



March AgeWell Member Birthdays



3/1 Valerie O'Dell	3/5 Peggy Hardman	3/21 Todd Shawver	3/23 Maggee Boyce
3/2 Helene Gordon	3/11 Ron Kuhl	3/21 Frank Schwartz	3/25 Frank J Miller
3/4 Rose Killmeier	3/14 Bill Sikes	3/21 Raema Green	3/28 Lewis Rowe
3/5 Charlene Gordon	3/20 Marilyn Mattingly	3/23 Lisa Bickett	3/31 Ilean Rowe

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
Veronica Gossett
Gale Karem
Tony Kerr
Pat Kimberlin
Gail Moody
Patricia O'Bryan
Kim Pendley
Brenda Price
Ilean Rowe
Marvin Yussman

2026 AgeWell Membership 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.

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LOUISVILLE, KY
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Louisville, KY 40205
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www.jewishlouisville.org



AgeWell

MARCH 2026



There is something distinctive about **Pianist Nada**. Shaped by an uncommon life journey across cultures and traditions, she has emerged as an artist whose performances possess a rare immediacy. In concert, her music seems to exist outside of time and place, as though reality briefly recedes and only sound remains.

A **concert artist, educator, and cultural communicator**, Pianist Nada brings her artistry to audiences across continents. *"I speak music"* is the phrase that best captures her artistic philosophy and her ability to inspire curiosity and engagement with the classical repertoire among diverse listeners.

For Pianist Nada's full biography, go to www.pianistnada.com/biography/

Pianist Nada
March 4th | 12:45
Weisberg Family Lobby

March 2nd 12:45 p.m. Cantor Lipp Newish Jewish Purim Music in the Weisberg Family Lobby.

March 3rd 12:45 p.m. Celebratory Hamantaschen Making. Fleischaker-Greene Community Room.

March 4th 10:45 a.m. Bookmobile visit! 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.

March 4th 12:45 p.m. Pianist Nada in the Weisberg Family Lobby.

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

March 6th & 20th 1:00 p.m. Art Class with artist Karen Herold in the community room. Express your creative side, relax with new and old friends and listen to calming music. You do NOT have to be an artist to enjoy art class!

March 9th 12:45 p.m. Nutrition Counsel. Join Dara in exploring the vital role Vitamin C plays in our health. Discover how, where & why it works within the body.

March 10th 12:45 p.m. ShinShinim Virtual Tour. Travel alongside Yael & Rona as they guide you on an immersive virtual tour of their favorite spots across Israel.

March 11th 5:45 p.m. PNC Broadway Louisville Disney's Beauty and the Beast. Tickets generously provided by the Roth-Fuenfer Fun Fund. Luxury motorcoach transportation leaves to and from the Trager Family JCC.

March 13th 1:00 p.m. The Yale Spizzwinks. Join us in the Shapira Foundation Auditorium for a musical performance by the World's Oldest Undergraduate A Capella Group.

March 16th 12:45 p.m. Cantor Lipp Newish Jewish Passover Music in the Weisberg Family Lobby.

March 17th 12:45 p.m. A drum circle is an open, informal gathering where people of all ages create spontaneous percussion music together. Focused on community and expression, it's a free, inclusive experience. Join Kyle Roemer and friends in the Fleischaker-Greene Community Room as they lead this rhythmic session.

March 18th 12:30 p.m. March Birthdays! Celebrate March birthdays with a special dessert served after lunch in the Town Square.

March 18th Mobile Mammograms Call (502)852-6318 for an appointment.

March 23rd 10:00 p.m. Book Club continues on the 2nd Floor in the Barbara Brick Reading Room.

March 23rd & 30th 1:00 p.m. Welcome back to Ole Espano! **Spanish Class** returns with Instructor Sara Robinson. For more information, or to express interest in attending, reach out to Sara by e-mail at Sara0448@gmail.com or by calling/texting (502)491-6603. *Class will start at 1:45 p.m. on the 30th.*

March 25th 4:45 p.m. Intergenerational Interfaith Model Seder, in the Shapira Foundation Auditorium, sponsored by the Judith Bensinger Senior Adult Fund. Rabbi Ben Freed will lead the Seder accompanied by students from Rabbi Schmully Litvin and Lauren Schipper's classes. Cantor Hordes on guitar. Come hear the story and participate in the traditions of the Passover Seder. We will have dinner afterward catered by Chef Helen Impellizzeri. For Reservations call or e-mail Janet at (502)238-2743 or jdeark@jewishlouisville.org. Seating is limited. Cost is \$10. Reservations must be made by March 18th.

March 30th 12:45 p.m. Advisory Committee Meeting

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Lunch is a suggested donation of \$4 - \$5. **We ask that you arrive for lunch by 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 Cantor Lipp Newish Jewish Purim Music 12:45	3 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Celebratory Hamantaschen Making 12:45	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 Pianist Nada 12:45	5 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	6 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 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	Baked Salmon, Quinoa Rice Pilaf, Mixed Veggies, Spinach Salad, Yogurt and Challah
9 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	10 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 ShinShinim Virtual Tour 12:45	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 Field Trip: Disney's Beauty and the Beast 5:45 p.m.	12 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	13 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Spizzwinks 1:00
Tuna Casserole, Roasted Potatoes, Carrots and Romaine Salad	Vegetable Lasagna, Romaine Salad, Bread Stick and Fruit	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
16 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Cantor Lipp Newish Jewish Passover Music 12:45	17 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Kyle Roemer & Friends Drum Circle 12:45	 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 Birthdays 12:30 Mobile Mammograms	19 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	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
Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit	Vegetable Risotto w/White Beans, Green Beans & Roasted Tomatoes and Salad	Plant Based Meatloaf, Green Beans, Mashed Potatoes and Fruit	Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Bread Stick and Fruit	Salmon Croquettes, Mashed Potatoes, Mixed Vegetables, Roll 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 Spanish 1:00	24 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	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	26 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	27 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30
Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit	~ NO LUNCH SERVED TODAY ~ Passover Seder 4:45	Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding	Stuffed Pepper (Rice, Quinoa, Beans, Cheese), Mixed Veggies, Fruit and Challah
30 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Advisory Committee Mtg 12:45 Spanish 1:45	31 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	 THE YALE SPIZZWINKS EST 1914 March 13th 1:00 p.m. <i>Being a Wink means loving music and wanting to sing for audiences of all kinds all around the world. It means embracing our family, and above all, committing to the Spizzwinks motto: "Never don't go!"</i>		
Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit	Mushroom Alfredo, Broccoli, Breadstick and Fruit			

CANTOR LIPP

March 2nd @ 12:45
Newish Jewish Purim Music

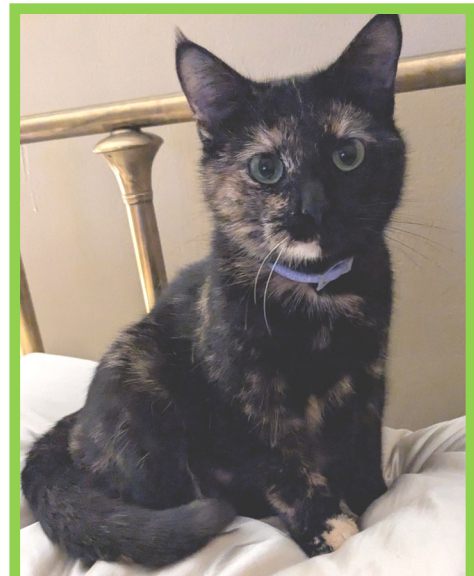


March 16th @ 12:45
Newish Jewish Passover Music



Hamantaschen are triangular pastries eaten during the Jewish holiday of Purim, symbolizing the downfall of the villain Haman and the survival of the Jewish people, with their shape representing Haman's three-cornered hat, pocket, or "ears" (Oznei Haman), and their hidden fillings alluding to Queen Esther's concealed identity and the hidden miracles of the story. Eating them is a joyful way to remember triumph over evil, often with fillings like poppy seeds (mohn) or fruit, playing on the pun with Haman's name.

Celebratory Hamantaschen Making
March 3rd 12:45



Brenda Price's Frannie

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.