

HaPpY BiRtHdAy tO oUr NoVeMBer aGeWell MeMberS!



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|--------------------------|-------------------------|-------------------------|
| 11/1 Dianne Koch | 11/12 Maryde Hillebrand | 11/19 Rich Goldwin |
| 11/1 Monica Weller | 11/12 Susan Mansfield | 11/20 Jill Ginsburg |
| 11/6 Dorothea Cahall | 11/12 Barbara Simmons | 11/20 Theresa Watson |
| 11/7 Sandra Cherry | 11/14 Kathi Tabb | 11/24 James Dusenberry |
| 11/7 Marna Miller | 11/15 Patricia Matillar | 11/24 Sheri Solzman |
| 11/8 Phillip Feger | 11/16 Denis Linehan | 11/26 Jeff Gossett |
| 11/9 Marsha Puckett | 11/17 Pam Rudell | 11/26 Jan Pieper |
| 11/11 Alice Dzenitis | 11/17 Maggie Sasher | 11/27 Gerald Korfhage |
| 11/12 James Byrne | 11/18 Rebecca Abell | 11/29 Harvey Liebschutz |
| 11/12 Elizabeth Hilinski | 11/18 Mary Czubak | 11/30 Linda Snyder |



<p>Dara Cohen AgeWell Director</p> <p>Janet L. DeArk Assistant AgeWell Director</p> <p>Helen Impellizzeri Executive Chef & Nutrition Services Director</p> <p>Heather Johnson Sous Chef</p> <p>2025 AgeWell Social Club Fees: \$50 Member Add-on \$75 Member Couple Add-on \$120 Single Non-Member \$150 Couple Non-Member</p>	<p>AgeWell Advisory Committee</p> <p>Dara Cohen AgeWell Program Director</p> <p>Barbara Gordon Gale Karem Tony Kerr Gail Moody Ilean Rowe Kim Pendley Veronica Gossett Marvin Yussman Pat Kimberlin</p> <p>The AgeWell Program is open Monday thru Friday, 9am to 3pm, to all those 60+ regardless if you are a member of the JCC or are an AgeWell Program member.</p>	<p>REMINDER! Saturday & Sunday Fitness Classes... Your AgeWell Program Membership allows you to attend any class highlighted in yellow on the Group Fitness Schedule published monthly, to include Saturdays & Sundays. Look for the current <u>Group Fitness Schedule</u> online, or pick one up when you are in, to see the classes available. Transportation is NOT available on the weekends.</p>
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NOVEMBER 2025 DIGEST

Good Will Donations

Kim Pendley - In memory of Joyce Myers.

Lewis & Ilean Rowe - In honor of Alex Geller's engagement.

Lewis & Ilean Rowe - Happy Birthday, Diane Sadle.

Lewis & Ilean Rowe - Condolences to the family of Polly Waldman.

Lewis & Ilean Rowe - In honor of Delores Levy's good health.

Lewis & Ilean Rowe - Mazel Tov to Maureen & Wayne Friedman's Grandson Alex on his Bar Mitzvah.

- November 4th, 11th, 18th & 25th** 9:00 am ~ The U of L Trager Institute Diabetes Self-Management Program (DSMP) will meet in the Barbara Brick Reading Room - 2nd floor, 9am to 11:30am, for six weeks. Visit bit.ly/Trager-DSMP to sign up today OR for more information call (502)588-3471.
- November 5th** 10:45 am ~ Sarah Marlowe with the Louisville Free Public Library will be in the Jan & Jonathan Goldberg Hangout Room with the Bookmobile. Sarah can be reached at (502)574-1609 to answer questions or request books.
- November 5th** 12:45 pm ~ Join our own Sandra Cherry in the Fleischaker-Greene Community Room for a lecture from Jonathan Eig, a Jewish author and 2024 Pulitzer Prize winner. The lecture focuses on his biography, King: A Life, which humanizes Martin Luther King Jr. by exploring his personal struggles, radicalism, and complex life beyond his public image.
- November 13th & 20th** 1:00 pm ~ Memoir Writing Class, with Jeffrey Levy, in the Barbara Brick Reading Room, 2nd Floor.
- November 7th & 14th** 1:00 pm ~ Join artist Karen Herold in the Community Room for a creative painting workshop. You will learn to paint your very own luminary house to take home. Sign up on site or by calling/emailing Janet.
- November 9th** 2:00 pm ~ CenterStage production of **Company - A Musical Comedy** in the Shapira Foundation Auditorium. See below left for your chance to win a free ticket courtesy of the Roth Fuenfer Fun Fund. Limited tickets available.
- November 10th** 12:45 pm ~ Learn how to get the most out of your diet! AgeWell Nutrition Counsel, with Dara Cohen, invites you to our monthly event at the Kohn Family Town Square. We'll discuss the powerful nutritional benefits of fish and gather your valuable feedback on the lunches we serve.
- November 11th** 12:45 pm ~ Experience Shabbat through Israeli eyes! Join our Shinshinim, Yael and Rona, for a personal look into their traditions and experiences celebrating Shabbat in their homeland.
- November 12th** 12:30 pm ~ November Birthdays! Attend lunch in the Kohn Family Town Square, help celebrate AgeWell members with birthdays & enjoy a special dessert.
- November 19th** 12:00 pm ~ Our annual Traditional Turkey Dinner by Chef Helen Impellizzeri & Sous Chef Heather Johnson held at Keneseth Israel Synagogue, 2531 Taylorsville Road. The Jerry Tolson Quartet will provide the perfect soundtrack for the occasion. RSVP for lunch to Janet by November 12th.
- November 21st** 12:45 pm ~ Join this exciting share group lasting 45 minutes and hosted by George Cook, a community volunteer. This month's topic is, "Who or what had the most influence in making you who you are today? Talk about this influence."
- November 24th** 12:45 pm ~ Join us in the Weisberg Family Lobby for Newish Jewish Music featuring Cantor David Lipp. **Date change**
- November 24th** 10:00 am ~ AgeWell Book Club, with Lauren Kehr, will meet in the Barbara Brick Reading Room, 2nd floor. We will be discussing the Frozen River by Ariel Lawhon and passing out The Power by Naomi Alderman.
- November 25th** 12:45 pm ~ Relax and enjoy a film and light refreshments in the comfort of our Community Room.

SCORE A FREE TICKET TO SEE CENTERSTAGE'S PRODUCTION OF COMPANY - A MUSICAL COMEDY!

What if you could see the hit musical COMPANY—A MUSICAL COMEDY for FREE? Your chance is here! Enter the random drawing for a shot at receiving a ticket to the Sunday, November 9th, 2025, 2:00 PM matinee courtesy of the Roth Fuenfer Fun Fund.

How to enter: Simply submit your name by phone, e-mail or in person to Janet by Tuesday, November 4th, 2025.

Winner selected: The lucky winners will be notified on Wednesday, November 5th, 2025.

Note: Transportation available to and from the Trager Family JCC for our regular AgeWell Members who utilize that service.

~ Thank You to the Roth Fuenfer Fun Fund ~

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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

NOVEMBER 2025

Lunch is a suggested donation of \$4 - \$5.
We ask that you arrive for lunch at 11:45 am. Prayers and announcements start promptly at 12 noon.

AgeWell Social Club Contract

A Limited Membership to the Trager Family JCC

I HAVE access to the following:

- Walking track 8am to 3pm.
- Lunch Mon - Fri at 11:45 am WITH a reservation.
- Any AgeWell programming after lunch. For example: Art or Spanish classes, films, lectures, book club, memoir writing, etc.
- Fitness classes highlighted in yellow on the Group Fitness Schedule.
- 8:30 or 9:30 am aquatic classes.

I do NOT have access to:

- Use of the pool outside of 8:30 or 9:30 am class times.
- Use of the steam room, sauna, hot tub or vortex pool, etc.
- Use of the fitness area: treadmills, bikes, weights, etc.
- Use of the gyms: Pickleball, basketball, etc.
- Guest passes for non AgeWell Social Club programming.

If you wish to have full access to all amenities at the Trager Family JCC please see the Membership Department. They would be happy to discuss that with you!

THREE WAYS TO ASK FOR WHAT YOU REALLY WANT FOR THE HOLIDAYS

"For the holidays, I'd really love a gift toward my AgeWell membership renewal, which comes up in January. It's a gift that I'll put to good use all year!"

"You know, since you asked, one thing that would be incredibly helpful is a gift toward my AgeWell membership renewal. It's coming up in January and would be a great gift."

"Haha, since everyone's asking, my AgeWell membership renewal is coming up in January. If anyone is looking for a gift idea, a contribution towards that would be awesome!"

STAY TUNED FOR EXCITING PROGRAM UPDATES!

MON	TUE	WED	THU	FRI
3 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 Egg Salad, Bread, Cream of Mushroom Soup and Fruit	4  Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weights 10:30 & 11:30 am Diabetes Class 9am Vegetable Lasagna, Salad, Bread and Fruit	5  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 am Better Balance 11:30 am Stretch 11:30 am Bookmobile 10:45am Sandra Cherry 12:45pm Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup and Fruit	6 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 am Chair Yoga 11:30 am No Memoir Writing Grilled Cheese, Tomato Soup, Salad, Yogurt and Fruit	7  Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am Art Class 1pm Crispy Baked Fish, Broccoli, Macaroni & Cheese, Fruit and Challah
10  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 AgeWell Nutrition Counsel 12:45 Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit	11 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weights 10:30 & 11:30 am Diabetes Class 9am ShinShinim Presentation 12:45pm Vegetable Risotto, Green Beans & Roasted Tomatoes and Salad	12  Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 am Better Balance 11:30 am Stretch 11:30 am Birthdays 12:30 pm Impossible Meatloaf, Green Beans, Mashed Potatoes and Fruit	13  Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 am Chair Yoga 11:30 am Memoir Writing 1pm Baked Ziti, Zucchini & Yellow Squash, Salad, Bread and Fruit	14 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, Vegetables and Challah
17  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 Vegetable Pot Pie with Lentils, Salad and Yogurt	18 Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weights 10:30 & 11:30 am Diabetes Class 9am Tuna Salad, Bread, Chips, Broccoli Cheese Soup and Fruit	19 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 am Better Balance 11:30 am Stretch 11:30 am TRADITIONAL TURKEY DINNER KENESETH ISRAEL SYNAGOGUE 2531 TAYLORSVILLE ROAD	20 Latin Cardio Gold 9:30 am Gentle Yoga 9:30 am Chair Light Weights 10:30 am Chair Yoga 11:30 am Memoir Writing 1pm Chickpea "Chicken Salad", Broccoli, Minestrone Soup, Fruit and Yogurt	21 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am George Cook 12:45pm Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit and Challah
24  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 10:00 am Newish Jewish Music 12:45 pm Flatbread Pizza, Salad w/ Chickpeas and Fruit	25  Zumba Gold 9:30 am Gentle Yoga 9:30 am Club 60 9:30 am Chair Light Weights 10:30 & 11:30 am Diabetes Class 9am Film 12:45 pm Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit	26 Water Walkers 8:30 am Club 60 9:30 am Gentle Yoga 9:30 & 10:30 am Moving to Heal 10:30 am Better Balance 11:30 am Stretch 11:30 am Impossible Meat, Sauce & Pasta, Mixed Veggies and Roll	27  AGEWELL NUTRITION CLOSED	28 Club 60 9:30 am Gentle Yoga 9:30 am Tai Chi 10:30 am Better Balance 11:30 am AGEWELL NUTRITION CLOSED
SAVE THE DATE AGEWELL SOCIAL CLUB MEMBERSHIP PARTY JANUARY 11th, 2026 12:00 PM 	This year at our Traditional Turkey Dinner, you can help support the JFCS Food Pantry by contributing to our personal hygiene drive. By bringing a regular-sized, unopened toiletry item—such as shampoo, soap, or deodorant—you can provide comfort and dignity to individuals and families in our community.  JFCS FOOD PANTRY HYGIENE DRIVE	 NOVEMBER 2025 6, 8, 9, 13, 15 & 16	 Jax DeArk	LUNCH RESERVATIONS (502)238-2743 OR jdeark@jewishlouisville.org Lunch reservations can also be made, or cancelled, on site in the binder.

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.