



May AgeWell Member Birthdays

5/2 Donna Dennison 5/12 Mary Cabrini Hatley 5/20 Charles Niren 5/25 Jerry Solzman
 5/3 Barbara Gordon 5/12 Dara Cohen 5/23 Portia Brittain 5/26 Zmira Gold
 5/8 Sharon Goldblatt 5/18 Debbie Burke 5/24 Lauren Kehr 5/26 Linda Mills
 5/12 Cheri Misner 5/18 Rosemary Dorsey 5/25 Kim Pendley 5/28 Ann Abbott

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

Pictured: Lisa Bickett's Bodhi

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

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

MAY 2026

Good Will Donations

Raema Green
 In Honor of
 Ilean & Lewis Rowe's
 50th Wedding Anniversary!



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 **Thursdays** 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.

May 4th AgeWell Advisory Committee Meeting 1:00 p.m. ~ Fleischaker-Greene Community Room.

May 5th Movie 12:45 p.m. ~ Relax and enjoy a movie and light refreshments in the comfort of the community room.

May 6th 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.

May 6th Birthday 12:30 p.m. ~ Join us for a special dessert following lunch in the Kohn Family Town Square to celebrate AgeWell Members May Birthdays!

May 7th, 14th, 21st & 28th Memoir Writing 1:00 p.m. ~ Explore the art of storytelling & begin shaping your own memoir or simply enhance creative writing skills. Facilitated by Jeffrey Levy in the Barbara Brick Reading Room, 2nd Floor.

May 8th & 15th Art Class 1:00 p.m. ~ Discover the vibrant world of Kandinsky with artist Karen Herold! Join us in the community room for a hands-on workshop using unique salt wash and clay techniques. Space is limited to 10 guests, so be sure to reserve your spot today.

May 10th Fiddler on the Roof 2:00 p.m. ~ Enter to win a ticket to Centerstage's Production of *Fiddler on the Roof*. Submit your name to Janet via e-mail, by phone or in the binder at lunch by Wednesday, May 6th. 22 lucky winners will attend the production on Sunday, May 10th (Mother's Day). Arrival time at the Trager Family JCC will be no later than 1:10p.m. in the community room. Run time is 120 minutes.

May 11th Cantor Lipp Newish Jewish Music 12:45 p.m. ~ Join us in the Weisberg Family Lobby to enjoy the music of Louisville's own Cantor Lipp.

May 12th Cooking with Yael and Rona 12:45 p.m. ~ Experience the flavors of Israel! Join Yael and Rona for a special cooking demo featuring their go-to traditional dishes. Whether you want to learn the secrets or just come for a taste, we'd love to see you there.

May 13th John Gage 12:45 p.m. ~ John Gage has been a cornerstone of the Louisville music scene for nearly sixty years. A respected folk singer and songwriter, his work weaves together spirituality and social justice, earning him a deeply cherished place in the community. Join us in the Weisberg Family Lobby for this hour-long concert.

May 19th Mitzvah! Card Making 12:45 p.m. ~ Stop by the community room and help us make cheery cards to send to members who are under the weather or could use a smile. No artistic skills required.

May 20th Nutrition Counsel 12:45 p.m. ~ Calcium is essential for strong bones and overall health—and your body depends on your diet to get it. Join Dara in the town square after lunch to explore easy ways to add more calcium-rich foods into your daily routine.

May 21st 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 sharing a courageous moment in your life. Community Room, 1st Floor.

May 27th Field Trip to Derby Dinner Playhouse 11:30 a.m. ~ Calendar Girls—a warm, funny tale of friendship and bravery. \$45 per ticket. See Janet to get signed up!

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



MAY 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH RESERVATIONS jdeark@jewishlouisville.org or On-site in the Binder or Call (502)238-2743</p>	<p>Cantor Lipp Newish Jewish Music  May 11th Weisburg Family Lobby 12:45 p.m. </p>	<p>ENTER TO WIN A TICKET TO CENTERSTAGE'S PRODUCTION OF FIDDLER ON THE ROOF SUNDAY, MAY 10th, 2026 2:00 Signup in the binder or by calling or e-mailing Janet</p> 	<p>1 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Stuffed Pepper (rice, quinoa, beans, cheese), Mixed Veggies, Apples and Challah</p>	
<p>4 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Advisory Committee Meeting 1:00 Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit</p>	<p>5 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Movie 12:45 Mushroom Alfredo, Broccoli, Breadstick and Fruit</p>	<p>6 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 Vegetarian Bean Chili, Pasta, Green Beans, Apples and Cottage Cheese</p>	<p>7 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Spinach Manicotti Casserole w/White Beans, Sliced Pears and Tossed Salad</p>	<p>8 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art 1:00 Breaded Cod, Collard Greens, Mac & Cheese, Applesauce and Challah</p>
<p>11 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Cantor Lipp 12:45 Vegetable Frittata, Potatoes, Bread and Fruit</p>	<p>12 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Cooking with Rona & Yael 12:45 Black Bean Quinoa Burger w/ Garnish, Vegetable and Yogurt</p>	<p>13 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 John Gage 12:45 Eggplant Parmesan, Pasta, Vegetable, Salad and Fruit</p>	<p>14 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Egg Salad, Bread, Garnish, Cream of Mushroom Soup and Fruit</p>	<p>15 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art 1:00 Baked Salmon, Quinoa Rice Pilaf, Mixed Veggies, Spinach Salad, Yogurt and Challah</p>
<p>18 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 Tuna Casserole, Roasted Potatoes, Carrots and Romaine Salad</p>	<p>19 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Card Making 12:45 Vegetable Lasagna, Romaine Salad, Bread Stick and Fruit</p>	<p>20 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 Nutrition Counsel 12:45 Vegetable Stir Fry with Beans & Tofu, Rice, Egg Drop Soup and Fruit</p>	<p>21 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 George Cook 12:45 Grilled Cheese, Tomato Soup, Salad, Fruit and Pudding</p>	<p>22 TRAGER FAMILY JCC CLOSED FOR SHAVOUT </p>
<p>25  NO TRANSPORTATION, LUNCH OR PROGRAMMING TODAY</p>	<p>26 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit</p>	<p>27 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 to Derby Dinner Van Leaves at 11:30 Plant Based Meatloaf, Green Beans, Mashed Potatoes and Fruit</p>	<p>28 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00 Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Bread Stick and Fruit</p>	<p>29 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, Mixed Vegetables, Roll and Challah</p>

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.