October AgeWell Member Birthdays

10/1 Joanie Wimsatt	10/6 Carol Jean Williams	10/9 A.W. Rosenthal	10/19 Mickey Nibur
10/1 Kathy Zandona	10/6 Beverly Ross	10/10 Madilynn Carroll	10/22 Steve Stenbro
10/3 Maureen Choate	10/7 Barbara Zehnder	10/12 Janet Schureck	10/23 Ginger Wilkinson
10/4 Alyce Turpen	10/9 Marvin Leib	10/14 Dan Albers, Sr.	10/25 Tony Kerr

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

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

2026 Enrollment Rates

AgeWell Social Club
$120 Individual | $150 Couple

AgeWell Social Club Plus+ Fitness
$220 Individual | $286 Couple

'Add-On' AgeWell 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.

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

NONPROFIT ORG.
U.S. POSTAGE
PAID
LOUISVILLE, KY
PERMIT NO. 510

Trager Family JCC AgeWell

OCTOBER 2026

SAVE A TRIP!
The Louisville Free Public Library comes to **YOU** the first Wednesday of every month from 10:45 a.m. to Noon in the Jan and Jonathan Goldberg Hangout Room, right off of the town square near the Dopamine Cafe.

Contact Sarah Marlowe at (502)574-1609
to ask questions
or request books.

LOUISVILLE FREE PUBLIC LIBRARY

The Crescent Moon Dance Company
Friday, October 2nd
1:00 p.m.

Specializing in folk and classical dances from many cultures along the traditional Silk Routes.

Fleischaker-Greene Family Community Room

October 1st, 8th, 15th, 22nd & 29th Memoir Writing 1:00 p.m. ~ Discover the art of storytelling and learn to craft your own compelling memoir. Led by Author and Poet Jeffrey Levy in the Barbara Brick Reading Room, 2nd Floor. ***Memoir Writing will take place at 2:00 p.m. on October 15th.***

October 2nd The Crescent Moon Dance Company 1:00 p.m. ~ Join us in the Fleischaker—Greene Family Community Room

October 9th & 16th Art Class 1:00 p.m. ~ Join Karen Herold in the Fleischaker-Greene Family Community Room for an acrylic painting art class exploring the surreal world of Salvador Dalí.

October 12th Newish Jewish Music w/Cantor Lipp 12:45 p.m. ~ Weisberg Family Lobby.

October 13th Film 12:45 p.m. ~ Relax and enjoy a movie and light refreshments in the Fleischaker-Greene Family Community Room.

October 14th Jessica Hayden on Harp 12:45 p.m. ~ Please join us in the Weisberg Family Lobby as Jessica Hayden returns to share her musical talents on the harp.

October 15th The Louisville Orchestra 12:45 p.m. ~ Kathleen Karr on flute & Matthew Karr on bassoon. Shapira Family Auditorium.

October 19th The Yale Whiffenpoofs 1:00 p.m. ~ Founded in 1909, the Whiffenpoofs are Yale's historic, 14-member senior a cappella group. They perform over 200 concerts worldwide each year, singing everything from jazz standards to modern hits. Join us in the auditorium for this celebrated tradition. Join us in the Shapira Family Auditorium.

October 21st Joe Huber's Family Farm & Restaurant Field Trip 11:15 a.m. ~ Join us for a nice meal & shopping at the farm market. Transportation leaving the JCC at 11:15 a.m. Trip cost is $35. Payment secures your spot.

October 23rd Share Group w/George Cook 12:45 p.m. ~ Music of Our Youth: What was the first record or album you ever bought? Who was your favorite musician or band to dance to? Join us in the Fleischaker-Greene Family Community Room.

October 26th Book Club 10:00 a.m. ~ October's Book Club read is *Black Cake: A Novel,* by Charmaine Wilkerson. An extraordinary journey through the life of a family changed forever by the choices of its matriarch. Barbara Brick Reading Room, 2nd Floor.

October 27th ShinShinim "My Israel Story" 1:00 ~ Join us in the Fleischaker-Greene Community Room for Tamari & Yarden's personal stories.

October 29th Nutrition Counsel 12:45 p.m. ~ This month we are sharing Supermarket Tricks & talking about Arthritis. We will meet in the Kohn Family Town Square.

OCTOBER 2026

PLEASE READ

MON	TUE	WED	THU	FRI
Good Will Donations With a donation of $5 or more to the AgeWell Program, we will mail a beautiful, personalized notecard to your chosen recipient. It is a meaningful way to honor, remember, or celebrate someone special while supporting our mission. Donations are published in the newsletter (minus the dollar amount) each month.			**1** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00** Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit	**2** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **Crescent Moon Dance Company 1:00** Stuffed Pepper (Rice, Quinoa, Beans, Cheese), Mixed Veggies, Fruit and Challah
5 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Advisory Committee 1:00** Mushroom Alfredo, Broccoli, Breadstick and Fruit	**6** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 Vegetarian Bean Chili, Pasta, Green Beans, Apples and Cottage Cheese	**7** 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** Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit	**8** 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	**9** 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 Fish, Collard Greens, Mac & Cheese, Applesauce and Challah
12 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Cantor Lipp Newish Jewish Music 12:45** Vegetable Frittata, Potatoes, Bread and Fruit	**13** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **Film 1:00** Black Bean Quinoa Burger w/ Garnish, Vegetable and Yogurt	**14** 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 **Jessica Hayden on Harp 12:45** Eggplant Parmesan, Pasta, Vegetable, Salad and Fruit	**15** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Louisville Orchestra 12:45** **Memoir Writing 2:00** Egg Salad, Bread, Garnish, Cream of Mushroom Soup and Fruit	**16** 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
19 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Yale Whiffenpoofs 1:00** Chickpea Chicken Salad w/Bread, Broccoli, Minestrone Soup, Pineapple & Cottage Cheese	**20** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **October Birthdays 12:30** French Toast w/Bananas, Scrambled Eggs, Potatoes & Vegetables, Yogurt	**21** Water Walkers Aquatics 8:30 Club 60 Aquatics 9:30 AW Chair Yoga AW Chair Light Weights 10:30 AW Better Balance 11:30 **Joe Huber's Family Farm & Restaurant Field Trip 11:15** Plant Based Burger w/Garnish, Potato Wedges, Tossed Salad or Cole Slaw	**22** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00** Vegetable Pot Pie w/Lentils, Green Salad or Green Beans and Yogurt	**23** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **George Cook Share Group 1:00** Fish Tacos, Quinoa Rice, Salsa, Cabbage Slaw, Fresh Fruit and Challah
26 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Book Club 10:00** Baked Ziti, Zucchini & Yellow Squash, Romaine Salad, Bread and Fruit	**27** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **ShinShinim "My Israel Story" 1:00** Plant Based Meatloaf, Green Beans, Mashed Potatoes and Fruit	**28** 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 Cheese Quesadilla, Black Bean Soup, Avocado Toast and Fruit	**29** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Senior Nutrition Counsel 12:45** **Memoir Writing 1:00** Vegetable Risotto w/White Beans, Green Beans & Roasted Tomatoes and Salad	**30** 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 and Challah

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.

TO MAKE A LUNCH RESERVATION GO TO WWW.MYACTIVECENTER.COM

A donation of $4 to $5 is suggested for each meal.

Out of respect for our lunch volunteers who take time out of their day to be here to serve you, please arrive by 11:45 a.m.

Announcements and prayers start at 12:00 p.m. Please refrain from talking during this time.

Kindly note that we cannot offer carryout due to contractual agreements. You are welcome to bring your own containers for portions you are unable to eat here on site.

If your plans change and you are unable to attend lunch, please cancel your reservation.

~ THANK YOU ~

Good Will Donations

Wishing Geri Briskin a Speedy Recovery!
- Ilene Rowe

In Loving Memory of Thaddeus Carroll
Husband of Madilynn Carroll
Sending our Deepest Sympathy
- Anonymous

To the Family of Mark Vanderhoff
Son of Renee Glasscock
Sending our Deepest Sympathy
- Kate Joyce

In Loving Memory of our Dear Sweet Friend, Shirley Presley.
We Love and Miss You!
- Anonymous