



6-2 Dolores Levy
6-3 Mary Tubello
6-3 Carol Stenbro
6-5 Anna Bruni
6-5 Veronica Gossett
6-12 Elizabeth Amory

Happy Birthday to our June Senior Social Club Members!

6-13 Deann Jones
6-13 Catherine Keeley
6-14 Rita Reedy
6-14 Dana Schlich
6-15 Carol Olorunsola
6-16 Marlitt Hurst

6-17 Matt McGarvey
6-21 Tina Kustes
6-24 Joee Conroy
6-28 Marty Kasdan
6-29 Mark Epstein



SENIOR TIMES

June 2025

Judy's



Dexter

June Goodwill Donations:

Sara Robinson ~ To Lester LaBroi. In loving memory of your sister, Karen.

Sara Robinson ~ To Carol Bowman. Wishing you a speedy recovery.

Ilean Rowe ~ To Jennifer Diamond. In loving memory of your father, Rabbi Diamond.

Ilean Rowe ~ To family of Ed Goldberg. In loving memory of Ed Goldberg.

Sara Robinson ~ To Lester LaBroi. Wishing you a speedy recovery.

June 4, 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.

June 4, 10:00 a.m. ~ Field Trip to the West Baden Springs Hotel, which is on the National Trust for Historic Preservation's Historic Hotels of America program. We will be enjoying High Tea and a Historic Tour of the West Baden Hotel. We will leave at 10:00 am and return between 4:00-4:30 pm. Cost is \$100: please contact Amy or Dara for more information and to register.

June 4, 11, 18, 25, 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

June 5, 12, 19, 26, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

June 6, 13, 1 p.m. ~ Art class with Karen Herold. We will be doing Mosaic Art. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

June 9, 12:45 p.m. ~ Senior Social Club Advisory Committee meeting.

June 9, 16, 23, 30, 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.

June 9, 16, 23, 30, 1 p.m. ~ Cribbage in the Kohn Family Town Square.

June 10, 12:45 p.m. ~ Sandra Cherry will discuss: Exploring the Coral Reef Habitats off the coast of Australia.

June 11, 12:30 p.m. ~ Birthdays. Come and help celebrate your fellow Seniors birthdays.

June 12, 12:45 p.m. ~ Senior Nutrition Council. Give us feedback on Senior lunches and stay for a discussion on Potatoes.

June 17, 12:45 p.m. ~ Come enjoy motivational speaker, Bob Mueller, who will speak on "Positive Living".

June 18, 12:45 p.m. ~ Join us for a film, popcorn, candy and soda provided.

June 20, 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, a comparison of first job and last job. This includes being CEO of your household.

June 23, 10:30 a.m. ~ Book Club. This month's book title will be released during May's Book Club meeting. Please meet in the Barbara Brick room on the 2nd floor and pick up July's book.

June 24, 12:45 p.m. ~ Join us for a Sing A Long featuring Lauren Kehr and Fran Weinstock. They will be leading us in fun show tunes.

June 25, 11:30 a.m. ~ Field Trip to Derby Dinner Playhouse. We will enjoy a performance of the comedy "Half Baked". Vans leave the JCC at 11:30. Cost: \$45 SSC Members / \$50 Non Members.

June 30, 6:00 p.m. ~ Dining out at Mirage Mediterranean Restaurant, 4100 Preston Hew, 40213. Space is limited, see Amy or Dara for sign up. Transportation is limited.

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 Social Club Advisory Committee:

Dara Cohen, Senior Programming Director
Barbara Gordon
Gale Karem
Tony Kerr
Gail Moody
Ilean Rowe
Kim Pendley
Joyce Myers
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.


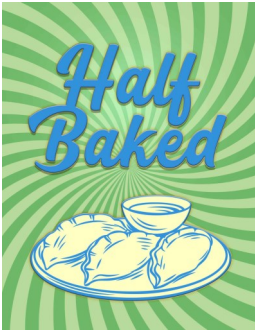



Reservations for lunch
and classes required.

NONPROFIT ORG.
U.S. POSTAGE
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LOUISVILLE, KY
PERMIT NO. 510

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

Trager Family
Jewish
Community
Center



| JUNE 2025 | | Lunch is a suggested donation of \$3 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. astephen@jewishlouisville.org 502-238-2743 | | | |
|---|--|---|--|---|--|
| MON | TUE | WED | THU | FRI | |
| 2  JCC Closed | 3 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Senior Nutrition Closed | 4 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 10:45 am Field Trip 10:00 am Bean and Cheese Burrito, w/ Brown Rice, Vegetables, and Fruit. | 5 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 & 11:30 am Memoir Writing 1 pm Cheese Pizza Flatbread, Salad, Fruit, and Pudding. | 6 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Art Class 1 pm Stuffed Peppers, Mixed Vegetables, Spiced Apples, and Challah. | |
| 9 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 Advisory Committee 1 pm Spanish Class 1 pm Hummus Pita Pocket, Mixed Greens, Vegetable Soup, Peaches, and Yogurt. | 10 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Sandra Cherry 12:45 pm Mushroom Alfredo, Broccoli, Bread and Fruit. | 11 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 Birthdays 12:30 pm Vegetarian Bean Chili, Pasta, Green Beans, Applesauce, and Cottage Cheese. | 12 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 Spinach Manicotti Casserole w/ White Beans, Fruit, and Salad. | 13 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Art Class 1 pm Breaded Cod, Collard Greens, Macaroni & Cheese, Fruit, and Challah. | |
| 16 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 Vegetable Frittata, Skillet Potatoes, Apple Crisp and Bread. | 17 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Bob Mueller 12:45 pm Black Bean Burger, Sweet Potato, and Cottage Cheese. | 18 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 Film 12:45 pm Eggplant Parmesan with Pasta, Green Beans, Salad, and Fruit. | 19 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am Memoir Writing 1 pm Egg Salad, Rye Bread, Lettuce & Tomato, Cream of Mushroom Soup, Fruit, and Cookie. | 20 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am George Cook 1 pm Baked Salmon, Rice Pilaf, Mixed Vegetables, Spinach Salad, Pudding, and Challah. | |
| 23 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 Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup. | 24 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am Sing a Long 12:45 pm Vegetable Lasagna, Salad, Bread, Pineapple, and Cookie. | 25 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 Derby Dinner, vans leave 11:30 Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup, and Fruit. | 26 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 & 11:30 am Memoir Writing 1 pm Grilled Cheese, Tomato Soup, Salad, Yogurt, and Fruit. | 27 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Crispy Baked Fish, Steamed Broccoli, Macaroni & Cheese, Applesauce, and Challah. | |
| 30 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 Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fruit, and Cookie. |  A comedy about brothers who move to Florida to open a cafe with their wives ~a recipe for hilarity! June 25 Derby Dinner Playhouse |  Wednesdays Mah Jongg, Kohn Family Town Square |  Thursdays Memoir Writing Class, Barbara Brick Reading Room, 2nd floor |  June's Friday Art Class ~ Mosaic | |
| 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. | | | | | |

Eat More Spuds

In addition to starch, potatoes contain vitamins, minerals, and fiber. They are rich in vitamin C, an antioxidant, and potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system.

Source: <https://health.ucdavis.edu/blog/good-food/potato-health-benefits-and-why-you-should-eat-more-spuds/2022/05>

Learn more at Senior Nutrition Council June 12.



ISRAELI STREET FAIR

June 8 | 12-4 p.m. | Trager Family JCC

June 4 Field Trip: High Tea and Historic Tour of West Baden Hotel



Reservations required ~ see insert.