September AgeWell Member Birthdays

9/3 Vicki Elder
9/3 Lisa Rohleder
9/3 Stuart Ross
9/4 Bob Meadway
9/5 Phyllis Eagletree
9/7 Emily M. Flowers
9/10 Martha Vozos
9/12 Diane Sadle
9/12 Bonnie Lichtefeld
9/15 Judy Berry
9/16 Lynne Cohen
9/16 Bernie Faller
9/16 Mary Lou Meers
9/17 Nancy Jordahl
9/17 Adrian Kimberlin
9/18 Caroline Guthrie
9/18 Peggy Tingle
9/21 Kimberle Stratton-Linehan
9/22 Dolores Donnelly
9/22 Denise Stemm
9/24 Gary Goldblatt
9/25 Patricia O'Bryan
9/26 Mary Quiggins
9/28 Mary Jo Gardenhire
9/29 Elsie Creek

Dara Cohen
AgeWell Director
(502)238-2749

Janet L. DeArk
Assistant AgeWell Director
(502)238-2743

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

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

Trager Family JCC AgeWell

SEPTEMBER 2026

As we step into September, we are excited to introduce our new online registration platform, *My Active Center*.

This system will ultimately make signing up for classes, checking into events, and staying connected with our center much easier.

We know that introducing new technology brings a learning curve, so we kindly ask for your patience as we transition to this new system. Learning a new program takes time, practice, and a bit of trial and error. Please remember that we are truly *all* learning this together—our members, our volunteers, and our staff alike.

While change can feel overwhelming at first, navigating this learning curve together is a wonderful opportunity. It keeps our minds sharp, helps us build new skills, and allows us to support one another as a community.

There may be a few bumps in the road this month, on your end and ours. Let's give each other a lot of grace. Thank you for your flexibility, your understanding, and your wonderful spirit as we embark on this new chapter together.

TO MAKE A RESERVATION FOR ANY OF THE BELOW ACTIVITIES GO TO WWW.MYACTIVECENTER.COM

September 2nd **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.

September 2nd **12:45 p.m. Nutrition Counsel** Let's talk about obesity. Let's talk about portion sizes. Let's talk about sodium and high blood pressure. Let's talk about the difference between a cold and the flu. Join Dara in the Kohn Family Town Square after lunch.

September 3rd, 10th, 17th & 24th **1:00 p.m. Memoir Writing** with Jeffrey Levy. Held in the Barbara Brick Reading Room, 2nd Floor.

September 4th & 11th **1:00 p.m. Art Class** in the Fleischaker—Greene Family Community Room. Artist Trading Cards began in 1997 in Switzerland, when M. Vänçi Stirnemann of Zurich hosted the first swap. Since then, this small art form has grown very large in popularity and many artists and crafters are embracing the concept. Join artist Karen Herold as we learn more about these 3.5 x 2.5 inch cards meant to be kept for yourself or traded just like baseball or Pokémon cards.

September 8th **12:45 p.m. Misha Feigin** Join us in the Weisberg Family Lobby for the renowned guitarist and poet, born and raised in Moscow, Russia.

September 9th **12:30 p.m. Birthdays** Celebrate AgeWell Members with a September birthday with a special dessert served after lunch in the Town Square.

September 14th **1:00 p.m. Advisory Committee Meeting** in the Community Room.

September 15th **1:00 p.m. Film** Relax and enjoy a movie and light refreshments in the comfort of the Community Room.

September 23rd **11:15 a.m. Derby Dinner Playhouse—Heartbreak Hotel** This official Elvis Presley bio-musical takes a closer look at the rock star whose impact shaped the history of music and culture. Watch as his younger self guides him through pivotal moments of his life that led him to become "The King of Rock and Roll". Featuring over 40 Elvis hits and iconic songs! $45/person.

September 25th **12:45 p.m. Share Group w/George Cook** You're invited to an engaging share group meeting with community volunteer George Cook. We will meet in the Community Room and talk about favorite seasons in our lives.

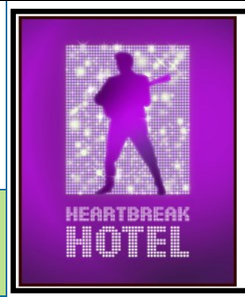
September 28th **10:00 a.m. Book Club** Led by Lauren Kehr in the Barbara Brick Reading Room on the 2nd floor. See Dara or Janet to check out the club's next great read, *The Nightingale* by Kristin Hannah.

September 30th **12:45 p.m. Dessert in the Sukkah** A sukkah is a temporary outdoor hut with a roof made of natural materials like branches or bamboo. Jews build and may live in it for the seven-day holiday of Sukkot, eating meals and sometimes sleeping inside. Join us outside the Hangout Room on the patio for dessert in the Sukkah.

SEPTEMBER 2026

TO MAKE A LUNCH RESERVATION PLEASE GO TO WWW.MYACTIVECENTER.COM
At least 48 hours notice is preferable. Please arrive to the Kohn Family Town Square at the Trager Family JCC by 11:45 a.m. as lunch items will begin to be served at that time. Announcements start promptly at Noon. Lunch is a suggested donation of $4 - $5 dollars. Due to contractual agreements carryout is not an option.

MON	TUE	WED	THU	FRI
Good Will Donations Happy 80th Birthday, Ellen Buche! - Ilean Rowe Happy Birthday, Gale Karem! - Ilean Rowe Happy Birthday, Maureen Friedman! - Ilean Rowe To the Family of Sandra Cherry Sending our Deepest Sympathy - Ilean & Lewis Rowe	**1** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	**2** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 **Bookmobile 10:45** **Nutrition Counsel 12:45**	**3** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**4** 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	Spinach Manicotti Casserole w/White Beans, Sliced Pears and Tossed Salad	Vegetarian Bean Chili, Pasta, Green Beans, Apples and Cottage Cheese	Breaded Fish, Collard Greens, Mac & Cheese, Applesauce and Challah
7 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	**8** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **Misha Feigin 12:45**	**9** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 **Birthdays 12:30**	**10** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**11** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **Art 1:00**
LABOR DAY **AGEWELL NUTRITION CLOSED**	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
14 Club 60 Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Advisory Committee 1:00**	**15** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **Film 1:00**	**16** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30	**17** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**18** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30
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
21 **JCC CLOSED** **YOM KIPPUR** **AGEWELL NUTRITION**	**22** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	**23** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 **Derby Dinner Playhouse** **Heartbreak Hotel 11:15**	**24** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**25** 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**
	Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit	Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Bread Stick and Fruit	Plant Based Meatloaf, Green Beans, Mashed Potatoes and Fruit	Salmon Croquette, Mashed Potatoes, Mixed Vegetables, Roll and Challah
28 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**	**29** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	**30** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga 9:30 AW Chair Light Weights 10:30 AW Better Balance 11:30 **Dessert in the Sukkah 12:45**		
Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding	Vegetable & Chickpea Coconut Curry, Steamed White Rice, Steamed Spinach and Mandarin Oranges	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables and Fruit		



Heartbreak Hotel
Derby Dinner Playhouse
Wednesday, September 23rd, 2026
$45/person

SIGN UP AT MYACTIVECENTER.COM
Follow up with payment at the AgeWell Program Office

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.



Wishing you and your family a happy, healthy and prosperous 5787. May you be written and sealed in the Book of Life.

THANK YOU TO OUR LUNCH VOLUNTEERS

Every day, our dining hall comes alive with warmth, laughter, and the comforting aroma of a fresh meal. While the food feeds the body, it is the incredible dedication of our lunch volunteers that truly feeds the soul of our AgeWell community.

These wonderful individuals do far more than set and clear tables, pour milk and serve your entree. They deliver vital connection. For many of our members, a warm greeting and a genuine conversation is the brightest part of their day. Our volunteers listen to stories, share laughs, and make sure every single person who walks through our doors feels seen, valued and respected.

Jean, Margie, Brenda, Bruce, Gail, Vicki, Jan, Bonnie, Alyce, Ellen, Connie, Deborah, Marian, Marilyn, Evelyn and LeRoy: thank you for your selflessness, your boundless energy, and the love you pour into our community. You do not just serve lunch—you serve hope, dignity, and companionship. We are endlessly grateful for everything you do.

