



Happy Birthday to our December Senior Social Club Members!



12-1 John Bynum
 12-1 Harriet Teller
 12-4 Karen Dunn
 12-4 Nichola O'Bryan
 12-6 Leonora Vallez
 12-7 Marcy Russ
 12-7 Barbara Vetter
 12-8 Wes Wilkinson
 12-10 David Gordon

12-10 Patty Stovall
 12-11 Bill Lynch
 12-12 Yeva Blinetskaya
 12-15 Carol Halbleib
 12-16 Sonia Ernst
 12-17 Leslie Sanders
 12-20 Alan Baker
 12-20 Debbie Heuser

12-20 Mohini Warick
 12-21 Mary Pat Corley
 12-22 Connie Esten
 12-22 Bonnie Henle
 12-27 Frank Lichtefeld
 12-27 Jan Michno
 12-28 Shirley Davis
 12-28 Clara Small

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.

J SENIOR TIMES

December 2024



Happy Hanukkah

**Join us on December 27
 For the
 Annual Hanukkah Lunch and
 Celebration!
 Music, Door Prizes and Fun!**

12 Noon—1:45 p.m.

RSVP: 502-238-2743

December Goodwill Donations

Ilean and Lewis Rowe ~
 Condolences to Vicki and
 Doug Hobson on their loss.

December 2, 12:45 p.m. ~ SCC Advisory Board Meeting

December 3, 10, 18, 12:45 p.m. ~ Sandra Cherry. 3rd: Andrew Card, Jr (White House Chief of Staff under Bush). 10th: Rabbi Elyse Goldstein (1st female Rabbi in Canada). 18th: Dr. Francis Collins (NIH physician-scientist-musician)

December 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.

December 4, 12:45 p.m. ~ Frances Weinstock Trio. Join us for this wonderful eclectic music including Jewish, folk, show tunes, and classical.

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

December 5, 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.

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

December 6, 12:45 p.m. ~ Join this exciting share group meeting scheduled for Friday, December 6. This month the topic will be music, with memories and stories of past and present. The meeting will follow lunch, lasting 30 - 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

December 9, 16, 23, 30, 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.

December 9, 6 p.m. ~ Dining Out at Ramsi's Café on the World, 1293 Bardstown Rd. An evening out with friends and food. Space is limited, please register with Amy or Dara.

December 11, 12:45 p.m. ~ Join Phyllis Eagletree as she discusses her book, "Roll the Wheel" along with her photography work in the Appalachia's.

December 12, 12:45 p.m. ~ Join Kathryn Gretchyn Furlong for a talk on "Grief and the Holidays".

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

December 19, 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a discussion on Bread.

December 20, 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

December 23, 10:30 a.m. ~ Book Club. Join us to discuss "The Pioneers" by David McCullough. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for January at this time.

December 27, 12 Noon ~ Senior Hanukkah Party. Cantor Hordes will be here to teach us about Hanukkah and entertain us on the guitar.

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



DECEMBER 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, or sign up in the binder.

MON	TUE	WED	THU	FRI
2 Club 60 8:30 & 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Chair Yoga 10:30 am Better Balance 11:30 am SSC Board Meeting 12:45 pm French Toast with Bananas, Scrambled Eggs, Potatoes & Veggies, and Yogurt.	3 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Sandra Cherry 12:45 pm Impossible Burger, Potato Wedges, and Cole Slaw.	4 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 & 11:30 am Better Balance 11:30 am Book Mobile 10:30 am Frances Weinstock Trio 12:45 pm Vegetable Pot Pie with Lentils, Salad and Vanilla Yogurt.	5 Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am Kyla & Eden 11 am Memoir Writing 1 pm Chickpea "Chicken Salad", Broccoli, Soup, and Fruit with Cottage Cheese.	6 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am George Cook 12:45 pm Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit, and Challah.
9 Club 60 8:30 & 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Chair Yoga 10:30 am Better Balance 11:30 am Spanish Class 1 pm Dinning Out 6 pm Vegetarian Biscuits & Gravy, Eggs, Vegetables and Fresh Fruit.	10 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Sandra Cherry 12:45 pm Bean & Cheese Burrito, Guacamole, Salsa, Brown Rice, Mixed Vegetables and Fresh Fruit.	11 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 & 11:30 am Better Balance 11:30 am Phyllis Eagletree 12:45 pm Vegetable & Chickpea Coconut Curry, White Rice, Spinach and Orange.	12 Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am Kathryn Gretchyn Furlong 12:45 pm Memoir Writing 1 pm Flat Bread Pizza, Salad with Chickpeas, Fruit Salad, and Pudding.	13 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Stuffed Pepper, Vegetables, Apple Sauce and Challah.
16 Club 60 8:30 & 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Chair Yoga 10:30 am Better balance 11:30 am Spanish Class 1 pm Hummus w/Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt.	17 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Film 12:45 pm Mushroom Alfredo, Broccoli, Bread Stick, and Fresh Fruit.	18 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 & 11:30 am Better Balance 11:30 am Sandra Cherry 12:45 pm Vegetable Bean Chili, Pasta, Green Beans, and Applesauce.	19 Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am Senior Nutrition Council 12:45 pm Memoir Writing 1 pm Spinach Manicotti Casserole with White Beans, Pears, and Salad.	20 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Birthday's & Bingo 12:30 pm Breaded Cod, Collard Greens, Macaroni and Cheese, Applesauce, and Challah.
23 Club 60 8:30 & 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Chair Yoga 10:30 am Better Balance 11:30 am Book Club 10:30 am Spanish 1 pm Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange, and Cookie.	24 Classes Cancelled Senior Nutrition CLOSED	25 Classes Cancelled Senior Nutrition CLOSED	26 Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am Baked Ziti, Zucchini and Squash, Salad, Pears and Bread.	27 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Senior Hanukkah Party Impossible Meatloaf, Green Beans, Potato Latkes, Applesauce, and Challah.
30 Club 60 8:30 & 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Chair Yoga 10:30 am Better Balance 11:30 am Spanish 1 pm Tuna Casserole, Roasted Potatoes, Carrots, and Salad.	31 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Vegetable Lasagna, Salad, Bread Stick, Pineapple, and Cookie.	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.		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.

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:

**Senior Social Club
 New Years &
 Membership Party**

**Sunday,
 January 19**