



Happy Birthday to our August Senior Social Club Members!

2 Betty Orton
 4 Sherree Keene
 6 Peggy W Miller
 7 Joyce Myers
 9 June Willman
 10 Kitty Furlong
 11 Chuck Webb Jr
 12 Bonnie Taylor
 14 Caroline Rosenthal
 17 Eddie Turpen

17 Maureen Friedman
 18 Jackie Thomas-Rodrigues
 18 Judith Wilkes
 19 Vivien Keane
 21 Mary Mattingly
 22 Soni Castleberry
 22 Gale Karem
 22 Vicky Niederstadt
 22 Marvin Yussman
 23 Suzanne Morison

24 Scottye Ghent
 27 Mary Lerman
 27 Kathryn Nell Smith
 28 Sandy Jackson
 28 Mary Helen Thompson
 29 Ann Lennon

<p>Dara Cohen, Active Adult & Senior Director Amy Stephen, Assistant Senior Director Helen Impellizzeri, Executive Chef & Nutrition Services Director Heather Johnson, Sous Chef</p> <p>Fees for the Adult Social Club are: \$30.00 JCCM \$35.00 JCC Couple \$80.00 NM \$95.00 NM Couple</p>	<p>Senior Adult Committee Joyce Myers, Chairperson Dara Cohen, Senior Programming Director</p> <p>Barbara Gordon Gale Karem Tony Kerr Gail Moody Ilean Rowe Kim Pendley Jim Schatz</p>	<p>The Senior Adult Program is open from Monday — Friday from 8 a.m. until 3 p.m. to all seniors regardless if you are a member of the JCC, Adult Social Club or a non-member.</p>
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J SENIOR TIMES

August 2024



August Goodwill Donations:

Marilyn Mattingly to Dolores Levy. In Memory of Dell Levy.

Ilean and Lewis Rowe to Jim Schatz. In memory of Mitzie Schatz.

Marlene and Sam Gordon to Dolores Levy. In memory of Dell Levy.

Marian Harrell to Dolores Levy. In memory of Dell Levy.

Zmira Gold to Dolores Levy. In memory of Dell Levy.

Ilean and Lewis Rowe to Kim Pendley. In memory of your brother David.

August 2, 16, 1 p.m. ~ Art class with Karen Herold. We will be painting wooden flowers, etc. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

August 2, 9, 16, 23, 30, 12:45 p.m. ~ Canasta in the Kohn Family Town Square.

August 5, 12:45 p.m. ~ Social Club Committee meeting.

August 6, 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

August 7, 12, 19, 26, 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.

August 7, 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.

August 7, 11:30 a.m. ~ "Annie" at Derby Dinner Playhouse. Bus leaves promptly at 11:30. We will leave the playhouse around 3:30 p.m. to return to the Trager Family JCC.

August 8, 15, 22, 29, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick Reading Room, 2nd floor.

August 9, 12:45 p.m. ~ Join us for our Senior Olympic Games. We will get in the Olympic spirit with fun games everyone can play.

August 14, 1:00 p.m. ~ We will watch "Comedians in Cars Getting Coffee" and afterward we will have an open mic. Anyone who wishes can get up and tell a few jokes lasting no more than a couple of minutes. Clean humor is a must!

August 20, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda provided.


August 21 & 28, 12:45 p.m. ~ Sandra Cherry will continue her National Geographic series on Yellowstone. Each presentation will last about 45 minutes.

August 22, 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a lecture on Soybeans.

August 26, 10:30 p.m. ~ Book Club. Join us to discuss "The Book of Lost Names" by Kristin Harmel. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for September at this time.

August 27, 12:45 p.m. ~ Join us for a virtual tour of ANU museum in Israel. They will focus on a current exhibit called Wonder Women.

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

AUGUST 2024

Lunch is served at 12 p.m.
We ask that you try to arrive approximately 15 minutes early.

Lunch is a suggested donation of \$3
 For those over 60 years of age.
 To make a reservation, call Amy at 238-2743, email astephen@jewishlouisville.org, or sign up in the binder.

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 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. NO MEMOIR WRITING CLASS</p> <p>Tuna Casserole, Roast Potatoes, Fruit, and Dinner Roll.</p>	<p>2 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m. Art Class with Karen 1 p.m.</p> <p>Baked Salmon, Rice Quinoa Pilaf, Sautéed Vegetables, Spinach Salad, Challah and Banana Pudding.</p>
<p>5 Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. SSC Committee Mtg 12:45 p.m.</p> <p>Tuna Salad, Broccoli Cheese Soup, Chips, and Fruit Cup.</p>	<p>6 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>Bean and Cheese Burrito, Guacamole, Salsa, Rice, Mixed Vegetables, and Fresh Fruit.</p>	<p>7 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. Bookmobile 10:30 /Annie 11:30 a.m. Spanish 1 p.m.</p> <p>Vegetable Coconut Curry, Brown Rice, Steamed Spinach, Mandarin Gel Cup, and Roll.</p>	<p>8 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>French Toast Casserole, Roasted Potatoes, Steamed Vegetables, and Yogurt Parfait.</p>	<p>9 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m. Senior Olympics 12:45-2 p.m.</p> <p>Crispy Fish, Mac and Cheese, Greens, Apple Sauce, and Challah.</p>
<p>12 Club 60 8:30 & 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, Lettuce & Tomato, Cream of Mushroom Soup, Orange Wedges, and Cookie.</p>	<p>13 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m.</p> <p>Vegetarian Lasagna, Green Beans, Salad, and Fruit.</p>	<p>14 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. Comedy Day 1 p.m.</p> <p>Mushroom Alfredo, Roasted Broccoli, Bread Stick, and Oranges.</p>	<p>15 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>Grilled Cheese, Tomato Soup, Green Salad, Fruit, and Pudding.</p>	<p>16 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>Stuffed Peppers, Sautéed Vegetables, Mashed Potatoes, Challah and Fresh Fruit.</p>
<p>19 Club 60 8:30 & 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>Vegetable Stir Fry, Brown Rice, Egg Drop Soup, and Mandarin Oranges.</p>	<p>20 Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weight 10:30&11:30a.m. Movie 12:45 p.m.</p> <p>Chickpea Chicken Salad, Vegetable Soup, Israeli Salad, and Fresh Fruit.</p>	<p>21 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. Sandra Cherry 12:45 p.m.</p> <p>Vegetable Frittata, Potatoes, Apple Crisp, and Green Salad.</p>	<p>22 Gentle NIA 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Light Weights 11:30a.m. Memoir Writing Class 1 p.m. Senior Nutrition Council 12:45</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fresh Fruit, and</p>	<p>23 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Salmon Croquettes, Mashed potatoes, Peas and Carrots, Tossed Salad, and Challah.</p>
<p>26 Club 60 8:30 & 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 p.m. Spanish Class 1 p.m.</p> <p>Vegetarian Chili, Elbow Pasta, Spinach Salad, Orange Wedges, and Cookie.</p>	<p>27 Zumba Gold 9:30 a.m. Club 60 9:30 a.m. Chair Light Weight 10:30 & 11:30 a.m. ANU Museum 12:45</p> <p>Hummus Pita Pocket, Israeli Salad, Fruit, and Pudding.</p>	<p>28 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. Sandra Cherry 12:45 p.m.</p> <p>Tuna Casserole, Roasted Potatoes, Green Salad, and Fruit.</p>	<p>29 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, Avocado, Lettuce, Tomato, Onion, Sweet Potato, and Fresh Fruit.</p>	<p>30 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Impossible Meatloaf, Mashed Potatoes, Green Beans, Apple Sauce, Challah and Salad.</p>



Get in the Olympic spirit with fun and games, Friday, August 9. We will have activities that everyone can participate in. Let's show our skills.

Reminder: You must reserve your spot in every exercise class. Call as early as 48 hours in advance- 238-2727 or go online jewishlouisville.org. If you need assistance please see a staff member.