



Happy Birthday to our April Senior Social Club Members!

4-1 Linda Leaser
 4-2 Kathleen Nuss
 4-3 Brenda Ross
 4-4 Lester LaBroi
 4-4 Brenda Price
 4-5 Eleanor Lowe
 4-6 Margie Hubert
 4-9 Phyllis Costello
 4-10 Sherrill Hardaway

4-11 LeRoy Chittenden
 4-12 Marian Harrell
 4-13 Patricia Cease
 4-14 Genya Munits
 4-14 Patricia Oliver
 4-16 Joan Epstein
 4-16 Connie Fondong
 4-17 Carolyn Jameson
 4-17 Jean Marlowe

4-17 Martha Ellen Sanford
 4-20 Judy Bochan
 4-20 Wanda Bohannon
 4-21 Goldia Morrison
 4-22 Sandra Dusenberry
 4-25 David McCarthy
 4-26 Gary Kelton
 4-27 Donna Benton
 4-28 Janice Korfhage



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 Hours of Operation:

Monday - Friday
 9 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

April 2025

J Camp's



Lucky

April Goodwill Donations:

Mickey Nibur ~ To Ilean and Lewis Rowe. Happy Birthday!

Ilean and Lewis Rowe ~ To Barbara Gordon. In memory of your beloved husband, David.

Ilean and Lewis Rowe ~ To Sally Weinberg. In memory of your cousin, Philip Walstien.

Ilean and Lewis Rowe ~ To Vicki Shuster & Family. In memory of your father, Erwin Sherman.

Sara Robinson ~ To Ilean Rowe. Happy Birthday!

April 1, 12:30 p.m. ~ Birthdays. Come and help celebrate your fellow Seniors birthdays.

April 2, 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.

April 2, 12:45 p.m. ~ Tom O'Keefe will be giving a presentation on the life of Holocaust survivor Ernie Marx Z".

April 2, 9, 16, 23, 30, 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

April 3, 10, 24, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

April 4, 11, 1 p.m. ~ Art class with Karen Herold. We will be doing stamping on tea towels. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

April 7, 12:45 p.m. ~ Senior Social Club Meeting.

April 7, 21, 28, 1 p.m. ~ Cribbage in the Kohn Family Town Square.

April 8, 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.

April 9, 4:45 p.m. ~ **NO LUNCH SERVED TODAY. Transportation only available for the Seder Meal today.** Intergenerational Interfaith Model Seder sponsored by the Judith Bensinger Senior Adult Fund. Rabbi Ben Freed will lead the Seder accompanied by students from Rabbi Schmully Litvin and Lauren Schipper's classes. Cantor Hordes on guitar. Come hear the story and participate in the traditions of the Passover Seder. We will have dinner afterward catered by Chef Helen Impellizzeri. For Reservations call or see Amy 238-2743. Seating is limited. Cost is \$18 for Senior Social Club members and \$24 for Non-Members. Reservations must be made by April 2nd.

April 10, 12:45 p.m. ~ Senior Nutrition Council. Give us feedback on Senior Lunches and stay for a discussion on lunch, burns, and strength training.

April 11, 21, 28, 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. Beginner students contact dcohen@jewishlouisville.org.

April 21, 10:30 a.m. ~ Book Club. Join us to discuss "The Good Earth" by Pearl Buck. Please meet in the Barbara Brick room on the 2nd floor. You will also be able to pick up the book for May at this time.

April 22, 12:45 p.m. ~ Join us for music featuring Pianist NADA. We will enjoy classical music.

April 23, 12:45 p.m. ~ Sandra Cherry will discuss: Harriet Tubman - abolitionist.

April 24, 12:45 p.m. ~ Zikaron BaSalon, "A Memory in the Living Room". Join us for an afternoon of discussion, education and commemoration of the Holocaust. Hosted by the Shinshinim Kyla & Eden.

April 25, 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 "Introducing ourselves...my name means...my name was given to me because...I would describe myself as." The meeting will follow lunch, lasting 45 minutes and hosted by George Cook, a community volunteer. Everyone is welcome.

April 28, 6:00 p.m. ~ Dining out at Vietnam Kitchen. 5339 Kitschier Ave, S. 3rd St at Iroquois Manor Shopping Ctr, 40214. Extensive Asian menu. Space is limited, see Amy or Dara for sign up. Transportation is limited.

April 29, 12:45 p.m. ~ Field Trip to Derby Dinner Playhouse. We will enjoy a performance of "Singing In The Rain". Vans leave the JCC at 11:30. Cost: \$45 SSC Members / \$50 Non Members.

April 30, 12:45 p.m. ~ Join us for music featuring Sweet Harmony. They will sing selections of Pop, Rock, Doo Wop & Show Tunes.

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



APRIL 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, or sign up in the binder.

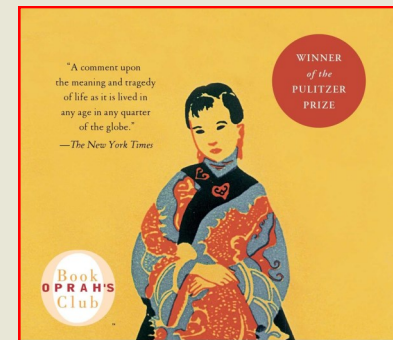
MON	TUE	WED	THU	FRI
	1 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Birthdays 12:30 pm Vegetable Risotto with White Beans, Green Beans & Roasted Tomatoes, Romaine and Carrot Salad.	2 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 & 11:30 am Better Balance 11:30 am Book Mobile 10:30 am Tom O'Keefe 12:45 pm Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.	3 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am Memoir Writing 1 pm Baked Ziti, Zucchini and Yellow Squash, Salad, Bread, and Fruit.	4 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Art Class 1pm Salmon Croquettes, Mashed Potatoes, Mixed Vegetables, Pudding, and Challah.
7 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 Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.	8 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Trent Spoolstra 12:45 pm Impossible Burger, Potato Wedges, Baked Beans and Cole Slaw.	9 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 No Lunch Served Today Passover Seder 4:45 pm	10 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am Senior Nutrition Council 12:45 pm Memoir Writing 1 pm Chickpea "Chicken Salad", Israeli Salad, Vegetable Soup, and Fruit with Cottage Cheese.	11 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Spanish Class 1 pm Art Class 1 pm Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit, and Challah.
14 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	15 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am	16 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	17 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am	18 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am
Passover ~ Senior Nutrition Closed ~ Passover ~ Senior Nutrition Closed ~ Passover ~ Senior Nutrition Closed				
21 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 Class 1 pm Vegetarian Biscuits & Gravy, Eggs, Vegetables, and Fresh Fruit.	22 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Pianist NADA 12:45 pm Bean & Cheese Burrito, Salsa, Brown Rice, Mixed Vegetables, and Fresh Fruit.	23 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 Jesse/Piano 12:00 pm Sandra Cherry 12:45 pm Vegetable & Chickpea Coconut Curry, White Rice, Spinach, and Orange.	24 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am Memoir Writing 1 pm Kyla & Eden 12:45 pm Flat Bread Pizza, Salad with Chickpeas, Fruit Salad, and Pudding.	25 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 Impossible Meatloaf, Green Beans, Mashed Potatoes, Applesauce and Challah.
28 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 Dining Out 6 pm Hummus w/Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt.	29 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Derby Dinner, vans leave 11:30 am Mushroom Alfredo, Broccoli, Bread Stick, and Fresh Fruit.	30 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 Jesse/Piano 12:00 pm Sweet Harmony 12:45 pm Vegetable Bean Chili, Pasta, Green Beans, Applesauce, and Cottage Cheese.	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.	



 Please Join Us for the **Intergenerational Interfaith Model Seder**
 Sponsored by the Judith Bensinger Senior Adult Fund
Wednesday, April 9, 2025
4:45 - 6:45 p.m.
Shapira Foundation Auditorium
 Rabbi Ben Freed will lead the Seder accompanied by students from Rabbi Schmully Litvin and Lauren Schipper's classes. Cantor Hordes will lend her beautiful voice in song. Come hear the retelling of the Passover story. Following the service, a catered dinner prepared by Chef Helen Impellizzeri will be served.
 Cost: \$18 for Members, \$24 for Non-members.
 Limited Transportation available. Please RSVP to astephen@jewishlouisville.org by Wednesday, April 2.
 In Memory of Judith Bensinger



Book Club



the good earth
 PEARL S. BUCK
 Nobel Prize-winning author

April 28 ~ 10:30 am
 Barbara Brick Room
 2nd floor