



Happy Birthday to our August AgeWell Members!

8-2 Betty Orton
 8-3 Cathy Bohler
 8-6 Peggy Miller
 8-7 Joyce Myers
 8-9 June Willman
 8-10 Kitty Furlong
 8-11 Chuck Webb
 8-12 Bonnie Taylor
 8-14 Vicky Romine

8-14 Caroline Rosenthal
 8-15 Kathy Martin
 8-16 Rita Dressman
 8-17 Sally Connolly
 8-17 Maureen Friedman
 8-17 Eddie Turpen
 8-18 Jackie Thomas-Rodrigues
 8-18 Judith Wilkes
 8-22 Gale Karem

8-22 Marvin Yussman
 8-23 Suzanne Morison
 8-23 Connie Weber
 8-27 Mary Lerman
 8-27 Kathryn Smith
 8-28 Sandy Jackson
 8-28 Mary Helen Thompson
 8-29 Ann Lennon



AgeWell

AUGUST 2025 DIGEST



August 4, 18, 25, 1 p.m. ~ Ole Espanol/ Spanish class. This class is for beginner and continuing students. RSVP to Sara Robinson at sara0448@gmail.com or call 502-491-6603.

August 4, 11, 18, 25, 1 p.m. ~ Cribbage in the Kohn Family Town Square.

August 5, 19, 12:45 p.m. ~ Join us for a film, popcorn, candy and soda provided.

August 6, 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.

August 6, 12:45 p.m. ~ Join us for music featuring musician Michael Jackman. We will enjoy music including folk and blues.

August 6, 13, 20, 27, 1 p.m. ~ Mah Jongg in the Kohn Family Town Square.

August 7, 14, 21, 28, 1 p.m. ~ Memoir Writing Class with Jeffrey Levy. Class meets in the Barbara Brick reading Room, 2nd floor.

August 11, 12:45 p.m. ~ Join us for Newish Jewish Music, featuring Cantor David Lipp. He will be performing in the Weisberg Family Lobby.

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

August 15, 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, "What do you remember enjoying in childhood that children today cannot experience? Tell about your experience".

August 21, 12:45 p.m. ~ Senior Nutrition Council. Give us feedback on Senior lunches and stay for a discussion on Salt.

August 22, 29, 1 p.m. ~ Art class with Karen Herold. We will be painting on canvas. Please RSVP at 238-2743 or sign up in the binder. Spaces limited to 10 students each class.

August 25, 10:30 a.m. ~ Book Club. This month's book title will be released during July's Book Club meeting. Please meet in the Barbara Brick room on the 2nd floor and pick up the August book.

Dara Cohen,
AgeWell Director

Assistant AgeWell Director

Helen Impellizzeri,
Executive Chef
& Nutrition Services Director

Heather Johnson, Sous Chef

2025 AgeWell Fees:

\$50 Member Add-on | \$75 Member
 Couple Add-on | \$120 Single Non-
 Member | \$150 Couple Non-Member

AgeWell Committee:

Dara Cohen, AgeWell Programming Director
 Barbara Gordon
 Gale Karem
 Tony Kerr
 Gail Moody
 Ilean Rowe
 Kim Pendley
 Joyce Myers
 Veronica Gossett
 Marvin Yussman
 Pat Kimberlin

AgeWell 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, AgeWell, or
 a non-member.

Reservations for lunch
 and classes required.

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

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

August Goodwill Donations:

Ilean and Lewis Rowe ~ To Joyce Myers. Thinking of you for a speedy recovery.

AUGUST 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. **502-238-2743**

| MON | TUE | WED | THU | FRI |
|--|---|---|---|---|
|  <p>Season Subscriptions are available NOW! Single Tickets on sale July 1, 2025.</p> | |  | <p>Wednesday, August 6 10:45 am Bookmobile</p> | <p>1</p> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Crispy Baked Fish, Broccoli, Macaroni & Cheese, Applesauce, and Challah.</p> |
| <p>4</p> <p>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</p> <p>Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fruit, and Cookie.</p> | <p>5</p> <p>Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am</p> <p>Film 12:45 pm</p> <p>Vegetable Risotto, Green Beans, & Roasted Tomatoes, and Salad.</p> | <p>6</p> <p>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</p>  <p>Michael Jackman 12:45 pm</p> <p>Impossible Meatloaf, Green Beans, Mashed Potatoes, Applesauce, and Challah.</p> | <p>7</p> <p>Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weight 10:30 Chair Yoga 11:30 am</p> <p>Memoir Writing 1 pm</p> <p>Baked Ziti, Zucchini & Yellow Squash, Salad, Bread, and Fruit.</p> | <p>8</p> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Salmon Croquettes, Mashed Potatoes, Vegetables, Pudding, and Challah.</p> |
| <p>11</p> <p>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 Newish Jewish Music 12:45 pm</p> <p>Tuna Salad, Bread, Chips, Broccoli Cheese Soup, and Fruit Cup.</p> | <p>12</p> <p>Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am</p> <p>Birthdays 12:30 pm</p> <p>Impossible Burger, Potato Wedges, Baked Beans, and Slaw.</p> | <p>13</p> <p>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</p> <p>Vegetable Pot Pie w/ Lentils, Salad, and Yogurt.</p> | <p>14</p> <p>Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30 am Memoir Writing 1 pm</p> <p>Chickpea "Chicken Salad", Broccoli, Soup, Fruit, and Yogurt.</p> | <p>15</p> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>George Cook 1 pm</p> <p>Fish Tacos, Rice, Slaw, Fruit, and Challah.</p> |
| <p>18</p> <p>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</p> <p>Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables, and Fruit.</p> | <p>19</p> <p>Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am</p> <p>Film 12:45 pm</p> <p>Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables, and Fruit.</p> | <p>20</p> <p>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</p> <p>Vegetable and Chickpea Coconut Curry, White Rice, Spinach, and Fruit.</p> | <p>21</p> <p>Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30 Senior Nutrition Council 12:45 pm Memoir Writing 1 pm</p> <p>Flatbread Pizza, Salad, Fruit, and Pudding.</p> | <p>22</p> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Art Class 1 pm</p> <p>Tuna Casserole, Roasted Potatoes, Carrots, Salad, and Challah.</p> |
| <p>25</p> <p>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</p> <p>Pita Pocket with Hummus, Vegetables, Vegetable Soup, Peaches, and Yogurt.</p> | <p>26</p> <p>Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weight 10:30 & 11:30 am</p> <p>Vegetarian Bean Chili, Pasta, Green Beans, Apple Sauce, and Yogurt.</p> | <p>27</p> <p>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</p> <p>Mushroom Alfredo, Broccoli, and Fruit.</p> | <p>28</p> <p>Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 Chair Yoga 11:30 Memoir Writing 1 pm</p> <p>Spinach Manicotti Casserole with White Beans, Fruit, and Salad.</p> | <p>29</p> <p>Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am</p> <p>Art Class 1 pm</p> <p>Breaded Cod, Greens, Macaroni & Cheese, Applesauce, and Challah.</p> |

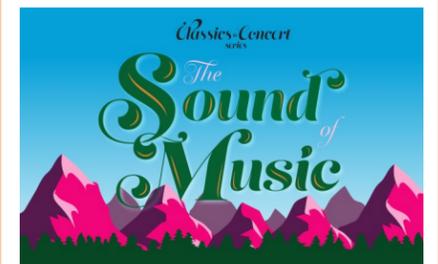


Did You Know?

More than 70% of the sodium Americans eat comes from packaged, prepared and restaurant foods — not the salt shaker.

Learn more at Senior Nutrition Council August 21.

Classics in Concert Series: The Sound of Music



August 14, 16, 17, 21, 23 & 24

In Austria, 1938, an exuberant young governess brings music and joy back to a broken family, only to face danger and intrigue as the Nazis gain power.

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.