

February AgeWell Member Birthdays

| | | | |
|--------------------|----------------------|-------------------|--------------------|
| 2/1 Anne Bahr | 2/4 Sharon Stetter | 2/11 Diane Kissel | 2/21 Vicki Dobson |
| 2/2 Carol Wishnia | 2/6 Joyce Koch | 2/15 Vicki Hobson | 2/24 Tami Penner |
| 2/3 Judie Dufresne | 2/7 Jeroma LaMonaco | 2/16 Gail Moody | 2/25 Ruth Sauter |
| 2/3 Joye Hoyle | 2/7 Janet Guagliardo | 2/19 Chuck Jones | 2/27 Pat Kimberlin |
| 2/4 Raymond Elery | 2/8 Lexie Peterson | 2/20 Karen Beatty | 2/27 Judith Crowe |
| | 2/10 Carolyn Bell | | |

Join us for lunch on February 3rd so we can celebrate you!
If you have a February 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 Traditional Social Club
\$120 Individual | \$150 Couple

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

'Add-On' AgeWell Traditional Social Club Membership for 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.

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



FEBRUARY 2026

SAVE YOURSELF A TRIP TO THE LIBRARY EVERY MONTH!

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.



George W. Cook

The Share Group continues to be a warm and welcoming space for AgeWell members to gather and share our unique life

experiences and wisdom. The group meets once a month, always on a Friday, for about 45 minutes following lunch. We explore a different topic at each meeting. In February, our topic will be "Stories About Loving". It will be a pleasure hearing about the people, places and experiences group members will be talking about.

Participating in a group like this offers meaningful benefits: a deeper sense of connection with other members of the AgeWell community, opportunities to learn from other group members, as well as gain personal insight and understanding.

Your voice adds depth and value to the conversation. We look forward to having you join us in our goal of learning, growing, and sharing together.

February 3rd February Birthdays Celebrated 12:30 p.m.

February 4th Bookmobile 10:45 a.m.

February 4th Field Trip to Derby Dinner Playhouse 11:00 a.m.

February 5th, 12th, 19th & 26th Memoir Writing 1:00 p.m.
Held in the Barbara Brick Reading Room, 2nd Floor

February 9th Michael Jackman 12:45 p.m. ~ Timeless tunes on the acoustic guitar with local musician Michael Jackman. Weisberg Family Lobby.

February 10th 2026 Louisville Jewish Film Festival-Among Neighbors 12:45 p.m. ~ Shapira Foundation Auditorium.

February 11th Rabbi Scott Hoffman Q & A 12:45 p.m. ~ Ever had a question about Judaism but weren't sure who to ask? Now is your chance! Rabbi Scott Hoffman is joining us to field any and all of your questions. Let's get the conversation started—please e-mail your questions, or submit them in writing to Dara or Janet by Thu 2/5. Fleischaker-Greene Community Room.

February 13th Share Group w/George Cook 12:45 p.m. ~ Held in the Fleischaker-Greene Community Room.

February 16th Nutrition Counsel 12:45 p.m. ~ Join Dara to learn a non intimidating way to survey what a healthy and balanced diet is and go about that practically using the My Plate model.

February 17th 2026 Louisville Jewish Film Festival - Ain't No Back To a Merry Go Round 12:45 p.m. ~ Fleischaker-Greene Community Room.

February 18th Mitzvah! PB& J Making to Support the Unhoused 12:45 p.m. ~ Fleischaker-Greene Community Room.

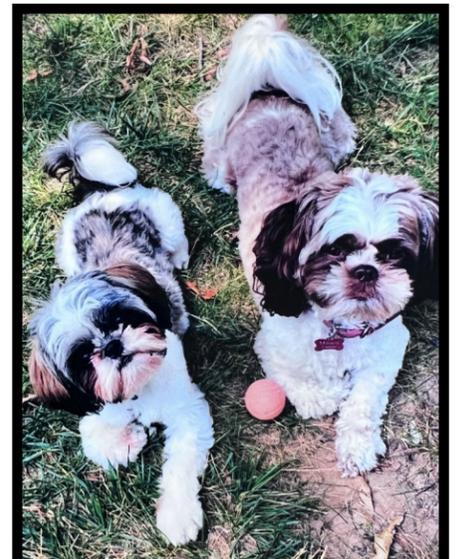
February 20th & 27th Art Class 1:00 p.m. ~ Join artist Karen Herold in the community room and express your creative side, relax with new and old friends and listen to calming music.

February 23rd Book Club 10:00 a.m. ~ Book clubs facilitate a deeper, more nuanced understanding of literature. 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. Barbara Brick Reading Room, 2nd floor.

February 26th Purim Class w/Cantor Lipp 12:45 p.m. ~ Newish Jewish Purim Music in the Fleischaker-Greene Community Room.

AW Classes will be held in the Fleischaker- Greene Community Room. Classes are exclusively for AgeWell Social Club Plus+ Fitness members with a reservation.

| FEBRUARY 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. Reservations can be made by calling (502)238-2743 or by e-mailing jdeark@jewishlouisville.org . | | | |
|--|--|---|---|---|--|
| MON | TUE | WED | THU | FRI | |
| 2  Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit | 3 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Birthdays 12:30 Newish Jewish Music w/Cantor Lipp 12:45 Impossible Meatloaf, Green Beans, Mashed Potatoes and Fruit | 4 Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Moving to Heal 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 Bookmobile 10:45 Derby Dinner Playhouse 11:15 Egg Salad, Bread, Garnish, Cream of Mushroom Soup and Fruit | 5 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Baked Ziti, Zucchini & Yellow Squash, Salad, Bread and Fruit | 6 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Salmon Croquettes, Mashed Potatoes, Vegetables and Challah | |
| 9 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Michael Jackman 12:45 Tuna Salad, Bread, Chips, Broccoli Cheese Soup and Fruit | 10 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Jewish Film Festival 12:45 "Among Neighbors" Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit | 11 Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Moving to Heal 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 Rabbi Scott Hoffman Q & A 12:45 Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup and Fruit | 12 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Grilled Cheese, Tomato Soup, Salad, Yogurt and Fruit | 13 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 George Cook 12:45 Crispy Baked Fish, Steamed Broccoli, Macaroni & Cheese, Fruit and Challah | |
| 16 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Nutrition Counsel 12:45 Chickpea "Chicken Salad", Bread, Vegetables, Minestrone Soup, Yogurt and Fruit | 17 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Jewish Film Festival 12:45 "Ain't No Back to a Merry Go Round" Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit | 18 Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Moving to Heal 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 Mitzvah - PB&J Making 12:45 Vegetable & Chickpea Coconut Curry, Rice, Steamed Spinach and Fruit | 19 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding | 20 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art Class 1:00 Vegetable Pot Pie w/Lentils, Salad and Yogurt and Challah | |
| 23 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Book Club 10:00 Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit | 24 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Vegetarian Bean Chili, Pasta, Vegetables, Yogurt and Fruit | 25 Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Moving to Heal 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 Impossible Burger w/Garnish, Potato Wedges, Salad and Fruit | 26 AW Qi Gong 10:00 AW Chair Yoga 11:00 Newish Jewish Purim Music w/ Cantor Lipp 12:45 Memoir Writing 1:00 Mushroom Alfredo, Vegetables, Breadstick and Fruit | 27 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art Class 1:00 Tuna Casserole, Roasted Potatoes, Vegetables and Challah | |



Pat C.'s Maisie & Shadow



Reserve your ticket to Derby Dinner on February 4th. \$45/person. Transportation leaves from the JCC at 11:15 a.m.



AMONG NEIGHBORS

This film examines the story of a small, rural town where Polish Jews and Catholics lived side-by-side for centuries before World War II. The film brings the Polish response to the Holocaust to life through the last living eyewitnesses, revealing both love and betrayal as it zeroes in on one of the last living Holocaust survivors from the town, and an eyewitness who saw Jews murdered there – not by Nazis, but by her own Polish neighbors.

Ain't No Back To a Merry Go Round

To support the five Howard students arrested for sitting on the gilded horses of a whites-only carousel the summer of 1960, the white community near Glen Echo Amusement Park – many of them Jewish – joined protesting Black students and set up picket lines, creating an unprecedented collaboration. The pickets attracted Nazis, congressmen, and a press avalanche. Picketing together led to partying together and union organizers mentored student activists, ultimately producing ten 1961 Freedom Riders, including Stokely Carmichael, and a Supreme Court case. With never-before-seen footage, and immersive storytelling by Emmy-award winning director Ilana Trachtman, four living protesters rescue this untold story, revealing the price, and the power, of heeding the impulse to activism.

Newish Jewish Purim Music with Cantor Lipp



February 26th 12:45 p.m.

Fleischaker- Greene Community Room

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.