



Happy Birthday AgeWell Members

4/2 Kathleen Nuss	4/9 Phyllis Costello	4/16 Connie Fondong
4/3 Brenda Ross	4/10 Sherrill Hardaway	4/17 Ellen Sanford
4/4 Brenda Price	4/11 LeRoy Chittenden	4/17 Jean Marlowe
4/5 Margaret Tanquay	4/12 Marian Harrell	4/20 Wanda Bohannon
4/5 Eleanor Lowe	4/13 Patricia Cease	4/21 Martha Jean Schechter
4/6 Margie Hubert	4/14 Patricia Oliver	4/25 John Sallee
4/7 Carolyn Jameson	4/14 Janet Noon	4/27 Donna Benton
4/8 Nancy Murphy	4/16 Rita Wigginton	4/28 Janice Korfhage

Pictured: Brenda & Stuart Ross's Lily



AgeWell

APRIL 2026



Good Will Donations

Janet & Mike Noon
In Honor of Ilean & Lewis Rowe's
50th Wedding Anniversary!

Barbara & Tom Zehnder
In Honor of Ilean & Lewis Rowe's
50th Wedding Anniversary!

Terri, Lisa & Amy
In Honor of Ilean & Lewis Rowe's
50th Wedding Anniversary!



Misha Feigin
April 14th @ 12:45 p.m.

April 10th 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 the question, what is new and blooming in your life? OR Favorite Spring stories from the past. We will meet in the Fleischaker-Greene Community Room.

April 14th 12:45 p.m. ~ Join us in the Weisberg Family Lobby for renowned guitarist and poet, born and raised in Moscow, Russia...Misha Feigin.

April 16th 12:45 p.m. ~ Iron is important to help your body make red blood cells and turn oxygen into energy. How much Iron is in your diet? Let's talk about it. Nutrition Counsel in the Town Square with Dara Cohen.

April 16th, 23rd and 30th 1:00 p.m.. ~ Discover the art of storytelling and learn to craft your own compelling memoir and/or simply enhance your creative writing skills with an interesting question to reflect on each week. Led by Jeffrey Levy in the Barbara Brick Reading Room, 2nd Floor.

April 17th & 24th 1:00 p.m. ~ Join artist Karen Herold in the Community Room and use your creativity to craft a unique piece of art. This month's project is Matisse cutouts.

April 21st & 28th 1:00 p.m. ~ The University of Louisville Trager Institute returns to the Barbara Brick Reading Room with the Diabetes Self Management Course. This course is for anyone with a diabetes or pre-diabetes diagnosis as well as caregivers who shop or cook for an individual with diabetes. In this course you will learn about healthy eating, physical activity, monitoring, action planning, stress management, avoiding complications and problem solving. The course is 2-1/2 hours in length for six weeks. To sign up, please call Jennifer at (502)588-3471.

April 21st 12:45 p.m. ~ Israel Program. To Be Determined.

April 22nd 12:30 p.m. ~ Come celebrate our AgeWell Members with April birthdays! We'll have a special dessert served after lunch in the Town Square.

April 27th 10:00 a.m. ~ Led by Lauren Kehr in the Barbara Brick Reading Room on the second floor. The upcoming discussion will center on *The Dutch House* by Ann Patchett. See Dara or Janet to check out *The Dutch House*. Books are due ON the date of the next Book Club meeting. No exceptions! Next up is *Olive Kitteridge* by Elizabeth Stroud.

April 28th 12:45 p.m. ~ Come together to watch a movie after lunch in the Community Room. Popcorn, candy and soda included.

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.

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

Dara Cohen
AgeWell Director

Janet L. DeArk
Assistant AgeWell Director

Helen Impellizzeri
Executive Chef
& Nutrition Services Director

Heather Johnson
Sous Chef

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LOUISVILLE, KY
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Trager Family Jewish Community Center
3600 Dutchmans Lane
Louisville, KY 40205
502-459-0660
www.jewishlouisville.org



APRIL 2026

For the smoothest dining experience, please arrive by 11:45 a.m. Announcements start promptly at 12 noon. Lunch is a suggested donation of \$4 - \$5. Reservations are required for lunch. 48 hours notice is preferable. Due to contractual agreements carryout is not an option.

MON	TUE	WED	THU	FRI
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 1:00	31 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	1 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	2 TRAGER FAMILY JCC CLOSED 	3 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30
Hummus Pita Pocket w/Mixed Greens, Soup, Yogurt and Fruit	Mushroom Alfredo, Broccoli, Breadstick and Fruit	Vegetarian Bean Chili, Pasta, Green Beans, Apple, Cottage Cheese		NO LUNCH, TRANSPORTATION OR PROGRAMMING TODAY
6 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	7 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	8 TRAGER FAMILY JCC CLOSED 	9 AW Qi Gong 10:00 AW Chair Yoga 11:00	10 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
NO LUNCH, TRANSPORTATION OR PROGRAMMING TODAY	NO LUNCH, TRANSPORTATION OR PROGRAMMING TODAY		NO LUNCH, TRANSPORTATION OR PROGRAMMING TODAY	Tuna Salad, Roasted Potatoes, Carrots, Romaine Salad and Challah
13 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	14 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Misha Feigin 12:45	15 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	16 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Senior Nutrition Counsel 12:45	17 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, Orange Wedges	Vegetable Risotto w/White Beans, Green Beans & Roasted Tomatoes, Romaine Salad	Plant Based Meatloaf, Green Beans, Mashed Potatoes and Apple Sauce	Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Breadstick and Sliced Pears	Salmon Croquettes, Mashed Potatoes, Mixed Vegetables, Butterscotch Pudding and Challah
20 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	21 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Diabetes Class 1:00 Israel Program 12:45	22 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	23 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	24 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
Chickpea Chicken Salad w/Bread, Broccoli, Minestrone Soup, Pineapple & Cottage Cheese	Vegetable Pot Pie w/Lentils, Green Salad or Green Beans and Vanilla Yogurt	Fish Tacos, Quinoa Rice, Salsa, Cabbage Slaw and Fresh Fruit	French Toast w/Bananas, Scrambled Eggs, Roasted Potatoes & Vegetables, Berry Yogurt Parfait	Plant Based Burger w/Garnish, Potato Wedges, Tossed Salad or Cole Slaw and Challah
27 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	28 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Diabetes Class 1:00 Film 1:00	29 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	30 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	1 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30
Cheese Pizza Flatbread, Salad w/ Chickpeas, Fruit Salad and Pudding	Bean & Cheese Burrito, Guacamole, Pico de Gallo Salsa, Brown Rice, Mixed Vegetables and Fruit	Vegetable and Chickpea Coconut Curry, Steamed White Rice, Steamed Spinach and Mandarin Oranges	Vegetarian Biscuits & Mushroom Gravy, Scrambled Eggs, Roasted Vegetables and Fruit	Stuffed Pepper (Rice, Quinoa, Beans & Cheese), Mixed Vegetables, Hot Spiced Apples or Applesauce and Challah

TITLE III of the Older Americans Act provides Federal funding that enables the AgeWell Program to operate a dining facility & provide delivered meals for senior adults. This program is made possible by state and/or federal funding provided by the Kentucky Department for Aging & Independent Living. Funds for this project are administered by Louisville Metro Human Services, KIPDA, Metro United Way, The Jewish Community Federation & the Trager Family JCC. The Jewish Community Center Nutrition Site is the only kosher site in the State of Kentucky. Title III also provides for counseling, outreach, education, recreation, & 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.

LUNCH RESERVATIONS

- 1) jdeark@jewishlouisville.org
- 2) On-site in the Binder
- 3) Call (502)238-2743

Texting a reservation is not an option at this time.

VOLUNTEERS NEEDED

Our lunch program simply wouldn't be possible without the dedication and consistency of our incredible volunteers. Each volunteer commits to one or more days per week, and many build their outside commitments around their lunch shift so they can be here reliably for our participants.

Lunch service follows a clear process for setup, serving, and cleanup—no prior experience is needed. If you're willing to listen, learn, and support our community, we will gladly teach you everything you need to know.

We are currently seeking a volunteer on **Tuesdays** and a volunteer on **Fridays**, as well as **backup volunteers** who can fill in during vacation or sick days. Hours are 11:00 a.m. to 1-1:30 p.m.

Thank you for considering this meaningful role within the AgeWell Program. Your support truly makes a difference. See Janet for more info.