



Happy Birthday to our July AgeWell Members!

7-3 Carol Jean Bowman  
7-3 Chris Minch  
7-4 Cathy Quayle  
7-6 Sister Janet Peterworth  
7-7 Beverly Miller  
7-11 Donna O'Bryan  
7-13 Carol Massey  
7-13 Virgie Willis

7-14 Kathy Jones  
7-15 Judith Crane  
7-17 Susan Cummins  
7-18 Sandra Dattilo  
7-20 Donna Hart  
7-20 Janet Reddington  
7-21 Rita Myers  
7-21 Karen Watson

7-26 Patti Gray  
7-26 Mary Lee Lanning  
7-28 Lynn Stevenson  
7-29 Jonas Sosa, Sr  
7-30 Ellen Buche  
7-30 Ed Ginsburg  
7-31 Barbara Schmall



AgeWell

JULY 2025 DIGEST

Rita's



Plum

**July 1, 22,** 12:45 p.m. ~ Tom Keefe will be giving a presentation on the life of Holocaust survivor Ernie Marx Z"l. This will be part II & III.

**July 2,** 10:45 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.

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

**July 3,** 12:30 p.m. ~ Birthdays. Come and help celebrate America's 249th Birthday along with your fellow AgeWell birthdays. Sara Robinson will be entertaining us on the piano.

**July 3, 10, 17, 24, 31,** 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

**July 7,** 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.

**July 7, 14, 21, 28,** 1 p.m. ~ Cribbage in the Kohn Family Town Square.

**July 8,** 12:45 p.m. ~ Join us as Tyrone Cotton plays the guitar and sings. Don't miss this fabulous blues musician.

**July 10,** 12:45 p.m. ~ Senior Nutrition Council. Give us feedback on Senior lunches and stay for a discussion on Healthy Recipes.

**July 11, 25,** 1 p.m. ~ Art class with Karen Herold. We will be doing Candle Making. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

**July 14,** 12:45 p.m. ~ Join us for Newish Jewish Music, featuring Cantor David Lipp. He will be performing in the Weisberg Family Lobby.

**July 15,** 12:45 p.m. ~ Join us for a film, popcorn, candy and soda provided.

**July 18,** 12:45 p.m. ~ Just after lunch, join this exciting share group meeting, lasting 45 minutes and hosted by George Cook, a community volunteer. This month's topic is, "Summer Vacation Stories".

**July 28,** 10:30 a.m. ~ Book Club. This month's book title will be released during June's Book Club meeting. Please meet in the Barbara Brick room on the 2nd floor and pick up July's book.

**July 29,** 12:45 p.m. ~ Donna Brown Benton will be discussing her book, "Illuminating the Alzheimer's Path: Living in the Light While Walking in the Darkness of Dementia".

**July 30,** 11:30 a.m. ~ Field Trip to Derby Dinner Playhouse. We will enjoy a performance of "Matilda". The story of an extraordinary girl who dares to take a stand and change her own destiny. Vans leave the JCC at 11:30. Cost: \$45 SSC Members / \$50 Non Members.

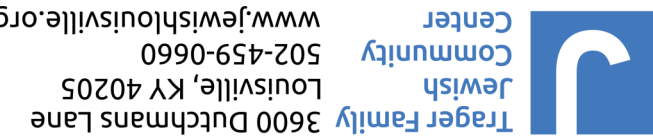
July Goodwill Donations:

Ilean Rowe ~ To Marilyn Mattingly. Thinking of you for a speedy recovery.

Deborah Shaikun Hyman ~ To Dolores Levy. Wishing you a Happy Birthday.


Sandie & Ron Meeron ~ To Dr Richard Goldwin. In loving memory or your wife, Ellen Goldwin.

Sandie & Ron Meeron ~ To Lawrence & Sherre Fox. In loving memory of your mother, Evelyn Sabes.



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JULY 2025		Lunch is a suggested donation of \$4-\$5 for those over 60 years of age. We ask that you arrive for lunch at 11:45 am. Prayers and announcements start promptly at 12 noon. <a href="mailto:astephen@jewishlouisville.org">astephen@jewishlouisville.org</a> 502-238-2743		
MON	TUE	WED	THU	FRI
<b>CONGRATULATIONS Jean Marlowe on winning the Elsie P. Judah Memorial Award</b>	<b>1</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>Tom Keefe—Part II 12:45 pm</b>	<b>2</b>  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 Better Balance 11:30 am Gentle Na 11:30 am <b>Book Mobile 10:45 am</b>	<b>3</b>  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 Chair Yoga 11:30 am <b>Birthdays 12:30 pm</b> <b>Sara Robinson, Piano 12:30 pm</b> <b>Memoir Writing 1 pm</b>	<b>4</b>  Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am
	Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.	Vegetable Pot Pie with Lentils, Salad, and Yogurt.	Impossible Burger, Baked Beans, Potato Wedges, and Slaw.	<b>AgeWell Nutrition Closed</b>
<b>7</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>	<b>8</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>Tyrone Cotton 12:45 pm</b>	<b>9</b>  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 Better Balance 11:30 am Gentle Na 11:30 am	<b>10</b>  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 Chair Yoga 11:30 am  <b>Senior Nutrition Council 12:45 pm</b> <b>Memoir Writing 1 pm</b>	<b>11</b>  Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am  <b>Art Class 1 pm</b>
Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables, and Fruit.	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables, and Fruit.	Vegetable and Chickpea Coconut Curry, White Rice, Spinach, and Fruit.	Flatbread Pizza, Salad, Fruit, and Pudding.	Tuna Casserole, Roasted Potatoes, Carrots, Salad, and Challah.
<b>14</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>Cantor Lipp 12:45 pm</b>	<b>15</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>	<b>16</b>  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 Better Balance 11:30 am Gentle Na 11:30 am	<b>17</b>  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30 am <b>Memoir Writing 1 pm</b>	<b>18</b>  Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am  <b>George Cook 1 pm</b>
Pita Pocket with Hummus, Vegetables, Vegetable Soup, Peaches, and Yogurt.	Vegetarian Bean Chili, Pasta, Green Beans, Apple Sauce, and Yogurt.	Mushroom Alfredo, Broccoli, and Fruit.	Spinach Manicotti Casserole with White Beans, Fruit, and Salad.	Fish Tacos, Rice, Slaw, Fruit, and Challah.
<b>21</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>22</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>Tom Keefe—Part III 12:45 pm</b>	<b>23</b>  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 Better Balance 11:30 am Gentle Na 11:30 am	<b>24</b>  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30  <b>Memoir Writing 1 pm</b>	<b>25</b>  Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am  <b>Art Class 1 pm</b>
Vegetable Frittata, Skillet Potatoes, Apple Crisp and Bread.	Black Bean Burger, Sweet Potato, and Yogurt.	Impossible Meatloaf, Green Beans, Mashed Potatoes, and Applesauce.	Egg Salad, Rye Bread, Lettuce & Tomato, Cream of Mushroom Soup, Fruit, and Cookie.	Baked Salmon, Rice Pilaf, Mixed Vegetables, Spinach Salad, Pudding, and Challah.
<b>28</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>29</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>Donna Brown Benton 12:45 pm</b>	<b>30</b>  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 Better Balance 11:30 am Gentle Nia 11:30 am <b>Derby Dinner, vans leave 11:30 am</b>	<b>31</b>  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30  <b>Memoir Writing 1 pm</b>	 <b>July's Friday Art Class ~ Candle Making</b>
Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.	Vegetable Lasagna, Salad, Bread, Pineapple, and Cookie.	Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup, and Fruit.	Grilled Cheese, Tomato Soup, Salad, Yogurt, and Pudding.	
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.				

## Healthy Meals

Eating healthy and having an active lifestyle supports healthy aging. Simple adjustments can go a long way toward building a healthier eating pattern.

Learn more at Senior Nutrition Council July 10.

### REMINDER:



Senior Nutrition is closed Friday, July 4.

Celebrate America's 249th birthday and July birthdays on the 3rd!

### July 30 Field Trip: Matilda at Derby Dinner Playhouse

