



# Happy March Birthdays! 2024



- |                   |                        |                      |
|-------------------|------------------------|----------------------|
| 2 Helene Gordon   | 10 Barbara Wright      | 21 Raema Green       |
| 4 Geri Herbert    | 14 Georgine Buckwalter | 22 Dennis Guagliardo |
| 4 Rose Killmeier  | 14 Suzy Gessner        | 23 Daniel Penner     |
| 5 Peggy Hardman   | 16 Leslie Marlin       | 25 Carl Jackson      |
| 5 Charlene Gordon | 17 Keith Lampton       | 25 Frank Miller      |
| 5 Suzana Richards | 14 Barbara Suzan       | 26 Linda Yates       |
| 9 Debbie Minch    | 18 Leonor Linares      | 28 Julie Segal       |
|                   | 19 Colleen Walker      | 28 Lewis Rowe        |
|                   | 20 Marilyn Mattingly   |                      |

### 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.

# SENIOR TIMES

## March 2024

### GOODWILL DONATIONS March 2024

**Ilean and Lewis Rowe to Joanie Wimsatt ~ Wishing you a speedy recovery.**

**Ilean and Lewis Rowe to the family of Ruth Greenberg ~ In memory of Ruth.**

**Ilean and Lewis Rowe to Kevin Jenkins ~ Wishing you a speedy recovery.**

**March 7, 14, 21, and 28,** 1 p.m.~ Memoir Writing Class. Barbara Brick Reading Room.

**March 4, 11, 18, and 25,** 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.

**March 5,** 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with March birthdays. Save room for dessert!!!

**March 6,** 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.

**March 6,** 12:45 p.m. ~ Join us in the Auditorium for a concert given by Michael Jackman. Michael is an accomplished singer, songwriter and poet.

**March 8 & 15,** 1 p.m.~ Art class with Karen Herold. Please rsvp to Melissa Wood. 238-2743 or mwood@jewishlouisville.org

**March 11,** 10:30 a.m. ~ Join us for music and enrichment featuring Cantor David Lipp on guitar.

**March 12,** 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda will be provided.

**March 13,** 1:30 p.m. ~ Jake Latts will be here with the Yale Whiffenpoofs, the world's oldest collegiate a capella group. Since its founding in 1909, the Whiffenpoofs have brought our diverse repertoire of vocal jazz, folk, pop, and Broadway hits to more than two hundred audiences each year. The show will be held in the Shapira Family Foundation Auditorium.

**March 19,** 12:45 p.m. ~ Understanding Israel: Zoom call with Israeli Educator Muki Jankelowitz. He will be discussing the "History of Israel".

**March 20,** 11:30 a.m. ~ "Sweeney Todd" at Derby Dinner Playhouse. A witty and infamous tale of love, murder and revenge set against the backdrop of 19th century London. The bus will leave the Trager Family JCC at 11:30 a.m. The cost is \$45 per person. RSVP Melissa Wood after March 4th, payment is due at time of reservation.

**March 25,** 10:30 a.m. ~ Join us to discuss Hannah Coulter by Wendell Berry. Pick up the book for April 15th. Nutshell by Ian McEwan.

**March 26,** 12:45 p.m. ~ Sandra Cherry will continue the series on a Smithsonian tour of Washington D.C. This presentation will feature the Arlington Cemetery.

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

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



# MARCH 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> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m.</p> <p style="background-color: #ffff00; text-align: center;">Vegetable Pot Pie, Mashed Potatoes, Fruit and Challah.</p>
<p><b>4</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></p> <p style="background-color: #ffff00; text-align: center;">Grilled Cheese, Tomato Soup, Green Salad, and Pudding.</p>	<p><b>5</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30</p> <p style="background-color: #ffff00; text-align: center;">Black Bean Burger, Lettuce, Tomato, Onion, Avocado Mayo and Baked Sweet Potato</p>	<p><b>6</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. <b>Bookmobile 10:30 a.m.</b> <b>Michael Jackman 12:45 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Salmon Rollups, Vegetable Noodle Soup, Carrot Salad, Chips, Pickles, and Orange.</p>	<p><b>7</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></p> <p style="background-color: #ffff00; text-align: center;">Vegetable Frittata, Roast Potatoes, and Apple Crisp.</p>	<p><b>8</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> <b>Art Class w/Karen 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Impossible Meat Ragu with Mushrooms, Salad, Cookie and Challah.</p>
<p><b>11</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>Cantor Lipp 10:30 a.m.</b> <b>Spanish Class 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Tuna Salad, Broccoli Cheese Soup, Chips and Fruit.</p>	<p><b>12</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m.</p> <p style="background-color: #ffff00; text-align: center;">Cheese Quesadilla with Grilled Vegetables, and Black Bean Soup.</p>	<p><b>13</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. <b>Whiffenpoofs 1:30 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Hummus with Carrots, Celery, Israeli Salad, Pita, Peaches, and Pudding.</p>	<p><b>14</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Sun Butter Pad Thai, Rice Noodles, Bok Choy, and Sliced Oranges</p>	<p><b>15</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> <b>Art Class w/Karen 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Salmon Chef Salad, w/Carrot, Egg, Cucumber, Tomato, Feta, Baked Potato Wedges, and Challah.</p>
<p><b>18</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></p> <p style="background-color: #ffff00; text-align: center;">Baked Ziti, Zucchini &amp; Yellow Squash, Green Salad, Fruit and Pudding</p>	<p><b>19</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 <b>Understanding Israel webinar</b></p> <p style="background-color: #ffff00; text-align: center;">Egg Salad, Cream of Mushroom Soup, Chips and Oranges.</p>	<p><b>20</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. <b>Derby Dinner 11:30 a.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Broccoli and Cauliflower Casserole with Kasha, Brown Rice, Onion Soup, Israeli Salad and Fruit.</p>	<p><b>21</b> Gentle NIA 9:30 a.m. Gentle yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Senior Nutrition Council 12:45 p.m.</b> <b>Memoir Writing Class 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Vegetable Stir Fry, Brown Rice, Egg Drop Soup, and Orange</p>	<p><b>22</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></p> <p style="background-color: #ffff00; text-align: center;">Crispy Fish, Collard Greens, Macaroni &amp; Cheese, Applesauce, and Challah.</p>
<p><b>25</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></p> <p style="background-color: #ffff00; text-align: center;">Chickpea Chicken Salad, Vegetable Soup, Fruit, and Chips.</p>	<p><b>26</b> Zumba Gold 9:30 a.m. Gentle yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 &amp; 11:30 a.m. <b>Sandra Cherry 12:45 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Fish Taco, Rice, Beans, Cabbage Slaw, and Fruit..</p>	<p><b>27</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 style="background-color: #ffff00; text-align: center;">Vegetable Risotto, Carrot Salad, and Fruit.</p>	<p><b>28</b> Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Light Weights 11:30 a.m. <b>Memoir Writing Class 1 p.m.</b></p> <p style="background-color: #ffff00; text-align: center;">Bean and Cheese Burrito, Rice, Grilled Vegetables, and Oranges</p>	<p><b>29</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></p> <p style="background-color: #ffff00; text-align: center;">Tuna Casserole, Steamed Broccoli, Home Fries, Fruit, and Challah.</p>

Save the Date:

**Wednesday April 10th  
4:45 p.m.  
Model Passover Seder.  
Hear the retelling of the  
Exodus from Egypt and  
learn about the traditions  
which go with it.**



**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.**