



Happy Birthday to our Senior Social Club members !



3 Barbara Gordon
8 Sharon Goldblatt
18 Rosemary Dorsey
19 Patricia Gregg
23 Tena Lutz
24 Lauren Kehr

25 Kim Pendley
25 Jerry Solzman
26 Kaye Hobbs
26 Zmira Gold
26 Diana Hardin

27 Anna Spurgeon
27 Ginger Munden
28 Thelma Marx
28 Jane Dyer
30 Roxanne Black
31 James Schatz

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

May 2024

Good Will Donations May 2024

Marilyn Pincus to Julie Segal ~
In honor of your birthday.

Caroline & A.W. Rosenthal to
Julie Segal ~ In celebration of
your birthday.

From all your friends at the
Trager family JCC to Joyce
Myers ~ Wishing you a speedy
recovery.

Huber's Field Trip Friday May 31st

Join us for a trip to Joe Huber's
Family Farm and Restaurant for a
delicious country meal. We will
also stop at the winery
and farm stand.

Cost is \$45 per person which
includes the transportation.
Please RSVP to Dara by
Friday May 24th.

Please pay to secure your spot
when you make your reservation.
The Bus will be leaving the JCC
at 11:20 am. We will leave from
Hubers at approximately 3 pm.

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

May 1, 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 or reserve books.

May 1, 12:30 p.m. ~ Birthdays & Bingo. Join us to celebrate our fellow seniors with May birthdays. Save room for dessert!!!

May 2, 9, 16, 23, 30, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy meets in the Barbara Brick Reading Room, 2nd floor.

May 3 or 10, 1 p.m. ~ Art class with Karen Herold. Please rsvp to Melissa Wood at 238-2743 or mwood@jewishlouisville.org. Spaces limited.

May 6, 13, 20, 29, 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.

May 7, 12:45 p.m. ~ Join Suzy Gessner as she teaches the basics of calligraphy. Please rsvp to mwood@jewishlouisville.org. Spaces limited.

May 8, 12:45 p.m. ~ Concert with John Gage. John's a longtime favorite of the Club. He plays guitar and sings.

May 14, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda provided.

May 14, 6 p.m. ~ Dining out. This month we will be going to Red Lobster on Breckenridge Lane. Please RSVP to Kim Pendley 502-821-0733 or k25mble@icloud.com. RSVP by Friday May 10th. See Dara separately for transportation.

May 15, 12:45 p.m. ~ Israeli current events with Yoram Katz. Yoram will present topics from various view points to discuss as a group.

May 20, 10:30 a.m. ~ Book Club. Join us to discuss Euphoria by Lily King. Also pick up the book for June.

May 21, 11:45 a.m. ~ **Note time change.** Understanding Israel: Zoom call with Israeli Educator Muki Jankelowitz. He will be leading us on an armchair tour of important sights in Jerusalem.

May 21, 1 p.m. ~ Concert with the Dayan Family Band. The Dayan's are visiting from our sister city, Acco, in Northern Israel. They will be here to entertain us as part of the Israeli Arts and Culture Festival.

May 22, 1 p.m. ~ Join our very own Jean Marlowe. She will be speaking on the history of the Marquis de Lafayette and his importance in the American Revolution. Jean's talk will include lots of artwork, maps and photographs. Approximately 30 minutes in length.

May 28, 12:45 p.m. ~ Bob Mueller will be here to uplift and entertain us with a new talk, "The 7 C's"

MAY 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>1 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 a.m. Birthdays and Bingo 12:30 p.m.</p> <p>Vegetable Frittata, Skillet Potatoes, Green Salad and Apple Crisp.</p>	<p>2 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>Black Bean Burger, Sweet Potato Fries and Fruit.</p>	<p>3 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 Chef Salad, Vegetable Soup, Chips and Fruit.</p>
<p>6 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>Grilled Cheese, Tomato Soup, Green Salad and Pudding.</p>	<p>7 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. Calligraphy with Suzy 12:45 p.m.</p> <p>Mushroom Alfredo, Roast Broccoli, Grilled Bread and Fresh Fruit.</p>	<p>8 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. John Gage 12:45 p.m.</p> <p>Bean and Cheese Burrito, Rice, Grilled Vegetables and Oranges.</p>	<p>9 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>Hummus Pita, Israeli Salad, Potato Soup, Fresh Fruit and Vanilla Pudding.</p>	<p>10 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>Crispy Fish, Mac & Cheese, Greens, Applesauce and Challah.</p>
<p>13 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>Egg Salad, Mushroom Soup, Oranges and Cookie.</p>	<p>14 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. Dining Out 6 p.m.</p> <p>Baked Ziti, Zucchini and Yellow Squash, Romaine Salad, Bread and Fruit.</p>	<p>15 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. Israeli Current Events 12:45 p.m.</p> <p>French Toast, Berries, Yogurt Parfait and Roasted Potatoes.</p>	<p>16 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>Coconut Curry, Brown Rice, Steamed Spinach, Grilled Bread and Fruit.</p>	<p>17 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Tuna Casserole, Steamed Broccoli, Roasted Potatoes and Fruit.</p>
<p>20 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>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Oranges and a Cookie.</p>	<p>21 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Understanding Israel 11:45 a.m. Dayan Family Concert 1 p.m.</p> <p>Egg Salad, Cream of Mushroom Soup, Chips and Oranges.</p>	<p>22 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. Jean Marlowe Talk 12:45 p.m.</p> <p>Stuffed Pepper, Mashed Potato, Peas, Carrots, Fruit and Challah.</p>	<p>23 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>Tuna Salad Sandwich, Vegetable Soup, Chips and Fruit.</p>	<p>24 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Vegetarian Lasagna, Romaine Salad, Breadstick, Pineapple, Cookie</p>
<p>27 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m.</p> <p>Senior Nutrition Program Closed for Memorial Day</p>	<p>28 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. Bob Mueller 12:45 p.m.</p> <p>Impossible Burger, Lettuce, Tomato, Onion, Potato Wedges and Baked Beans.</p>	<p>29 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>Vegetable Pot Pie, Mashed Potatoes, Green Salad, Fruit and Challah.</p>	<p>30 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>Vegetarian Chili, Elbow Pasta, Green Salad and Fruit.</p>	<p>31 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Hubers Canasta 1 p.m.</p> <p>Cheese and Vegetable Flat Bread Pizza, Green Salad 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.