



Happy Birthday to our October Senior Social Club Members!

10-1 Jodie Goldberg  
10-1 Walker Hughes  
10-1 Joan Wimsatt  
10-4 Dolores Blain  
10-4 Alyce Turpen  
10-5 Mahrukh Joshi  
10-6 Beverly Ross  
10-6 Carol Jean Williams  
10-7 Cathy Lona

10-9 A.W. Rosenthal  
10-9 Constance Williams  
10-10 Juan Linares  
10-11 Joe Luber  
10-11 Mickey Miller  
10-12 Janet Ballard  
10-17 Jerry Abell  
10-17 Millicent Stiefler  
10-19 Enice McCord



10-19 Lucie Mohr  
10-19 Ivan Nibur  
10-22 Stephen Stenbro  
10-22 Suzanne Webb  
10-23 Ginger Wilkinson  
10-25 Tony Kerr  
10-26 Mary Woolsey  
10-27 Rebecca Conkling  
10-30 Junella Skinner  
10-31 Shirley Presley

**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  
Veronica Gossett  
Marvin Yussman  
Pat Kimberlin

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.

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

J SENIOR TIMES  
October 2024



**Personal Training scholarships for Seniors**

**We have a limited number of Personal Training scholarships. This is an introductory offer for Seniors who have not previously had Personal Training. Please see Amy for information.**

**October Goodwill Donations:**

Marilyn Mattingly, in Memory of Vince Muchow.

**October 1, 14, 21, 28,** 1 p.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.

**October 2,** 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.

**October 2, 9, 16, 23, 30,** 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

**October 7,** 12:45 p.m. ~ Senior Social Club Board Meeting in the Community Room.

**October 8,** 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

**October 9,** 12:45 p.m. ~ Concert with John Gage. John is a long time favorite of the club. He will play guitar and sing for us.

**October 15,** 12:45 p.m. ~ Join us for a film. Popcorn, candy, and soda provided.

**October 21,** 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a lecture on Nutrition Facts Label.

**October 22,** 12:45 p.m. ~ Dessert in the Sukkah with musical accompaniment.

**October 28,** 10:30 p.m. ~ Book Club. Join us to discuss “Southernmost” by Silas House. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for November at this time.

**October 29,** 10:20 a.m. ~ Join us for a fall walk and tour of Yew Dell Gardens. The path around the core of the gardens is paved. Martha Lee’s Kitchen will be providing box lunches. Cost is \$40 for Members and \$45 for Non-Members. Please see Amy to reserve your spot and choose your lunch. Leave JCC at 10:20 a.m. and return around 2 p.m.

**October 31,** 12:45 p. m. ~ Calligraphy with Suzy. Join Suzy Gessner as she teaches the basics of calligraphy. RSVP to Amy as spaces are limited.

# OCTOBER 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
	<b>1</b> <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>Spanish Class 1 pm</b></p> <p>Black Bean Quinoa Burger, Baked Sweet Potato, and Cottage Cheese.</p>	<b>2</b> <p>Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 am Better Balance 10:45 am Moving to Heal 10:30 &amp; 11:30 am <b>Bookmobile 10:30 am</b></p> <p>Eggplant Parmesan, Pasta, Green Beans, Salad, and Fruit.</p>	<b>3</b>  <p><b>ROSH HASHANAH</b></p> <p><b>JCC CLOSED</b></p>	
<b>7</b> <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>SSC Board Meeting 12:45 pm</b></p> <p>Tuna Casserole, Roasted Potatoes, Carrots, and Salad.</p>	<b>8</b> <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>Birthdays &amp; Bingo 12:30 pm</b></p> <p>Vegetable Lasagna, Salad, Bread Stick, Pineapple, and Cookie.</p>	<b>9</b> <p>Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 am Better Balance 10:45am Moving to Heal 10:30 &amp; 11:30 am <b>John Gage 12:45 pm</b></p> <p>Vegetable Stir Fry with Beans &amp; Tofu, Brown Rice, Egg Drop Soup, and Mandarin Orange.</p>	<b>10</b> <p>Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 am Light Weights 11:30 am</p> <p>Grilled Cheese, Tomato Soup, Salad, Yogurt and Mixed Berries.</p>	<b>11</b> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am</p> <p>Crispy Baked Fish, Broccoli, Macaroni &amp; Cheese, Applesauce and Challah.</p>
<b>14</b> <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>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges, and Cookie.</p>	<b>15</b> <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>Film 12:45 pm</b></p> <p>Vegetable Risotto with White Beans, Green Beans &amp; Roasted Tomatoes, Romaine Salad and Carrot Salad.</p>	<b>16</b> <p>Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 am Better Balance 10:45 am Moving to Heal 10:30 &amp; 11:30 am</p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.</p>	<b>17</b>  <p><b>JCC CLOSED</b></p>  <p><b>SENIOR NUTRITION CLOSED</b></p>	
<b>21</b> <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>Senior Nutrition Council 12:45 pm</b></p> <p>French Toast with Bananas, Scrambled Eggs, Roasted Potatoes &amp; Vegetables, and Berry Yogurt Parfait.</p>	<b>22</b> <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>Dessert in the Sukkah 12:45 pm</b></p> <p>Impossible Burger, Potato Wedges, and Cole Slaw.</p>	<b>23</b> <p>Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 am Better Balance 10:45 am Moving to Heal 10:30 &amp; 11:30 am</p> <p>Vegetable Pot Pie with Lentils, Salad and Vanilla Yogurt.</p>	<b>24</b>  <p><b>Shemini Atzeret and Simchat Torah</b></p> <p><b>JCC CLOSED</b> <b>SENIOR NUTRITION CLOSED</b></p>	
<b>28</b> <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 10:30am</b> <b>Spanish Class 1 pm</b></p> <p>Vegetarian Biscuits &amp; Mushroom Gravy, Scrambled Eggs, Roasted Vegetables and Fresh Fruit.</p>	<b>29</b> <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>Yew Dell Gardens 10:20 am</b></p> <p>Bean &amp; Cheese Burrito, Guacamole, Salsa, Brown Rice, Mixed Vegetables and Fresh Fruit.</p>	<b>30</b> <p>Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 am Better Balance 10:45 am Moving to Heal 10:30 &amp; 11:30 am</p> <p>Vegetable &amp; Chickpea Coconut Curry, White Rice, Spinach and Orange.</p>	<b>31</b> <p>Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 am Light Weights 11:30 am <b>Calligraphy Class 12:45 pm</b></p> <p>Flat Bread Pizza, Salad with Chickpeas, Fruit Salad, and Pudding.</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>

## NEW CLASS

**Better Balance:** Created with Seniors in mind, this 30-minute class focuses on building core strength through standing balance exercises. These gentle and effective movements can improve flexibility, mobility and posture, as well as relieve back pain and lower the risk of falls with improved coordination. Wednesday's at 10:45 am

## REMINDER

Starting at 48 hours before class time, call or register online to reserve your spot.

502-238-2727 or [www.jewishlouisville.org](http://www.jewishlouisville.org)  
If you need assistance, please see a staff member.