



# Happy Birthday to our December Senior Social Club Members!



1-1 Evelyn Watkins	1-13 Carole Nagle	1-22 Beverly Baker
1-2 Phyllis Spencer	1-14 Ernie Luber	1-22 Mindy K. Jaffe
1-2 Tia Moore	1-14 Margaret Jane Twyman	1-22 Patricia Purcell
1-7 Carrie McCollough	1-16 Judith L. Bradley	1-23 Carole Wolak
1-7 Mike Norris	1-17 Lynn Cole	1-26 Janice Northcutt
1-10 Sister Julia Davis	1-19 Carl Lutes	1-30 Yvonne Sosa
1-11 Jean Hughes	1-21 Irv Jaffe	1-31 Sandy Kuhbander

**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 Social  
Club, or a non-member.

Reservations for lunch and  
classes required.



# SENIOR TIMES

## January 2025



**January 2, 9, 16, 23, 30,** 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

**January 3, 10,** 1 p.m. ~ Art class with Karen Herold. We will be doing print making on cards. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class

**January 6, 13, 20, 27,** 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.

**January 6, 13, 20, 27,** 1 p.m. ~ Cribbage in the Kohn Family Town Square.

**January 7,** 12:45 p.m. ~ Join us for a film, popcorn, candy and soda provided.

**January 8,** 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.

**January 8, 15, 22,** 12:45 p.m. ~ Sandra Cherry, **8th:** Phyllis Wheatley Peters, Founding Poet. **15th:** Martha Washington, First Lady of the Republic. **22nd:** Sacagawea, Shoshone Diplomat and Guide.

**January 8, 15, 22, 29,** 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

**January 14,** 12:30 p.m. ~ Birthdays and Bingo. Come and help celebrate your fellow Seniors birthdays.

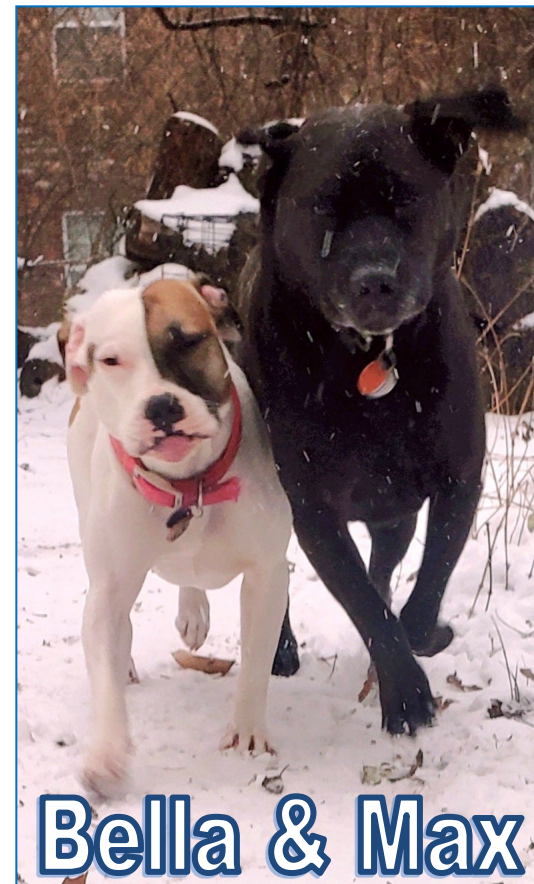
**January 16,** 12:45 p.m. ~ Senior Nutrition Counsel. Give us feedback on Senior Lunches, and stay for a discussion on 10,000 steps.

**January 17,** 12:45 p.m. ~ Join this exciting share group meeting . This month the topic will be "Show and Tell". Bring an object to talk about and share with the group. The meeting will follow lunch, lasting 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

**January 21,** 12:45 p.m. ~ Join us for music featuring musician Michael Jackman. We will enjoy music including folk and blues.

**January 23,** 12:45 p.m. ~ Join our Israeli ShinShinim, emissaries Kyla & Eden. We will learn their histories and fascinating family stories of how their families emigrated to Israel. This is a repeat of last month, you won't want to miss this talk. It was fantastic!

**January 27,** 10:30 a.m. ~ Book Club. Join us to discuss "Half Broke Horses" by Jeanette Walls. 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.



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



# JANUARY 2025

**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. 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.</p>		<p><b>1</b> Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 &amp; 10:30 am Moving to Heal 10:30 &amp; 11:30 am Better Balance 11:30 am</p> <p><b>Senior Nutrition CLOSED</b></p>	<p><b>2</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 &amp; 11:30 am <b>Memoir Writing 1 pm</b></p> <p>Grilled Cheese, Tomato Soup, Salad, Yogurt, and Mixed Berries.</p>	<p><b>3</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></p> <p>Crispy Baked Fish, Broccoli, Macaroni &amp; Cheese, Applesauce, and Challah.</p>
<p><b>6</b> Club 60 8:30 &amp; 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></p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Orange Wedges, and Cookie.</p>	<p><b>7</b> 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>	<p><b>8</b> Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 &amp; 10:30 am Moving to Heal 10:30 &amp; 11:30 am Better Balance 11:30 am <b>Book Mobile 10:30 am</b> <b>Sandra Cherry 12:45 pm</b></p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.</p>	<p><b>9</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 &amp; 11:30 am <b>Memoir Writing 1 pm</b></p> <p>Baked Ziti, Zucchini and Squash, Salad, Pears, and Bread.</p>	<p><b>10</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></p> <p>Salmon Croquettes, Mashed Potatoes, Vegetables, Pudding, and Challah.</p>
<p><b>13</b> Club 60 8:30 &amp; 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></p> <p>French Toast with Bananas, Scrambled Eggs, Potatoes &amp; Veggies, and Yogurt.</p>	<p><b>14</b> 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>Birthday's &amp; Bingo 12:30 pm</b></p> <p>Impossible Burger, Potato Wedges, and Cole Slaw.</p>	<p><b>15</b> Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 &amp; 10:30 am Moving to Heal 10:30 &amp; 11:30 am Better Balance 11:30 am <b>Sandra Cherry 12:45 pm</b></p> <p>Vegetable Pot Pie with Lentils, Salad, and Yogurt.</p>	<p><b>16</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 &amp; 11:30 am <b>Senior Nutrition Council 12:45 pm</b> <b>Memoir Writing 1 pm</b></p> <p>Chickpea "Chicken Salad", Broccoli, Soup, and Fruit with Cottage Cheese.</p>	<p><b>17</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></p> <p>Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit, and Challah.</p>
<p><b>20</b> Club 60 8:30 &amp; 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></p> <p>Flat Bread Pizza, Salad with Chickpeas, Fruit Salad, and Pudding.</p>	<p><b>21</b> 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>Michael Jackman 12:45 pm</b></p> <p>Bean &amp; Cheese Burrito, Guacamole, Salsa, Brown Rice, Mixed Vegetables, and Fresh Fruit.</p>	<p><b>22</b> Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 &amp; 10:30 am Moving to Heal 10:30 &amp; 11:30 am Better Balance 11:30 am <b>Sandra Cherry 12:45 pm</b></p> <p>Vegetable &amp; Chickpea Coconut Curry, White Rice, Spinach, and Orange.</p>	<p><b>23</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 &amp; 11:30 am <b>Kyla &amp; Eden 12:45 pm</b> <b>Memoir Writing 1 pm</b></p> <p>Vegetarian Biscuits &amp; Gravy, Eggs, Vegetables, and Fresh Fruit.</p>	<p><b>24</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Stuffed Peppers, Vegetables, Apple Sauce, and Challah.</p>
<p><b>27</b> Club 60 8:30 &amp; 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></p> <p>Hummus w/Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt.</p>	<p><b>28</b> Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 &amp; 11:30 am</p> <p>Mushroom Alfredo, Broccoli, Bread Stick, and Fresh Fruit.</p>	<p><b>29</b> Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 &amp; 10:30 am Moving to Heal 10:30 &amp; 11:30 am Better Balance 11:30 am</p> <p>Vegetable Bean Chili, Pasta, Green Beans, Applesauce, and Cottage Cheese.</p>	<p><b>30</b> Gentle NIA 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 &amp; 11:30 am <b>Memoir Writing 1 pm</b></p> <p>Spinach Manicotti Casserole with White Beans, Pears, and Salad.</p>	<p><b>31</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Breaded Cod, Collard Greens, Macaroni and Cheese, Applesauce, and Challah.</p>

## 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.

### 2025 Goals

- ①
- ②
- ③

