



# Happy Birthday to our November Senior Social Club Members!



- |                           |                         |                         |
|---------------------------|-------------------------|-------------------------|
| 11-2 Mona McCubbin        | 11-9 Marsha Puckett     | 11-20 Theresa Watson    |
| 11-4 Ellen Skomsky        | 11-11 Alice Dzenitis    | 11-24 James Dusenberry  |
| 11-5 Vicky Rego           | 11-11 Jane Lynch        | 11-24 Sheri Solzman     |
| 11-6 Dorothea Cahall      | 11-12 James Byrne       | 11-26 Jeff Gossett      |
| 11-6 Thomas Keefe         | 11-12 Maryde Hillebrand | 11-26 Jan Pieper        |
| 11-7 Shobha Deshmukh-Gill | 11-14 Kathi Tabb        | 11-27 Gerald Korfhage   |
| 11-7 Sandra Cherry        | 11-17 Pam Rudell        | 11-28 Suzanne Sparling  |
| 11-8 Phillip Feger        | 11-17 Maggie Sasher     | 11-29 Harvey Liebschutz |
| 11-8 Marilyn Frank        | 11-19 Bob Waterson      | 11-30 Max Green         |
| 11-8 Paul Veroff          | 11-20 Jill Ginsburg     |                         |

**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 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.

Reservations for lunch and classes required.

# SENIOR TIMES

## November 2024



**November 1, 15,** 1 p.m. ~ Art class with Karen Herold. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

**November 4, 11, 18, 25,** 1 p.m. ~ Ole Espanol/ Spanish class. This class is for continuing students. RSVP to Sara Robinson at sara0448@gmail.com or call 502-491-6603 to learn more.

**November 5,** 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

**November 6,** 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.

**November 6, 13, 20, 27,** 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

**November 7, 14, 21,** 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

**November 8,** 12:45 p.m. ~ Join the first share group meeting scheduled for Friday, November 8. You all have so much to share - in terms of wisdom and experience. The group is intended to create a space to connect through our stories. The meeting will follow lunch, lasting 30 - 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

**November 13,** Noon—1:30 p.m. ~ Traditional Turkey Dinner held at **Keneseth Israel Synagogue, 2531 Taylorsville Road.** Seniors are invited to bring a guest but they must be registered with the Senior Program before November 6th. Limited transportation to the synagogue will be available and must be arranged by contacting Dara Cohen. RSVP for lunch to Amy by November 6, at 502-238-2743.

**November 14,** 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a lecture on Cooking basics.

**November 18,** 6:00 p.m. ~ Dining Out at Grape Leaf. An evening out with friends and food. Twenty spots available, please register with Amy or Dara. Mediterranean Food; 2217 Frankfort Ave, 40206.

**November 19,** 12: 45 p.m. ~ Ann Niren from the Filson Historical Society will be here to give a general overview of the collection and then discuss the Jewish Collection and the history of Jewish Louisville including the JCC.

**November 20,** 1 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.

**November 21,** 11 a.m. ~ Before lunch program. Join our Israeli ShinShinim, emissaries Kyla & Eden. We will learn their histories and family stories of how they ended up in Israel.

**November 25,** 10:30 p.m. ~ Book Club. Join us to discuss "I Feel Bad About My Neck: and Other Thoughts on Being a Woman" by Nora Ephron. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for December at this time.

**November 26,** 12:45 p.m. ~ Join us for a film, popcorn, candy and soda. provided.

### 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.

### November Goodwill Donations:

**Ilean & Lewis Rowe ~ To Emily Durrett. In memory of your beloved husband Len.**



**SAVE THE DATE:**  
Sunday, January 5  
noon

Senior Social Club  
New Year's  
Membership Party

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
LOUISVILLE, KY  
PERMIT NO. 510

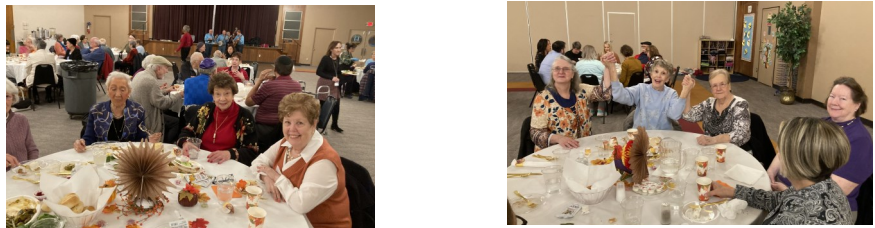
Trager Family Jewish Community Center  
3600 Dutchmans Lane  
Louisville, KY 40205  
502-459-0660  
www.jewishlouisville.org



# NOVEMBER 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>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>The Senior Adult Program Exercise classes, listed here, and lunches are open to all seniors regardless if you are a member of the JCC, Adult Social Club, or a non-member. Reservations required for both lunch and classes.</p>   |  | <p><b>1</b> Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Better Balance 11:30 am<br/><b>Art Class 1 pm</b></p> <p>Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit, and Challah.</p>                                  |
| <p><b>4</b> Club 60 8:30 &amp; 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Chair Yoga 10:30 am<br/>Better Balance 11:30 am<br/><b>Spanish Class 1 pm</b></p> <p>Hummus w/Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt.</p>  | <p><b>5</b> Zumba Gold 9:30 am<br/>Gentle Yoga 9:30 am<br/>Club 60 9:30 am<br/>Chair Light Weight 10:30 &amp; 11:30 am<br/><b>Birthday's &amp; Bingo 12:30 pm</b></p> <p>Mushroom Alfredo, Broccoli, Bread Stick, and Mixed Berries.</p>                            | <p><b>6</b> Water Walkers 8:30 am<br/>Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Better Balance 10:45am<br/>Moving to Heal 10:30 &amp; 11:30 am<br/><b>Book Mobile 10:30 am</b></p> <p>Vegetable Bean Chili, Pasta, Green Beans, Applesauce and Cottage Sauce.</p>                         | <p><b>7</b> Gentle NIA 9:30 am<br/>Gentle Yoga 9:30 am<br/>Chair Light Weights 10:30 am<br/>Light Weights 11:30 am<br/><b>Memoir Writing 1 pm</b></p> <p>Spinach Manicotti Casserole with White Beans, Pears, and Salad.</p>   | <p><b>8</b> Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Better Balance 11:30 am<br/><b>Discussion w/ George 12:45 pm</b></p> <p>Breaded Cod, Collard Greens, Macaroni and Cheese, Applesauce, and Challah.</p> |
| <p><b>11</b> Club 60 8:30 &amp; 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Chair Yoga 10:30 am<br/>Better balance 11:30 am<br/><b>Spanish Class 1 pm</b></p> <p>Vegetable Frittata, Skillet Potatoes, Apple Crisp and Bread.</p>   | <p><b>12</b> Zumba Gold 9:30 am<br/>Gentle Yoga 9:30 am<br/>Club 60 9:30 am<br/>Chair Light Weight 10:30 &amp; 11:30 am</p> <p>Egg Salad, Rye Bread, Lettuce &amp; Tomato, Cream of Mushroom Soup, Orange Wedges, and Cookie.</p>                                   | <p><b>13</b> Water Walkers 8:30 am<br/>Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Better Balance 10:45 am<br/>Moving to Heal 10:30 &amp; 11:30 am</p> <p>Traditional Turkey Dinner<br/>Held at Keneseth Israel Synagogue<br/>2531 Taylorsville Road</p>                                    | <p><b>14</b> Gentle NIA 9:30 am<br/>Gentle Yoga 9:30 am<br/>Chair Light Weights 10:30 am<br/>Light Weights 11:30 am<br/><b>Senior Nutrition Council 12:45</b><br/><b>Memoir Writing 1 pm</b></p> <p>Tuna Salad, Vegetable Soup, Wheat Bread, Oranges, and Pudding.</p> | <p><b>15</b> Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Better Balance 11:30 am<br/><b>Art Class 1 pm</b></p> <p>Baked Salmon, Rice Pilaf, Mixed Vegetables, Spinach Salad, Pudding, and Challah.</p>         |
| <p><b>18</b> Club 60 8:30 &amp; 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Chair Yoga 10:30 am<br/>Better Balance 11:30 am<br/><b>Spanish 1 pm</b><br/><b>Dining Out 6 pm</b></p> <p>Tuna Casserole, Roasted Potatoes, Carrots, and Salad.</p>   | <p><b>19</b> Zumba Gold 9:30 am<br/>Gentle Yoga 9:30 am<br/>Club 60 9:30 am<br/>Chair Light Weight 10:30 &amp; 11:30 am<br/><b>Ann Niren 12:45 pm</b></p> <p>Vegetable Lasagna, Salad, Bread Stick, Pineapple, and Cookie.</p>                                      | <p><b>20</b> Water Walkers 8:30 am<br/>Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Better Balance 10:45 am<br/>Moving to Heal 10:30 &amp; 11:30 am<br/><b>Crime Victims Bingo 1 pm</b></p> <p>Vegetable Stir Fry with Beans &amp; Tofu, Brown Rice, Egg Drop Soup, and Mandarin Orange.</p> | <p><b>21</b> Gentle NIA 9:30 am<br/>Gentle Yoga 9:30 am<br/>Chair Light Weights 10:30 am<br/>Light Weights 11:30 am<br/><b>Kyla &amp; Eden 11:00 pm</b><br/><b>Memoir Writing 1 pm</b></p> <p>Grilled Cheese, Tomato Soup, Salad, Yogurt and Mixed Berries.</p>        | <p><b>22</b> Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Better Balance 11:30 am</p> <p>Crispy Baked Fish, Broccoli, Macaroni &amp; Cheese, Applesauce, and Challah.</p>                                       |
| <p><b>25</b> Club 60 8:30 &amp; 9:30 am<br/>Gentle Yoga 9:30 am<br/>Tai Chi 10:30 am<br/>Chair Yoga 10:30 am<br/>Better Balance 11:30 am<br/><b>Book Club 10:30 am</b><br/><b>Spanish 1 pm</b></p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges, and Cookie.</p>  | <p><b>26</b> Zumba Gold 9:30 am<br/>Gentle Yoga 9:30 am<br/>Club 60 9:30 am<br/>Chair Light Weight 10:30 &amp; 11:30 am<br/><b>Film 12:45 pm</b></p> <p>Vegetable Risotto with White Beans, Green Beans &amp; Roasted Tomatoes, Romaine Salad and Carrot Salad.</p> | <p><b>27</b> Water Walkers 8:30 am<br/>Club 60 9:30 am<br/>Gentle Yoga 9:30 am<br/>Better Balance 10:45 am<br/>Moving to Heal 10:30 &amp; 11:30 am</p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.</p>  |  <p><b>SENIOR NUTRITION CLOSED</b>      <b>SENIOR NUTRITION CLOSED</b></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.



**SAVE THE DATE:**  
**Sunday January 5th**  
**will be our annual**  
**Senior Social Club**  
**New Years/**  
**Membership party.**

