



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

2-1 Phyllis Dries  
 2-2 Carol Wishnia  
 2-6 Joyce Koch  
 2-7 Janet Guagliardo  
 2-7 Jeroma LaMonaco  
 2-9 Dana Cantrell  
 2-10 Carolyn Bell  
 2-11 Diane Kissel

2-12 Marina Latiff  
 2-15 Vicki Hobson  
 2-16 Gail Moody  
 2-16 Jane Rosenthal  
 2-17 William McKinney  
 2-19 Ann Nunn  
 2-19 Chuck Jones

2-20 Karen Beatty  
 2-21 Julia Mohr  
 2-21 Vicki Dobson  
 2-24 Joseph Megna  
 2-24 Tami Penner  
 2-26 Kim Jonason  
 2-27 Judith Crowe



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

**Amy Stephen,**  
Assistant Senior Director

**Helen Impellizzeri,**  
Executive Chef  
& Nutrition Services Director

**Heather Johnson,** Sous Chef

**2025 Senior Social Club Fees:**  
 \$50 Member Add-on | \$75 Member  
 Couple Add-on | \$120 Single Non-  
 Member | \$150 Couple Non-Member

### 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

### Senior Adult Program:

Monday - Friday  
 8 a.m. until 3 p.m. to  
 all seniors regardless  
 if you are a member  
 of the JCC, Senior So-  
 cial Club, or a non-  
 member.

Reservations for lunch  
 and classes required.

# SENIOR TIMES

## February 2025

**NEW:** Monthly share group  
 led by George Cook.

**February's Topic:** Ways to  
 approach challenges. Telling  
 our stories about fortitude and  
 gratitude.

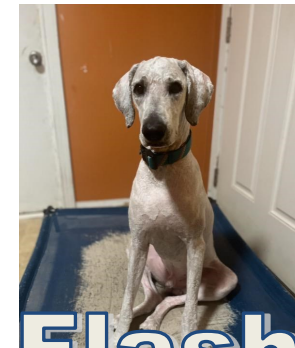
### Heather's Pets



Misha



Tori & Hemmi



Flash



Reggie

### February Goodwill Donations:

Raema Green ~ To Ilean  
 Rowe. Wishing you a speedy  
 recovery.

**February 3,** 12:45 p.m. ~ SCC Advisory Board Meeting.

**February 3, 10, 17, 24,** 1 p.m. ~ Cribbage in the Kohn Family Town Square.

**February 4,** 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

**February 5,** 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.

**February 5, 26,** 1 p.m. ~ Sandra Cherry, **5th:** Sojourner Truth, Human Rights. **26th:** Catherine Beecher, Author/Educator.

**February 5, 12, 19, 26,** 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

**February 6, 13, 20, 27,** 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

**February 10, 17, 24,** 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.

**February 11,** 12:45 p.m. ~ Join us for music featuring Pianist Nada. We will enjoy a presentation of classical music.

**February 12, 21,** 12:45 p.m. ~ Jewish Film Festival film. **12th:** "Where Life Begins". **21st:** "No Name Restaurant".

**February 14,** 12:45 p.m. ~ Join this exciting share group meeting. This month the topic will be "Ways to approach challenges. Telling our stories about fortitude and gratitude." The meeting will follow lunch, lasting 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

**February 18,** 12:45 p.m. ~ Join us for a virtual visit to the ANU Museum. Learn how Jews influenced and were influenced by world cultures. "The Journey": A 4000-year-old journey from the Biblical Land of Israel, into exile and a great migration around the globe and back to the State of Israel.

**February 19,** 12:45 p.m. ~ Trent Spoolstra, JCRC Director, will speak on his past work with the Anti-Defamation League, as well as his current work with the JCL.

**February 20,** 12:45 p.m. ~ Senior Nutrition Council. Give us feedback on Senior Lunches and stay for a discussion on alcohol consumption and its risks.

**February 24,** 10:30 a.m. ~ Book Club. Join us to discuss "Slaughter House Five", by Kurt Vonnegut. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for March at this time.

**February 25,** 12:45 p.m. ~ Dining out at The Goose, (formerly Goose Creek Diner). 812 Lyndon Ln #105, 40222. Menu @thegooselyndon.com. Space is limited, see Amy or Dara for sign up.

**February 28,** 1 p.m. ~ Art class with Karen Herold. We will be painting with paint pens. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

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




# FEBRUARY 2025

**Lunch is served at 12 noon.**  
**We ask that you 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>3</b> 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 <b>SSC Board Meeting 12:45 pm</b> Vegetable Frittata, Skillet Potatoes, Apple Crisp and Bread.	<b>4</b> Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Birthday's &amp; Bingo 12:30 pm</b> Black Bean Burger, Sweet Potato, and Cottage Cheese.	<b>5</b> 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 <b>Book Mobile 10:30 am</b> <b>Sandra Cherry 12:45 pm</b> Eggplant Parmesan with Pasta, Green Beans, Salad and Fruit.	<b>6</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> Egg Salad, Rye Bread, Lettuce & Tomato, Cream of Mushroom Soup, Fruit, and Cookie.	<b>7</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Baked Salmon, Rice Pilaf, Mixed Vegetables, Spinach Salad, Pudding, and Challah.
<b>10</b> 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 <b>Spanish Class 1 pm</b> Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.	<b>11</b> Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Pianist Nada 12:45 pm</b> Vegetable Lasagna, Salad, Bread Stick, Pineapple, and Cookie.	<b>12</b> 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 <b>"Where Life Begins" 12:45 pm</b> Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup, and Fruit.	<b>13</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> Grilled Cheese, Tomato Soup, Salad, Yogurt and Fruit.	<b>14</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am <b>George Cook 12:45 pm</b> Crispy Baked Fish, Broccoli, Macaroni & Cheese, Applesauce, and Challah.
<b>17</b> 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 <b>Spanish Class 1 pm</b> Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fruit, and Cookie.	<b>18</b> Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am <b>ANU Virtual Museum 12:45 pm</b> Vegetable Risotto with White Beans, Green Beans & Roasted Tomatoes, Romaine and Carrot Salad.	<b>19</b> 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 <b>Jesse/Piano 12:00 pm</b> <b>Trent Spoolstra 12:45 pm</b> Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.	<b>20</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am <b>Senior Nutrition Council 12:45 pm</b> <b>Memoir Writing 1 pm</b> Baked Ziti, Zucchini and Yellow Squash, Salad, Bread, and Fruit.	<b>21</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am <b>"No Name Restaurant" 12:45 pm</b> Salmon Croquettes, Mashed Potatoes, Mixed Vegetables, Pudding, and Challah.
<b>24</b> 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 <b>Book Club 10:30 am</b> <b>Spanish Class 1 pm</b> Egg Salad, Bread, Cream of Mushroom Soup, Fruit, and Cookie.	<b>25</b> Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Dining Out 6:30 pm</b> Impossible Burger, Potato Wedges, and Cole Slaw.	<b>26</b> 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 <b>Jesse/Piano 12:00 pm</b> <b>Sandra Cherry 12:45 pm</b> Vegetable Pot Pie with Lentils, Salad, and Yogurt.	<b>27</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> Chickpea "Chicken Salad", Israeli Salad, Vegetable Soup, and Fruit with Cottage Cheese.	<b>28</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am <b>Art Class 1pm</b> Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit, and Challah.

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. This program is made possible by state and/or federal funding provided by the Kentucky Department for Aging and Independent Living. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Community Federation and the Trager Family JCC. The Jewish Community Center Nutrition Site is the only kosher one in the State of Kentucky. Title III also provides for counseling, outreach, education, recreation, and health related activities to our program participants. All participants who receive services will be given an opportunity to make a voluntary donation. The Trager Family Jewish Community Center does not discriminate against anyone because of race, color, religion, sex or national origin.



## Better Balance Class

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.

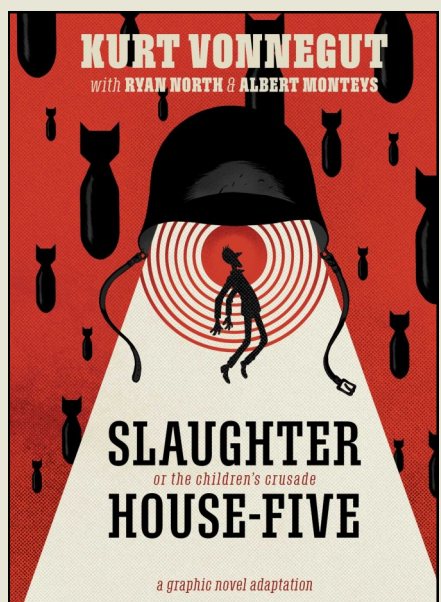
*Hello February*

Finding your voice is never  
 Easy. It requires courage and  
 Belief in yourself to  
 Radiate confidence. Never  
 Underestimate the power of  
 Authenticity, for it brings  
 Resilience and strength to  
 Your words, actions and Journey

OurMindfulLife.com



**Book Club**



February 24 ~ 10:30 am

2nd floor in the Barbara Brick Room