets in the Community Room.

**April 2,** 12:45 p.m. ~ Sandra Cherry will continue the series on a Smithsonian tour of Washington D.C. This presentation will feature the US Holocaust museum.

**April 3,** 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.

**April 3 & 8,** 1p.m. ~ Ole Espanol/ Spanish class. Beginners and continuous students are welcome to attend. RSVP to Sara Robinson at sara0448@gmail.com or call 502-491-6603.

**April 4,11,18,** 1 p.m. ~ Memoir Writing Class. Barbara Brick Reading Room.

**April 5 or 12,** 1 p.m. ~ Art class with Karen Herold. We will be painting with acrylic a Monet waterlilies type scene . Please rsvp to Melissa Wood. 238-2743 or mwood@jewishlouisville.org. Spaces limited.

**April 9,** 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with April birthdays. Save room for dessert!!!

**April 10,** 4:45 p.m. ~ **NO LUNCH SERVED TODAY. Transportation only available for the Seder Meal today.** Intergenerational Interfaith Model Passover Seder with the LBSY students. Rabbis Ben Freed and Shmully Litvan will lead. Sponsored by the Bensinger Family in memory of Judith Bensinger. Come hear the story and participate in the traditions of the Passover Seder. We will have dinner afterward catered by our own Chef Helen Impellizzeri. See menu below. For Reservations call 238-2743. Seating is limited. Cost is \$16 for Senior Social Club members and \$21 for Non-Members. Reservations must be made by April 5th.

**April 15,** 10:30 a.m. ~ Join us to discuss So Big by Edna Farber. Also pick up the book for May that day.

**April 15,** 1 p.m. ~ Join us in the Auditorium for a concert with the Silvernotes, including our very own Julie Segal .

**April 16,** 12:45 p.m. ~ Understanding Israel: Zoom call with Israeli Educator Muki Jankelowitz. He will be discussing " The Current War". This session will look at the events that led up to the Hamas attack on Oct 7th. The content will be updated to reflect developments in the war.

**April 16th,** ~ Dining out Club. This month join us for a Buffet dinner at Jade Palace/ Westport Village. RSVP to Kim Pendley at 502-821-0733 or k25mble@icloud.com. RSVP by April 11th. For transportation see Dara.

**April 17,** 1 p.m. ~ Centerstage at the Trager Family JCC and it's cast of " Acting Out" will perform a medley of Show tunes. This performance will include our very own Jesse Barfield.

# APRIL 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
<b>1</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>SSC Board 12:45 p.m.</b>  Green Salad, Frittata, Roast Potatoes, and Apple Crisp.	<b>2</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Sandra Cherry 12:45 p.m.</b>  Black Bean Burger, Lettuce, Tomato, Onion, Baked Potato Wedges and Fruit.	<b>3</b> 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. <b>Public Library 10:30 a.m.</b> <b>Spanish Class 1 p.m.</b>  Vegetable Stir Fry, Brown Rice, Egg Drop Soup and Fresh Fruit.	<b>4</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b>  Grilled Cheese, Tomato Soup, Green Salad, and Chocolate Pudding.	<b>5</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <b>Art Class with Karen 1 p.m.</b> <b>Canasta 1 p.m.</b>  Stuffed Pepper, Mashed Potato, Peas, Carrots, Fruit and Challah.
<b>8</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>Spanish Class 1 p.m.</b>  Chickpea Chicken Salad, Vegetable Soup, Orange Slices and Cookie.	<b>9</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Birthdays and Bingo 12:30 p.m.</b>  Mushroom Alfredo, Roast Broccoli, Grilled Bread and Fresh Fruit.	<b>10</b> 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.  <b>NO LUNCH TODAY</b> <b>Bensinger Interfaith Model Passover Seder 4:45 p.m.</b>	<b>11</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b>  Hummus Pita, Israeli Salad, Potato Soup, Fresh Fruit and Vanilla Pudding.	<b>12</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. <b>Art Class with Karen 1 p.m.</b> <b>Canasta 1 p.m.</b>  Salmon Croquets, Mashed Potatoes, Peas, Carrots, Salad and Challah.
<b>15</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> <b>Silvernotes 1 p.m.</b>  Egg Salad, Mushroom Soup, Oranges and Cookie.	<b>16</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Understanding Israel 12:45 p.m.</b>  Bean and Cheese Burrito, Rice, Grilled Vegetables and Oranges.	<b>17</b> 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. <b>Acting Out 1 p.m.</b>  Tuna Casserole, Steamed Broccoli, Roasted Potatoes and Fruit.	<b>18</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b>  Coconut Curry, Brown Rice, Steamed Spinach, Grilled Bread and Fruit.	<b>19</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>  Vegetarian Lasagna, Green Salad, Fruit and Challah.
<b>22</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.  Tuna Salad, Vegetable Soup, Chips and Fruit.	<b>23</b> <b>Trager Family JCC Closed</b>		<b>24</b> 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.  <b>Senior Nutrition Center Closed for Passover</b>	<b>25</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Light Weights 11:30 a.m.  <b>Senior Nutrition Center Closed for Passover</b>
<b>29</b> <b>Trager Family JCC Closed</b>	<b>30</b> Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m.  <b>Senior Nutrition Center Closed for Passover</b>	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>26</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m.  <b>Senior Nutrition Center Closed for Passover</b>

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

**Wednesday April 10th 4:45 p.m. Bensinger Interfaith Model Passover Seder. Hear the retelling of the Exodus from Egypt and learn about the traditions which go with it. Cost is \$16 for SSC Members and \$21 for Non-Members.**



**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 15 minutes early before lunch starts.**