

## Happy Birthday to Our December AgeWell Birthdays



12/4 Nicola O'Bryan	12/16 Janet Mann	12/24 Debbie Irwin
12/6 Marlene Sammons	12/20 David Moore	12/24 Donna Harris
12/7 Barb Vetter	12/20 Debbie Heuser	12/27 Jan Michno
12/7 Marcy B Russ	12/20 Alan Baker	12/28 James Lies
12/9 Jeanne Marie Brennan	12/20 Mohini Warrick	12/28 Christine Gerwig
12/15 Michael Markovitz	12/21 Mary Pat Corley	12/31 Linda Freeman
	12/22 Connie Esten	



*If you have a December Birthday and it is not listed above, please let Janet know!*



# AgeWell

## DECEMBER 2025 DIGEST

### Good Will Donations

#### Gail Moody - In Honor of Mohini Warrick's Birthday.

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For a donation of \$5 or more to the AgeWell Program, we would be happy to send a note to someone in honor, in memory, in celebration of, etc. Ask for details!



Veronica's Lulu

**December 1st** 12:45 p.m. ~ Advisory Committee Meeting in the Fleischaker-Green Community Room.

**December 2nd & 9th** 9:00 a.m. ~ The U of L Trager Institute Diabetes Self-Management Program (DSMP) continues in the Barbara Brick Reading Room - 2nd floor, 9am to 11:30am. Prior registration required.

**December 2nd, 9th, 16th & 23rd** 10:30 a.m. ~ Whether you're a complete beginner or an experienced player looking for a refresh, this four-week chess course is for you. Led by Coach Corbin of the Kentucky Chess Ambassadors, each one-hour session will teach you the fundamentals and strategy of the game. Lessons take place in the Kohn Family Town Square.

**December 3rd** 10:45 a.m. ~ Sarah Marlowe from the Louisville Free Public Library (LFPL) will be available in the Jan & Jonathan Goldberg Hangout Room. Contact Sarah at (502) 574-1609 to ask questions or request books.

**December 3rd** 12:45 p.m. ~ Join us in the Weisberg Family Lobby for acoustic music with local musician Michael Jackman.

**December 4th, 11th & 18th** 1:00 p.m. ~ Discover the art of storytelling and learn to craft your own compelling memoir. Led by Jeffrey Levy in the Barbara Brick Reading Room, 2nd Floor.

**December 5th** 12:45 p.m. ~ You're invited to an engaging share group meeting with community volunteer George Cook. This month's discussion will center on exploring examples of dedication in our lives.

**December 8th** 12:45 p.m. ~ Vegetables and fruits are essential for optimal health. Unlock their full potential and supercharge your well-being. Discover practical strategies to maximize the nutritional benefits in your diet. Nutrition Counsel in the Town Square with Dara Cohen.

**December 10th** 12:30 p.m. ~ Celebrate December birthdays with a special dessert served after lunch in the Town Square.

**December 12th & 26th** 1:00 p.m. ~ Join artist Karen Herold in the Community Room for a creative mixed media project where you will make a clay heart, paint a picture frame, and use your creativity to craft a unique piece of art.

**December 16th** 12:45 p.m. ~ Relax and enjoy a film and light refreshments in the comfort of the Community Room.

**December 19th** 12:45 p.m. ~ Join us in the Town Square for a festive gathering to celebrate Hanukkah with latkes, donuts and entertainment by Cantor Lipp.

**December 22nd** 10:00 a.m. ~ Book clubs facilitate a deeper, more nuanced understanding of literature than a solo reading experience allows. Members engage in a vibrant exchange of ideas, discussing their general opinions, specific likes and dislikes, and any prominent themes or characters that resonated with them. Led by Lauren Kehr, in the Barbara Brick Reading Room on the second floor. The upcoming discussion will center on the compelling novel *The Power* by Naomi Alderman.

<p><b>Dara Cohen</b> AgeWell Director</p> <p><b>Janet L. DeArk</b> Assistant AgeWell Director</p> <p><b>Helen Impellizzeri</b> Executive Chef &amp; Nutrition Services Director</p> <p><b>Heather Johnson</b> Sous Chef</p> <p><b>2025 AgeWell Social Club Fees:</b> \$50 Member Add-on   \$75 Member Couple Add-on   \$120 Single Non-Member   \$150 Couple Non-Member</p>	<p><b>AgeWell Advisory Committee</b></p> <p><b>Dara Cohen</b> 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><b>REMINDER!</b></p> <p>Saturday &amp; 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 &amp; 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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Trager Family  
 Jewish  
 Community  
 Center  
 3600 Dutchmans Lane  
 Louisville, KY 40205  
 502-459-0660  
 www.jewishlouisville.org

# DECEMBER 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!

### LUNCH RESERVATIONS

Office Phone: (502)238-2743  
OR  
Email: [jdeark@jewishlouisville.org](mailto:jdeark@jewishlouisville.org)  
TEXTING A RESERVATION IS NOT AN OPTION AT THIS TIME

## SAVE THE DATE

AgeWell  
Social  
Club  
Membership  
Party

JANUARY 11th, 2026  
12:00 PM

MON	TUE	WED	THU	FRI
<b>1</b> Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Better Balance 11:30 a.m. <b>Advisory Committee 12:45 p.m.</b>	<b>2</b>  Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Diabetes Class 9:00 a.m.</b> <b>Chess Lessons 10:30 a.m.</b>	<b>3</b>  Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 & 10:30 a.m. Moving to Heal 10:30 a.m. Better Balance 11:30 a.m. Stretch 11:30 a.m. <b>Bookmobile 10:45 a.m.</b> <b>Michael Jackman 12:45 p.m.</b>	<b>4</b> Latin Cardio Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Yoga 11:30 a.m. <b>Memoir Writing 1:00 p.m.</b>	<b>5</b>  Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Better Balance 11:30 a.m. <b>George Cook 12:45 p.m.</b>
Hummus, Pita Pocket, Mixed Greens, Salad or Soup, Fruit & Yogurt	Mushroom Alfredo, Broccoli, Breadstick & Fruit	Vegetarian Bean Chili, Elbow Pasta, Green Beans, Fruit & Yogurt	Tuna Salad, Vegetable Soup, Bread, Chips and Fruit	Breaded Cod, Collard Greens, Macaroni & Cheese, Fruit and Challah
<b>8</b>  Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Better Balance 11:30 a.m. <b>Nutrition Counsel 12:45 p.m.</b>	<b>9</b>  Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Diabetes Class 9:00 a.m.</b> <b>Chess Lessons 10:30 a.m.</b>	<b>10</b>  Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 & 10:30 a.m. Moving to Heal 10:30 a.m. Better Balance 11:30 a.m. Stretch 11:30 a.m. <b>Birthdays 12:30 p.m.</b>	<b>11</b> Latin Cardio Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Yoga 11:30 a.m. <b>Memoir Writing 1:00 p.m.</b>	<b>12</b>  Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Better Balance 11:30 a.m. <b>Art Class 1:00 p.m.</b>
Black Bean Quinoa Burger w/ Garnish, Sweet Potato & Yogurt	Vegetable Frittata, Skillet Potatoes, Bread & Fruit	Eggplant Parmesan, Pasta, Green Beans, Salad & Fruit	Egg Salad, Bread & Garnish, Cream of Mushroom Soup & Fruit	Baked Salmon, Quinoa Rice Pilaf, Mixed Veggies, Salad, Yogurt and Challah
<b>15</b> Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Better Balance 11:30 a.m.	<b>16</b>  Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Chess Lessons 10:30 a.m.</b> <b>Film 12:45 p.m.</b>	<b>17</b> Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 & 10:30 a.m. Moving to Heal 10:30 a.m. Better Balance 11:30 a.m. Stretch 11:30 a.m.	<b>18</b>  Latin Cardio Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Chair Light Weights 10:30 a.m. Chair Yoga 11:30 a.m. <b>Memoir Writing 1:00 p.m.</b>	<b>19</b>  Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Better Balance 11:30 a.m. <b>AgeWell Hanukkah Party w/ Cantor Lipp 12:45 p.m.</b>
Tuna Casserole, Roasted Potatoes, Carrots and Salad	Vegetable Stir Fry w/ Beans & Tofu, Brown Rice, Egg Drop Soup and Fruit	Flat Bread Pizza, Salad w/Chickpeas, Fruit & Yogurt	Grilled Cheese, Tomato Soup, Salad, Fruit and Yogurt	Impossible Meatloaf, Green Beans, Mashed Potatoes, Fruit & Challah
<b>22</b>  Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Better Balance 11:30 a.m. <b>Book Club 10:00 a.m.</b>	<b>23</b>  Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m. <b>Chess Lessons 10:30 a.m.</b>	<b>24</b> <b>Refer to Group Fitness Class Schedule</b>	<b>25</b> <b>Refer to Group Fitness Class Schedule</b>	<b>26</b> Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Better Balance 11:30 a.m. <b>Art Class 1:00 p.m.</b>
Salmon Croquettes, Potatoes, Vegetables, Roll and Challah	Baked Ziti, Zucchini & Yellow Squash, Roll and Salad	***** AGEWELL NUTRITION CLOSED	***** AGEWELL NUTRITION CLOSED	Cheese Quesadilla, Black Bean Soup, Avocado Toast, Fruit & Challah
<b>29</b>  Club 60 8:30 & 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Chair Yoga 10:30 a.m. Better Balance 11:30 a.m.	<b>30</b> Zumba Gold 9:30 a.m. Gentle Yoga 9:30 a.m. Club 60 9:30 a.m. Chair Light Weights 10:30 & 11:30 a.m.	<b>31</b>  Water Walkers 8:30 a.m. Club 60 9:30 a.m. Gentle Yoga 9:30 & 10:30 a.m. Moving to Heal 10:30 a.m. Better Balance 11:30 a.m. Stretch 11:30 a.m.	<b>1</b> <b>Refer to Group Fitness Class Schedule</b>	<b>2</b>  Club 60 9:30 a.m. Gentle Yoga 9:30 a.m. Tai Chi 10:30 a.m. Better Balance 11:30 a.m.
Impossible Plant Based Burger w/ Garnish, Potato Wedges, Baked Beans and Salad	Chickpea "Chicken" Salad, Bread, Broccoli, Minestrone Soup, Fruit & Yogurt	Vegetable Pot Pie w/Lentils, Green Salad or Green Beans and Yogurt	***** AGEWELL NUTRITION CLOSED	Fish Tacos, Quinoa Rice, Salsa, Cabbage Slaw, Fruit and Challah

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.