

## January AgeWell Member Birthdays

1/1 Julie Whittenberg	1/10 Sister Julia Davis	1/16 Sue Clayborn	1/22 Mindy Jaffe
1/1 Evelyn Watkins	1/12 Sue Plymale	1/16 Judith Bradley	1/22 Beverly Baker
1/2 Phyllis Spencer	1/12 Jake Wishnia	1/17 Lynn Cole	1/23 Carole Wolak
1/2 Ken Figa	1/13 Carole Nagle	1/21 Eileen Keegan	1/30 Yvonne Sosa
1/5 Tom Walthall	1/13 Richard Flowers	1/21 Irvin Jaffe	1/31 Sandy Kuhbänder
1/7 Carrie McCollough	1/14 Ernestyne Luber	1/22 Donna Curran	1/31 Bill Meers
1/10 Monica Orr	1/15 Marie Pierce	1/22 Patricia Purcell	

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

**Dara Cohen**  
AgeWell Director

**Janet L. DeArk**  
Assistant AgeWell Director

**Helen Impellizzeri**  
Executive Chef  
& Nutrition Services Director

**Heather Johnson**  
Sous Chef

### AgeWell Advisory Committee

Barbara Gordon  
Gale Karem  
Tony Kerr  
Gail Moody  
Ilean Rowe  
Kim Pendley  
Veronica Gossett  
Marvin Yussman  
Pat Kimberlin

### 2026 Enrollment Rates

**AgeWell Social Club**  
\$120 Individual | \$150 Couple

**AgeWell Social Club Plus+ Fitness**  
\$220 Individual | \$286 Couple

**Add-On AgeWell Social Club Membership for Full H&W Members of the Trager Family JCC**  
\$50 Individual | \$75 Couple

The Trager Family Jewish Community Center of Louisville is an inclusive non-profit organization serving people of all ages, religions, genders, backgrounds, abilities and incomes. AgeWell membership scholarships are available to those who qualify. Contact Dara Cohen for more information at (502)238-2749 or dcohen@jewishlouisville.org.

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www.jewishlouisville.org



# AgeWell

## JANUARY 2026

Newish Jewish Music with Cantor Lipp  
**January 27th 12:45 p.m.**

Weisberg Family Lobby



**January 5th Nutrition Counsel 12:45 p.m.** ~ Lowering the fat during cooking doesn't mean eating bland food or taking more time to cook! Discover practical strategies to maximize the nutritional benefits in your diet. Nutrition Counsel in the Kohn Family Town Square with Dara Cohen.

**January 6th ShinShinim's "My Israel Story" 12:45 p.m.** ~ Join us in the Fleischaker-Greene Community Room to hear Yael and Rona's personal stories.

**January 7th Bookmobile 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.

**January 7th Birthdays 12:30 p.m.** ~ Celebrate January birthdays with a special dessert served after lunch in the Town Square.

**January 8th, 15th, 22nd & 29th Memoir Writing 1:00 p.m.** ~ Memoir Writing. 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.

**January 11th 2026 AgeWell Membership Party 12:00 p.m.** ~ Join us for a lovely meal, prepared by Chef Helen and Sous Chef Heather, to celebrate the start of another great year with the AgeWell program! Reservation required. Doors open at 11:00 a.m.

**January 13th 'With Kind Eyes' Workshop 1:00 p.m.** ~ See inside for more details on this exciting Partnership2Gether Program.

**January 16th Share Group w/George Cook 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 what you are looking forward to in the new year and/or a goal that you have for yourself in the new year. We will meet in the Barbara Brick Reading Room on the 2nd Floor.

**January 20th Movie 12:45 p.m.** ~ Relax and enjoy a movie and light refreshments in the comfort of the Community Room.

**January 23rd & 30th Art Class 1:00 p.m.** ~ Join artist Karen Herold in the Community Room for a variety of project options, based on prior themes. Express your creative side, relax with new and old friends and listen to calming music.

**January 26th Book Club 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 2nd floor.



Patricia's Retta

Thanks to monthly visits from Sarah Marlowe of the Louisville Free Public Library our AgeWell Members get to keep up with their favorite reads! Contact Sarah at (502)574-1609 to ask questions or request books.



\*All land fitness classes will be held in the Fleischaker-Greene Community Room. Classes are exclusively for AgeWell Social Club Plus+ Fitness members with a reservation.

JANUARY 2026		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.		
MON	TUE	WED	THU	FRI
<b>5</b> Club 60 Aquatics 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m. Nutrition Counsel 12:45 p.m.	<b>6</b> Club 60 Aquatics 9:30 a.m. *Qi Gong 10:00 a.m. ShinShinim's "My Israel Story" 12:45 p.m.	<b>7</b> Water Walkers Aquatics 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Moving to Heal 9:30 a.m. *Chair Light Weights 10:30 a.m. *Better Balance 11:30 a.m. Bookmobile 10:45 a.m. Birthdays 12:30 p.m.	<b>8</b> *Qi Gong 10:00 a.m. *Chair Yoga 11:00 a.m. Memoir Writing 1:00 p.m.	<b>9</b> Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m.
Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit	Vegetable & Chickpea Coconut Curry, Rice, Steamed Spinach and Fruit	Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding	Vegetable Lasagna, Romaine Salad, Bread Stick, Fruit and Challah
<b>12</b> Club 60 Aquatics 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m.	<b>13</b> Club 60 Aquatics 9:30 a.m. *Qi Gong 10:00 a.m. "With Kind Eyes" Interactive Workshop 1:00 p.m.	<b>14</b> Water Walkers 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Moving to Heal 9:30 a.m. *Chair Light Weights 10:30 a.m. *Better Balance 11:30 a.m.	<b>15</b> *Qi Gong 10:00 a.m. *Chair Yoga 11:00 a.m. Memoir Writing 1:00 p.m.	<b>16</b> Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m. Share Group w/George Cook 12:45 p.m.
Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit	Mushroom Alfredo, Broccoli, Breadstick and Fruit	Vegetarian Bean Chili, Pasta, Vegetables, Yogurt and Fruit	Impossible Burger w/Garnish, Potato Wedges, Salad and Fruit	Tuna Casserole, Roasted Potatoes, Vegetables and Challah
<b>19</b>  Club 60 Aquatics 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m.	<b>20</b> Club 60 Aquatics 9:30 a.m. *Qi Gong 10:00 a.m. Movie 12:45 p.m.	<b>21</b> Water Walkers 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Moving to Heal 9:30 a.m. *Chair Light Weights 10:30 a.m. *Better Balance 11:30 a.m.	<b>22</b> *Qi Gong 10:00 a.m. *Chair Yoga 11:00 a.m. Memoir Writing 1:00 p.m.	<b>23</b> Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m. Art Class 1:00 p.m.
Vegetable Frittata, Potatoes, Bread and Fruit	Black Bean Quinoa Burger w/ Garnish, Vegetable and Yogurt	Eggplant Parmesan, Pasta, Vegetable, Salad and Fruit	Egg Salad, Bread, Garnish, Cream of Mushroom Soup and Fruit	Impossible Meatloaf, Green Beans, Potatoes, Fruit and Challah
<b>26</b> Club 60 Aquatics 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m. Book Club 10:00 a.m.	<b>27</b> Club 60 Aquatics 9:30 a.m. *Qi Gong 10:00 a.m. Newish Jewish Music w/Cantor Lipp 12:45 pm	<b>28</b> Water Walkers 8:30 a.m. Club 60 Aquatics 9:30 a.m. *Moving to Heal 9:30 a.m. *Chair Light Weights 10:30 a.m. *Better Balance 11:30 a.m.	<b>29</b> *Qi Gong 10:00 a.m. *Chair Yoga 11:00 a.m. Memoir Writing 1:00 p.m.	<b>30</b> Club 60 Aquatics 9:30 a.m. *Chair Light Weights 9:30 a.m. *Chair Yoga 10:30 a.m. Art Class 1:00 p.m.
Tuna Salad, Bread, Chips, Broccoli Cheese Soup and Fruit	Impossible Meat Sauce & Pasta, Mixed Veggies and Roll	Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup and Fruit	Grilled Cheese, Tomato Soup, Salad, Fruit and Pudding	Crispy Baked Fish, Steamed Broccoli, Macaroni & Cheese, Fruit and Challah
<b>Good Will Donations</b> Ilean Rowe in honor of Jill Ginsberg's Birthday  For a donation of \$5 or more to the AgeWell Program, we will mail a notecard to a recipient of your choosing, on your behalf, stating that a donation has been made in honor of, in memory of, in celebration of a life event, etc. Ask for details!	"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."  - Martin Luther King Jr.	<b>LUNCH RESERVATIONS</b> Janet's Phone (502)238-2743 OR jdeark@jewishlouisville.org  Texting a reservation is not an option at this time.		<b>2026 Membership Party</b> Sunday, January 11th 12:00 p.m. Doors open at 11:00 a.m.  Reservations can be made by calling or e-mailing Janet, or in the binder at lunch.



Rabbi Yael Karrie is the current regional Rabbi of Mate Asher Regional Council. Born in Haifa, Israel and raised in a

pluralistic, Socialist, and secular environment where the educational emphasis was on interfaith, coexistence, Yael was instilled in seeking knowledge, being socially active, and Zionism. It was during her military service where she was introduced to the Jewish religious bookshelf for the first time. This sparked the beginning of a process of study and research that became her greatest passion.

She first encountered the Reform movement while working as a tour guide for Birthright Israel groups. In rabbinic work, she strives to combine the four themes that are dearest to her: love for one another, love of nature, love of art, and love for the written word. She enjoys sharing her passion for Jewish texts by teaching in a Beit Midrash format and regularly integrates art, nature, and hiking in her teaching.

Her commitment to social justice in Israel and around the world led her to work with the Bedouin community, interfaith groups, asylum seekers, the LGBTQ community, and youth in distress.

In her free time, Yael enjoys hiking, singing, dancing, traveling, reading, photography, and most of all getting to know people from all over the world.

Join Rabbi Karrie on **January 13th from 12:45 p.m. to 2:30 pm** as part of our **Partnership2Gether (P2G)** program. She'll be leading "With Kind Eyes," an interactive workshop that invites participants to use their smartphones to take photos and explore how we can look at one another, ourselves, with more kindness. Space is limited. Sign up today by contacting Janet DeArk.

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.