



Happy Birthday to our July Senior Social Club Members!



1 David Lynch
 3 Carol Jean Bowman
 3 Liz Essen
 3 Chris Minch
 5 Lucinda Durham
 7 Beverly Miller
 9 Bobbie Rouben
 10 Sue Bentley
 11 Donna O'Bryan
 12 Tom Rutenueller

14 Kathy Jones
 15 Judith Crane
 17 Susan Cummins
 17 Maria Schrenger
 18 Sandra Datillo
 20 Donna Hart
 20 Deborah Hoblitzell
 20 Janet Reddington
 21 Rita Myers
 22 Martha Baxter

22 Douglas Hobson
 26 Mary Lee Lanning
 27 Boyce George
 28 Mildred Kaelin
 28 Miriam Shippmann
 29 Jonas Sosas Sr.
 29 Shirley Hardin
 30 Edward Ginsburg
 30 Ellen Buche
 31 Jim Blain

Dara Cohen,
 Active Adult & Senior Director
Helen Impellizzeri,
 Executive Chef
 & Nutrition Services Director
Heather Johnson, Sous Chef

Senior Adult Committee
Joyce Myers, Chairperson
 Dara Cohen,
 Active Adult
 & Senior Programming Director
 Barbara Gordon
 Gale Karem
 Tony Kerr
 Gail Moody
 Ilean Rowe
 Kim Pendley
 Jim Schatz

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 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.

SENIOR TIMES

July 2024



Senior Nutrition Program will be closed on the 4th of July.



"The Muhammad Ali Center provides education and community engagement to continue Ali's legacy and inspire greatness." We will be visiting the Muhammad Ali Center on July 24th.

June Goodwill Donations:
Zmira Gold to Julie Segal.
Happy Birthday!

July 1, 8, 15, 22, 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.

July 3, 12:45 p.m. ~ Patriotic music on the piano with Sara Robinson.

July 4, Senior Nutrition Program closed for Independence Day.

July 10, 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

July 11, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick Reading Room, 2nd floor.

July 16, 12:45 p.m. ~ Sandra Cherry will begin a mini- series of Chautauqua lectures. This presentation will feature Dr. Sanjay Gupta with the topic of "Medicine and Media."

July 17, 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda provided.

July 19 or 26, 1 p.m. ~ Art class with Karen Herold. This month we will be creating our own dream catchers. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

July 19 and 26, 12:45 p.m. ~ Canasta in the Kohn Family Town Square.

July 22, 10:30 p.m. ~ Book Club. Join us to discuss "Neverhome" by Laird Hunt . Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for August.

July 23, 12:45 p.m. ~ Sandra Cherry continues her Chautauqua mini-series. This presentation will feature Jon Meacham on the "Evolution of American Presidency."

July 24, 12:45 p.m. ~ Join us for a field trip to the Muhammed Ali Center. Bus leaves JCC at 12:45 p.m. We will do self guided tours. Bus will depart from the Ali Center at 2:45 p.m. RSVP with Dara. Cost is \$15 per person. Pay to reserve your spot.

July 25, 12:45 p.m. ~ Senior Nutrition Counsel & Senior Nutrition education. 12:45 p.m. This month we will discuss "Soybeans."

July 30, 12:45 p.m. ~ Sandra Cherry concludes her Chautauqua mini-series with "The Artificial Intelligence Revolution."

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

JULY 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 238-2743 or sign up in the binder.

MON	TUE	WED	THU	FRI
<p>1 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>Cheese Quesadilla, Black Bean Soup, Grilled Squash, and Pineapple.</p>	<p>2 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.</p> <p>Egg Salad Sandwich, Potato Soup, Oranges and a Cookie.</p>	<p>3 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. Patriotic Music with Sara Robinson 12:45</p> <p>Impossible Burger, Potato Wedges, Oranges and Pudding.</p>	<p>4 Senior Nutrition Department Closed for Federal Holiday</p>	<p>5 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 Falafel Burger, Israeli Salad, Watermelon and Cookie.</p>
<p>8 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>Tuna Salad, Broccoli Cheese Soup and Tropical Fruit Salad.</p>	<p>9 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.</p> <p>Vegetable Stir Fry with Tofu, Brown Rice, Egg Drop Soup and Orange Slices.</p>	<p>10 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. Birthdays and Bingo 12:30 p.m.</p> <p>Baked Ziti, Zucchini and Yellow Squash, Romain Salad, Roll and Sliced Pears.</p>	<p>11 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</p> <p>Chickpea Chicken Salad, Steamed Broccoli, Minestrone Soup, Fresh Fruit, and Cookie.</p>	<p>12 Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Canasta 1 p.m.</p> <p>Vegetable Pot Pie with Lentils, Mashed Potatoes, Green Salad and Sliced Pears.</p>
<p>15 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 Frittata, Skillet Potatoes, Green Salad and Apple Crisp.</p>	<p>16 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. "Medicine and Media"</p> <p>Bean and Cheese Burrito, Salsa, Rice, Mixed Vegetables and Oranges.</p>	<p>17 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. Film 12:45 p.m.</p> <p>Tuna Salad, Vegetable Soup, Chips and Fruit.</p>	<p>18 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>French Toast with Bananas, Potatoes, Green Salad and Berry Yogurt Parfait.</p>	<p>19 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 Meatballs, Whole Wheat Spaghetti, Zucchini and Pineapple.</p>
<p>22 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 a.m. Spanish Class 1 p.m.</p> <p>Grilled Cheese, Tomato Soup, Pudding and Fruit.</p>	<p>23 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. "Evolution of American Presidency"</p> <p>Egg Salad, Cream of Mushroom Soup, Fruit, and Cookie.</p>	<p>24 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. Muhammed Ali Center 12:45 p.m.</p> <p>Eggplant Parmesan, Bowtie Pasta, Italian Green Beans, Green Salad, and Fresh Fruit.</p>	<p>25 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. No Memoir Writing Class</p> <p>Flatbread Pizza, Salad, Fruit, and Pudding.</p>	<p>26 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>Fish Tacos, Brown Rice, Salsa, Grilled Vegetables, and Citrus Fruit.</p>
<p>29 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. No Spanish Class</p> <p>Baked Spaghetti, Zucchini and Squash, Green Salad, Fruit Salad, and Cookie.</p>	<p>30 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 "Artificial Intelligence"</p> <p>Vegetarian Biscuits and Gravy with Lentils, Scrambled Eggs, Potatoes, Green Salad, and Fruit.</p>	<p>31 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>Falafel Wrap, Mixed Green Salad/Israeli Salad, Vegetable Soup, Pudding and Fruit.</p>	<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>	



Join us August 7th for lunch and a matinee performance of "Annie" at Derby Dinner Playhouse, Bus leaves the Trager family JCC at 11:30 a.m. \$45 for SSC Members/ \$55 NM. Pay to reserve your spot. Reservations will be taken after July 1st. No refunds for cancellations.

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.