



June AgeWell Member Birthdays

6/2 Raul Alvarez Corona	6/5 Anna Bruni	6/13 Deann Jones	6/18 Jeanne McCullough
6/3 Carol Stenbro	6/5 Veronica Gossett	6/15 Cary Matthews	6/21 Tina Kustes
6/3 Mary Kay Tubello	6/11 Ron Cissell	6/15 Carol Olorunsula	6/24 Joee Conroy
6/4 Beverly Jutt	6/11 Anita Shawver	6/16 Marlitt Hurst	6/28 Marty Kasdan



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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AgeWell

JUNE 2026



TYRONE COTTON

Tuesday, June 2nd
12:45 P.M.
Weisberg Family Lobby

Tyrone Cotton's earliest musical revelation was listening to the raspy, inspirational voice of his grandfather, the Reverend Cleveland Roosevelt Williams, at his childhood home in Louisville, KY. Cotton began playing guitar along to the sounds of popular rock and blues artists and draws inspiration for his debut album from influences such as Jerry Garcia, Jimi Hendrix, Buddy Guy, and Mississippi John Hurt, who intrigued Tyrone with his finger pickin' and soft, wispy voice. Cotton's debut album, *Man Like Me*, is the result of a lifelong journey of his nearly 30 years of performing in venues and as a beacon of the Louisville music community where he continues to reside today. The collection of songs developed over the past decade and documented on *Man Like Me*, is a deeply stirring reflection of Cotton's own experiences which explores connection, loss, hope and resurrection, punctuated by a voice that is hauntingly evocative yet equally warm and alluring.

June 1st and 22nd 10:00 p.m. AgeWell Book Club The club wrapped up *Olive Kittridge* by Elizabeth Stroud in May and will meet June 1st to discuss. June's read is *I Know Why the Caged Bird Sings* by Maya Angelou and we will discuss it on the 22nd. Led by Lauren Kehr in the Barbara Brick Reading Room on the second floor. See Dara or Janet to check out this month's book.

June 1st 1:00 p.m. Advisory Committee Meeting in the Fleischaker-Greene Community Room.

June 2nd 12:45 p.m. Tyrone Cotton in the Weisberg Family Lobby.

June 3rd 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.

June 4th, 11th, 18th & 25th 1:00 p.m. Memoir Writing with Jeffrey Levy. Held in the Barbara Brick Reading Room, 2nd Floor.

June 5th 12:45 p.m. Share Group w/George Cook You're invited to an engaging share group meeting with community volunteer George Cook. This month's discussion will center on sharing some of your best moments and/or triumphs in your life. We will meet in the Community Room.

June 9th 12:45 p.m. Film Relax and enjoy a movie and light refreshments in the comfort of the Community Room.

June 12th & 19th 1:00 p.m. Art Class in the Community Room. Pablo Picasso was a master of reinvention, and nowhere is that more vividly expressed than in his portraits. Far from simple representations, his work captures emotion, mystery, and transformation—turning faces into powerful expressions of the human experience. Join artist Karen Herold as we explore Picasso's groundbreaking style and bring a portrait to life using clay. Discover how form, texture, and imagination can transform a simple figure into something .

June 15th 12:45 p.m. Cantor Lipp Newish Jewish Music Join us in the Weisberg Family Lobby for an always delightful, educational, relaxing and utterly beautiful musical experience.

June 17th 12:30 p.m. June Birthdays Celebrate AgeWell Members birthdays with a special dessert served after lunch in the Town Square.

June 23rd 12:45 p.m. Nutrition Counsel Foods contain both animal- and plant-based fats, some of which—like omega-3s from cold-water fish—support health by lowering cholesterol, while others, such as trans fats, can raise cholesterol and harm overall health. Join Dara in exploring ways to lower trans fat.

June 26th 11:00 a.m. Mary M. Miller Riverboat Ohio River Tour Louisville's other passenger vessel is named for America's first female licensed steamboat captain – who was from Louisville's own Portland neighborhood. With as much sassiness and spirit as her namesake, the Mary M. Miller is a propeller-driven riverboat with old-fashioned charm and modern amenities. Join us for a two hour Ohio River tour to include a picnic lunch, music and fun! \$45/person.

JUNE 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. (502)238-2743 or jdemark@jewishlouisville.org.

MON	TUE	WED	THU	FRI
1 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 Advisory Committee Mtg 1:00	2 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Tyrone Cotton 12:45	3 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	4 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	5 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 George Cook 1:00
Chickpea Chicken Salad w/Bread, Broccoli, Minestrone Soup, Pineapple & Cottage Cheese	French Toast w/Bananas, Scrambled Eggs, Potatoes & Vegetables, Berry Yogurt Parfait	Plant Based Burger w/Garnish, Potato Wedges, Tossed Salad or Cole Slaw	Vegetable Pot Pie w/Lentils, Green Salad or Green Beans and Yogurt	Fish Tacos, Quinoa Rice, Salsa, Cabbage Slaw, Fresh Fruit and Challah
8 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	9 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Film 12:45	10 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	11 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	12 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art 1:00
Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit	Vegetable and Chickpea Coconut Curry, Steamed White Rice, Steamed Spinach	Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding	Stuffed Pepper (Rice, Quinoa, Beans, Cheese), Mixed Veggies, Fruit and Challah
15 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 Music 12:45	16 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	17 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	18 AW Qi Gong 10:00 AW Chair Yoga 11:00 Memoir Writing 1:00	19 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Art 1:00
Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit	Mushroom Alfredo, Broccoli, Breadstick and Fruit	Spinach Manicotti Casserole w/White Beans, Sliced Pears and Tossed Salad	Vegetarian Bean Chili, Pasta, Green Beans, Apples and Cottage Cheese	Breaded Cod, Collard Greens, Mac & Cheese, Applesauce and Challah
22 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	23 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Nutrition Counsel 12:45	24 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	25 AW Qi Gong 10:00 AW Chair Yoga 11:00 No Memoir Writing 1:00	26 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 Field Trip Mary M. Miller Riverboat
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
29 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	30 Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	Mary M. Miller Riverboat Cruise Friday, June 26th 11:00 to 3:00 2-Hour Ohio River Tour Picnic, Music & Fun \$45/Person		CANTOR LIPP June 15th 12:45 Newish Jewish Music
Tuna Casserole, Roasted Potatoes, Carrots and Romaine Salad	Vegetable Lasagna, Romaine Salad, Bread Stick and Fruit			



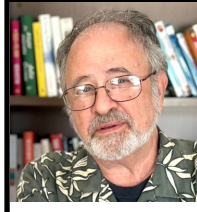
Pat K.'s Maximus Primus



General operating support for this organization was provided by the Kentucky General Assembly through the Kentucky Arts Council. If you enjoyed this program, thank your elected officials!



About the Kentucky Arts Council:
 The Kentucky Arts Council is the state arts agency responsible for developing and promoting support for the arts in Kentucky. Strategically placed in the Tourism, Arts and Heritage Cabinet, the Kentucky Arts Council is publicly funded by the Kentucky General Assembly and the National Endowment for the Arts, an independent agency of the federal government.



Memoir Writing

Have you been meaning to write your memories but aren't sure where to begin? Putting your story into words can feel daunting—but it's one of the most meaningful gifts you can share with your children, grandchildren, nieces, nephews, friends and even yourself. Reflecting on your life not only preserves your legacy but also deepens your understanding of the experiences that shaped you. Join us for a welcoming and supportive memoir writing workshop, held Thursdays at 1:00 PM in the Barbara Brick Reading Room. No experience is necessary, just bring your stories. Together, we'll write, share, and explore creative ways to tell your unique story. Led by poet and author Jeffrey Levy.

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.