



## Happy Birthday to our September Senior Social Club Members!

- |                     |                       |                   |
|---------------------|-----------------------|-------------------|
| 3 Vicki Elder       | 8 Rose Cantrell       | 18 Barbara Walker |
| 3 Stuart Ross       | 8 Jim Watson          | 21 Julia Lynch    |
| 4 Bryan Beatty      | 9 Patricia Ann Cooke  | 22 Hank Williams  |
| 4 Bob Meadway       | 12 Bonnie Lichtefeld  | 24 Gary Goldblatt |
| 5 Phyllis Eagletree | 12 Diane Sadle        | 27 Sherry Hurlle  |
| 5 Rodney Pearman    | 15 Stella Hobson      | 29 Deborah Harris |
| 6 Dianne Allison    | 16 Diana Grisham King |                   |
| 7 Marsha Weinstein  | 18 Elise Barbour      |                   |

**Dara Cohen,**  
Active Adult & Senior Director

**Amy Stephen,**  
Assistant Senior Director

**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

### Senior Adult Committee

**Joyce Myers,** Chairperson

**Dara Cohen,**  
Senior Programming Director

Barbara Gordon  
Gale Karem  
Tony Kerr  
Gail Moody  
Ilean Rowe  
Kim Pendley  
Jim Schatz

The Senior Adult Program is open from Monday — Friday 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

## September 2024



### Monday, September 9

Dining Out at Selena's @ Willow Lake Tavern. This historic Tavern has a terrace with outdoor dining if weather permits.

Check out their website for pictures and menu options: [selenasrestaurant.com](http://selenasrestaurant.com)

### September Goodwill Donations:

Raema Green to Dolores Levy. In memory of Dell Levy.

**September 3,** 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

**September 4,** 10:00 a.m. ~ Schimpff's Confectionary and lunch at Harry's Taphouse & Kitchen. Bus leaves promptly at 10:00. We will leave the restaurant around 2:00 p.m. to return to the Trager Family JCC. SSC Members \$40 / Non Members \$50.

**September 4,** 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.

**September 4, 11, 18, 25,** 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

**September 5, 12, 19, 26,** 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick Reading Room, 2nd floor.

**September 6, 13,** 1 p.m. ~ Art class with Karen Herold. We will be making Shadow Boxes. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

**September 6, 13, 20, 27,** 12:45 p.m. ~ Canasta in the Kohn Family Town Square.

**September 9,** 6:00 p.m. ~ Dining Out at Selena's @ Willow Lake Tavern. An evening out with friends and food. Twenty-seven spots available, please register with Dara or Amy.

**September 9, 16, 30,** 1 p.m. ~ Ole Espanol/ Spanish class. Beginners and continuous students are welcome to attend. RSVP to Sara Robinson at [sara0448@gmail.com](mailto:sara0448@gmail.com) or call 502-491-6603.

**September 10, 17, 24,** 12:45 p.m. ~ Sandra Cherry will continue her National Geographic series on our National Wonders. Each presentation will last about 45 minutes.

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

**September 18,** 12:45 p.m. ~ Join us and listen to Michael Jackman on Guitar. Michael is an accomplished singer, songwriter, and poet.

**September 19,** 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a lecture on nutrition labels.

**September 23,** 10:30 p.m. ~ Book Club. Join us to discuss "Olive Kitteridge" by Elizabeth Strout. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for October at this time.

**September 27,** 12:45 p.m. ~ Crime Victims Bingo. Join us as Paul Troy leads us in Bingo with a twist, and with it great education on how to avoid becoming the victim of a scam. Door prizes included.

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Trager Family Jewish Community Center  
3600 Dutchmans Lane  
Louisville, KY 40205  
502-459-0660  
[www.jewishlouisville.org](http://www.jewishlouisville.org)



# SEPTEMBER 2024

**Lunch is served at 12 noon.**  
**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](mailto:astephen@jewishlouisville.org), or sign up in the binder.

MON	TUE	WED	THU	FRI
<p><b>2</b></p>  <p><b>Senior Nutrition Closed</b></p>	<p><b>3</b></p> <p>Zumba Gold 9:30 am                      Gentle Yoga 9:30 am                      Club 60 9:30 am                      Chair Light Weight 10:30 &amp; 11:30am  <b>Birthday &amp; Bingo 12:30 pm</b></p> <p>Baked Ziti, Zucchini &amp; Squash, Romaine Salad, and Fruit.</p>	<p><b>4</b></p> <p>Water Walkers 8:30 am                      Club 60 9:30 am                      Gentle Yoga 9:30 am                      Moving to Heal 10:30 &amp; 11:30 am  <b>Schimpff's Confectionary 10:00 am</b>  <b>Bookmobile 10:30 am</b></p> <p>Hummus Wrap, Grilled Vegetables, Potato Leek Soup, and Fresh Fruit.</p>	<p><b>5</b></p> <p>Gentle NIA 9:30 am                      Gentle Yoga 9:30 am                      Chair Light Weights 10:30 am                      Light Weights 11:30 am  <b>Memoir Writing Class 1 pm</b></p> <p>French Toast with Bananas, Roasted Potatoes, and Fruit &amp; Yogurt Parfait.</p>	<p><b>6</b></p> <p>Club 60 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am  <b>Canasta 1 pm</b>  <b>Art Class with Karen 1 pm</b></p> <p>Stuffed Peppers, Mashed Potatoes, Roasted Vegetables, Fresh Fruit, and Challah.</p>
<p><b>9</b></p> <p>Club 60 8:30 &amp; 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am                      Chair Yoga 10:30 am  <b>Spanish Class 1 pm</b>  <b>Dining Out: Selinas 6pm</b></p> <p>Chickpea Chicken Salad, Vegetable Soup, Fruit, and Cookie.</p>	<p><b>10</b></p> <p>Zumba Gold 9:30 am                      Gentle Yoga 9:30 am                      Club 60 9:30 am                      Chair Light Weight 10:30 &amp; 11:30 am  <b>Sandra Cherry 12:45 pm</b></p> <p>Flat Bread Pizza, Israeli Salad, and Vanilla Yogurt.</p>	<p><b>11</b></p> <p>Water Walkers 8:30 am                      Club 60 9:30 am                      Gentle Yoga 9:30 am                      Moving to Heal 10:30 &amp; 11:30 am  <b>Film 12:45 pm</b>  <b>Mah Jongg 1 pm</b></p> <p>Bean &amp; Cheese Burrito, Salsa, Mixed Vegetables, and Fruit.</p>	<p><b>12</b></p> <p>Gentle NIA 9:30 am                      Gentle Yoga 9:30 am                      Chair Light Weights 10:30 am                      Light Weights 11:30 am  <b>Memoir Writing Class 1 pm</b></p> <p>Tuna Salad, Rye Bread, Vegetable Soup, Fruit Cup.</p>	<p><b>13</b></p> <p>Club 60 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am  <b>Canasta 1 pm</b>  <b>Art Class with Karen 1 pm</b></p> <p>Baked Salmon, Quinoa Rich, Stir Fry Vegetables, Tropical Fruit, and Challah.</p>
<p><b>16</b></p> <p>Club 60 8:30 &amp; 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am                      Chair Yoga 10:30 am  <b>Spanish Class 1 pm</b></p> <p>Egg Salad, Lettuce &amp; Tomato, Cream of Mushroom Soup, Orange Wedges, and Chips.</p>	<p><b>17</b></p> <p>Zumba Gold 9:30 am                      Gentle Yoga 9:30 am                      Club 60 9:30 am                      Chair Light Weight 10:30 &amp; 11:30 am  <b>Sandra Cherry 12:45 pm</b></p> <p>Grilled Cheese, Tomato Soup, Green Salad, and Chocolate Pudding.</p>	<p><b>18</b></p> <p>Water Walkers 8:30 am                      Club 60 9:30 am                      Gentle Yoga 9:30 am                      Moving to Heal 10:30 &amp; 11:30 am  <b>Michael Jackman 12:45 pm</b>  <b>Mah Jongg 1 pm</b></p> <p>Fish Tacos, Soft Tortilla, Pico De Gallo, Brown Rice, and Oranges.</p>	<p><b>19</b></p> <p>Gentle NIA 9:30 am                      Gentle Yoga 9:30 am                      Chair Light Weights 10:30 am                      Light Weights 11:30 am  <b>Memoir Writing Class 1 pm</b>  <b>Senior Nutrition Council 12:45 pm</b></p> <p>Mushroom Alfredo, Steam Spinach, Green Salad, Grilled Bread and Pears.</p>	<p><b>20</b></p> <p>Club 60 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am  <b>Canasta 1 pm</b>  <b>GroupEX Pro Training 1 pm</b></p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, Apple Sauce, and Challah.</p>
<p><b>23</b></p> <p>Club 60 8:30 &amp; 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am                      Chair Yoga 10:30 am  <b>Book Club 10:30 am</b>  <b>No Spanish Class</b></p> <p>Tuna Salad, Vegetable Soup, Wheat Bread, Oranges, and Pudding.</p>	<p><b>24</b></p> <p>Zumba Gold 9:30 am                      Gentle Yoga 9:30 am                      Club 60 9:30 am                      Chair Light Weight 10:30 &amp; 11:30 am  <b>Sandra Cherry 12:45 pm</b></p> <p>Black Bean Burger, Avocado Yogurt, Lettuce, Tomato, Onion, Baked Sweet Potato, and Melon.</p>	<p><b>25</b></p> <p>Water Walkers 8:30 am                      Club 60 9:30 am                      Gentle Yoga 9:30 am                      Moving to Heal 10:30 &amp; 11:30 am  <b>Mah Johgg 1pm</b></p> <p>Vegetable Frittata, Roasted Potato, and Apple Crisp.</p>	<p><b>26</b></p> <p>Gentle NIA 9:30 am                      Gentle Yoga 9:30 am                      Chair Light Weights 10:30 am                      Light Weights 11:30am  <b>Memoir Writing Class 1 pm</b></p> <p>Baked Spaghetti, Zucchini &amp; Squash, Garlic Bread, and Pineapple.</p>	<p><b>27</b></p> <p>Club 60 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am  <b>Canasta 1 pm</b>  <b>Crime Victims Bingo 12:45 pm</b></p> <p>Salmon Croquettes, Mashed potatoes, Peas and Carrots, Oranges, and Challah.</p>
<p><b>30</b></p> <p>Club 60 8:30 &amp; 9:30 am                      Gentle Yoga 9:30 am                      Tai Chi 10:30 am                      Chair Yoga 10:30 am  <b>Spanish Class 1 pm</b></p> <p>Tuna Casserole, Roasted Potatoes, Green Salad, and Tropical 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 for a visit to Schimpffs Confectionary in Jeffersonville, IN. Bus leaves at 10:00 am. We will watch a demonstration of candy being made and tour their museum, leaving time to purchase delicious chocolates and candies. Afterward, we will go to Harry's Taphouse and Kitchen. Space is limited, \$40 SSC Member, \$50 NM.**

**Reminder: You must reserve your spot in every exercise class. We will teach you how to reserve your spot for classes on September 20, at 1 pm in the Community Room.**