



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

3-1 Valerie O'Dell  
 3-2 Helene Gordon  
 3-4 Rose Killmeier  
 3-4 David Kissel  
 3-5 Charlene Gordon  
 3-5 Peggy Hardman  
 3-9 Debbie Minch  
 3-9 Becky Prow

3-14 Georgine Buckwalter  
 3-14 Bill Sikes  
 3-16 Leslie Marlin  
 3-20 Marilyn Mattingly  
 3-21 Raema Green  
 3-21 Frank Schwartz  
 3-23 Daniel Penner

3-24 Bud Waski  
 3-25 Carl Jackson  
 3-25 Frank Miller  
 3-26 Alice Baldwin  
 3-28 Lewis Rowe  
 3-28 Julie Segal  
 3-31 Ilean Rowe



# SENIOR TIMES

## March 2025

### Helen's



### Golda

**March 3, 17, 24, 31**, 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.

**March 3, 10, 17, 24, 31**, 1 p.m. ~ Cribbage in the Kohn Family Town Square.

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

**March 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.

**March 5**, 12:45 p.m. ~ Frances Weinstock and Lauren Kehr will lead us in a Sing-A-Long of Show Tunes.

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

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

**March 11**, 12:45 p.m. ~ Join us for music featuring Mike Tracey on the Saxophone. Mike is the retired Director of Jazz Studies, U of L School of Music. We will enjoy well known music in a Jazz style.

**March 13**, 12:45 p.m. ~ Purim Celebration. After lunch, learn how to make Hamantaschen to take home with you.

**March 14**, 12:45 p.m. ~ Join this exciting share group meeting. In anticipation of spring we will discuss new life, new adventure, and renewal experiences with this month's topic "What gives me life/energy?" The meeting will follow lunch, lasting 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

**March 18**, 8:30 a.m. to 3:30 p.m. ~ Mobile mammogram unit. Requires reservation. See flyer for details.

**March 19, 26**, 1 p.m. ~ Sandra Cherry

- **19th**: Victoria Woodhull, Presidential Candidate
- **26th**: Susan B. Anthony, Women's Rights

**March 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.

**March 21, 28**, 1 p.m. ~ Art class with Karen Herold. We will be doing Spring Painting on watercolor paper. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

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

**March 25**, 12:45 p.m. ~ Join us for a film, popcorn, candy and soda provided.

**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.

### March Goodwill Donations:

Raema Green ~ To Ilean Rowe. Wishing you a Happy Birthday.

Sandie & Ron Meeron ~ To Barbara Ravitz. In loving memory of your sister Elaine

Sandie & Ron Meeron ~ To Carol Ecker-Ungar. Happy Birthday to You!

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 LOUISVILLE, KY  
 PERMIT NO. 510

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



# MARCH 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>Spanish Class 1 pm</b> Vegetarian Biscuits & Gravy, Eggs, Vegetables, and Fresh Fruit.	<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> Bean & Cheese Burrito, Salsa, Brown Rice, Mixed Vegetables, and Fresh Fruit.	<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>Broadway Sing-A-Long 12:45 pm</b> Vegetable & Chickpea Coconut Curry, White Rice, Spinach, and Orange.	<b>6</b> Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> Flat Bread Pizza, Salad with Chickpeas, Fruit Salad, and Pudding.	<b>7</b> Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Impossible Meatloaf, Green Beans, Mashed Potatoes, Applesauce 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 Hummus w/Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt.	<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>Mike Tracey - Sax 12:45 pm</b> Mushroom Alfredo, Broccoli, Bread Stick, and Fresh Fruit.	<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>Spanish Class 1 pm</b> Vegetable Bean Chili, Pasta, Green Beans, Applesauce, and Cottage Cheese.	<b>13</b> Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> <b>Making Hamantaschen 12:45</b> Tuna Casserole, Roasted Potatoes, Carrots, and Salad.	<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> Breaded Cod, Collard Greens, Macaroni and 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> Vegetable Frittata, Skillet Potatoes, Apple Crisp and Bread.	<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>Mammograms 8:30-3:30</b> Black Bean Burger, Sweet Potato, and Cottage Cheese.	<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>Sandra Cherry 12:45 pm</b> Eggplant Parmesan with Pasta, Green Beans, Salad and Fruit.	<b>20</b> Latin Cardio Gold 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> Egg Salad, Rye Bread, Lettuce & Tomato, Cream of Mushroom Soup, Fruit, and Cookie.	<b>21</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> Baked Salmon, Rice Pilaf, Mixed Vegetables, Spinach Salad, 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> Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.	<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>Film 12:45 pm</b> Vegetable Lasagna, Salad, Bread Stick, Pineapple, and Cookie.	<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 Stir Fry with Beans & Tofu, Rice, Egg Drop Soup, and Fruit.	<b>27</b> Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am <b>Memoir Writing 1 pm</b> Grilled Cheese, Tomato Soup, Salad, Yogurt and Fruit.	<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.
<b>31</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, Orange Wedges, and Cookie.	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.

### Saturday 8:15 AM Gentle Yoga

A slow paced class that offers modifications using props like the wall, blocks and straps, and includes meditation, breathing exercises, and deep relaxation. Exercises will be done standing, sitting, and lying on the floor.

### March 13 Purim Celebration

After lunch, learn how to make Hamantaschen to take home with you.



### Thursday 9:30AM Latin Cardio Gold

A modified dance class for active older adults that recreates the original moves you love at a lower intensity. These routines incorporate interval training-alternating fast and slow rhythms to help improve cardio fitness.