



Happy Birthday to our Senior Social Club Members!



2 Dolores Levy
 3 Carol Stenbro
 4 Mary McClure
 5 Veronica Gossett
 10 Lydia Wood
 11 Anita Shawver

12 James Michael Harris
 12 Elizabeth Amory
 13 Deann Jones
 14 Dana Schlich
 15 Cary Matthews
 15 Carol Olorunsola

16 Diane Chappell
 17 Matt McGarvey
 17 Sandra Grant
 24 Joee Conroy
 24 Jane Lampton
 29 Mark Epstein

Senior Adult Committee Joyce Myers, Chairperson

Dara Cohen, Active Adult & Senior Director

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
 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.

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

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J SENIOR TIMES

June 2024

Good Will Donations
 June 2024

Zmira Gold to Julie Segal ~
 Happy Birthday!



Shavuot means “weeks” and commemorates the spring harvest and the giving of the Torah on Mount Sinai. The entire JCC will be closed for Shavuot on June 12 and the Senior Nutrition Program will be closed again on the 13th in observance of *Shavuot*.



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

June 3, 10, 19, 24, 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

June 4, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with June birthdays. Save room for dessert!!!

June 5, 10:30 a.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 or request books.

June 6, 20, 27, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick Reading Room, 2nd floor.

June 7 or 14, 1 p.m. ~ Art class with Karen Herold. We will be painting a summer landscape on canvas. Please RSVP to Melissa Wood at 238-2743 or mwood@jewishlouisville.org. Spaces limited.

June 7, 14, 21, 28, 12:45 p.m. ~ Canasta in the Kohn Family Town Square.

June 11, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda provided.

June 12, JCC Closed for Shavuot.

June 13, Senior Nutrition Program Closed for Shavuot.

June 17, 12:45 p.m. ~ Senior Adult Committee meeting in the Community Room.

June 18, 12:45 p.m. ~ Sandra Cherry will continue her lectures from the Smithsonian series. This month she will discuss, “Hiking the Grand Canyon” .

June 18, 6 p.m. ~ Dining out. Flanagans Ale House, 934 Baxter Ave. Classic Irish Pub. Sign up in Reservation book at JCC or call/text Kim Pendley 502-821-0733. Leave a voicemail. Kim will call you back if there is an issue. See Melissa separately for transportation.

June 20, 12: 45 p.m. ~ Senior Nutrition council & Senior Nutrition education. This month we will discuss “Budget Cooking”.

June 24, 10:30 a.m. ~ Book Club. Join us to discuss *Bettyville* by George Hodgman. Also pick up the book for July.

June 25, 12:45 p.m. ~ Concert with John Gage. John’s a longtime favorite of the Club. He plays guitar and sings.

JUNE 2024

Lunch is served at 12 p.m.
To make a reservation,
call Melissa at 238-2743 or
Email: 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>3 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Spanish Class 1 p.m.</p> <p>Cheese Quesadilla, Black Bean Soup, Grilled Vegetables and Fresh Fruit.</p>	<p>4 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. Birthdays and Bingo 12:30 p.m.</p> <p>Black Bean Burger, Sweet Potato Wedges, Oranges, Pudding and Cake.</p>	<p>5 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. Book Mobile 10:30</p> <p>Chickpea Chicken Salad, Vegetable Soup, Fresh Fruit and Cookie.</p>	<p>6 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. Memoir Writing Class 1 p.m.</p> <p>Vegetable Stir Fry with Garbanzo Beans, Brown Rice, Egg Drop Soup and Oranges.</p>	<p>7 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Art Class with Karen 1 p.m. Canasta 1 p.m.</p> <p>Impossible Meat Loaf, Mashed Potatoes, Green Beans, Salad, Challah and Fruit.</p>
<p>10 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Spanish Class 1 p.m.</p> <p>Tuna Salad, Chips, Vegetable Soup, and Fruit.</p>	<p>11 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Film 12:45 p.m.</p> <p>Grilled Cheese, Tomato Soup, Pudding, and Green Salad.</p>	<p>JCC Closed for Shavuot</p>	<p>13 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.</p> <p>Senior Nutrition Program Closed for Shavuot</p>	<p>14 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Art Class with Karen 1 p.m. Canasta 1 p.m.</p> <p>Salmon Croquette, Mashed Potatoes, Peas & Carrots, Salad, Challah and</p>
<p>17 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Sr. Adult Committee 12:45 p.m.</p> <p>Tuna Casserole, Roasted Potatoes, Fruit and Salad.</p>	<p>18 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Sandra Cherry 12:45 p.m. Dining Out 6 p.m.</p> <p>Bean and Cheese Burrito, Grilled Vegetables, Brown Rice and Fresh Fruit.</p>	<p>19 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. Spanish Class 1 p.m.</p> <p>Egg Salad Sandwich, Mushroom Soup and Fresh Fruit.</p>	<p>20 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. Sr Nutrition Counsel 12:45 p.m. Memoir Writing Class 1 p.m.</p> <p>Baked Ziti, Zucchini, Yellow Squash and Fruit.</p>	<p>21 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Crispy Tilapia, Mac and Cheese, Greens, Challah and Apple Sauce.</p>
<p>24 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Book Club 10:30 a.m. Spanish Class 1 p.m.</p> <p>Impossible Burger, Roasted Potatoes and Fruit.</p>	<p>25 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. John Gage 12:45 p.m.</p> <p>Vegetarian Chili, Elbow Pasta, Green Salad and Fruit.</p>	<p>26 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.</p> <p>Vegetable Pot Pie, Mashed Potatoes and Green Salad.</p>	<p>27 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. Memoir Writing Class 1 p.m.</p> <p>Mushroom Alfredo, Roasted Broccoli, Green Salad and Fruit.</p>	<p>28 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Baked Salmon, Rice and Quinoa, Grilled Vegetables, Challah and Fruit.</p>

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



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.