Happy Birthday to our November AgeWell Members!

11/1 Pam Gavlinski
11/6 Dude Cahall
11/6 Linda Skaggs
11/9 Carol Gibson
11/9 Marsha Puckett
11/11 Kathy Burgess
11/11 Alice Dzenitis
11/12 James Byrne
11/12 Maryde Hillebrand
11/12 Susan Mansfield
11/14 Kathi Tabb
11/16 Denis Linehan
11/17 Pam Rudell
11/17 Maggie Sasher
11/18 Rebecca Abell
11/19 Bob Watterson
11/24 Sheri Solzman
11/26 Jan Pieper
11/27 Gerald Korfhage
11/28 Doris Goff
11/29 Harvey Liebschutz
11/30 Hal Wiggins

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

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

2026 Membership Rates

AgeWell Traditional Social Club
$120 Individual | $150 Couple

AgeWell Traditional 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
Social Club + Exclusive Fitness
$92 Individual | $120 Couple

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

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Trager Family JCC | AgeWell

NOVEMBER 2026 DIGEST

Good Will Donations

In honor of **Veronica Gossett**, wishing you a speedy recovery!
Marilyn Mattingly

In honor of **Rosemary Dorsey**, wishing you a speedy recovery!
Marilyn Mattingly

In honor of **Cary Matthews**, wishing you a speedy recovery!
Marilyn Mattingly

In honor of **Frank Lichtefeld**, wishing you well as you continue to recover!
Ilean & Lewis Rowe

In honor of **Carolyn Jameson**, wishing you well as you continue to recover!
Ilean & Lewis Rowe

Sarah & Howard Wagner, Mazel Tov on the birth of your grandson!
Ilean & Lewis Rowe

Sandy & Ron Meeron, Mazel Tov on your grandson's Bar Mitzvah!
Ilean & Lewis Rowe

Rabbi & Rivka Lederman, Mazel Tov on the birth of your son!
Ilean & Lewis Rowe

Debbie Hyman
Happy 60th Birthday!
Aunt Dolores Levy

November 4th 10:45 am ~ Sarah Marlowe with the Louisville Free Public Library will be in the Jan & Jonathan Goldberg Hangout Room with the Bookmobile. Sarah can be reached at (502)574-1609 to answer questions or request books.

November 4th 12:30 pm ~ Ready for a celebration? Come join us for a special birthday lunch in the Kohn Family Town Square! We are rolling out the red carpet to honor our wonderful members born this month. Come for the great company, stay for the delicious, exclusive birthday dessert!

November 5th, 12th & 19th 1:00 pm ~ Don't let the title scare you—this is creative writing at its finest! Absolutely no "higher aspirations" required. Join us for Memoir Writing with Author & Poet Jeffrey Levy in the Barbara Brick Reading Room (2nd Floor).

November 6th & 13th 1:00 pm ~ Bring back the joy of paper dolls—with a brand-new twist! Treat your inner child to a fun art class and learn to create beautiful mixed media art dolls. Through relaxed, step-by-step guidance, you'll pick up fabulous techniques like face painting, mixing skin tones, and layering to elevate all your creative projects. Join artist Karen Herold in the Fleischaker-Greene Family Community Room.

November 10th 1:00 pm ~ Music is in the air! We are gathering in the Fleischaker-Greene Family Community Room for an uplifting sing-along just. Led by the talented Sara Robinson, it's going to be an hour filled with favorite tunes, laughter, and community connection. Don't miss out on the harmony!

November 11th 12:45 pm ~ We are thrilled to host local favorite Rick Zimmerman for a live keyboard performance in the Weisberg Family Lobby. Treat yourself to a wonderful ambiance filled with fantastic music, great energy, and community warmth. Bring a friend and enjoy the perfect soundtrack to your day!

November 18th 12:00 pm ~ You are cordially invited to our annual Traditional Turkey Dinner at Keneseth Israel Synagogue, located at 2531 Taylorsville Road. Enjoy an exquisite menu crafted by Chef Helen Impellizzeri and Sous Chef Heather Johnson, complemented by the smooth jazz styling of The Jerry Tolson Quartet. Suggested donation of $4-5 paid in advance. Limited # of reservations available.

November 20th 12:45 pm ~ Connect with your community and discover the power of family history! Join volunteer George Cook for an inspiring 45-minute discussion group. This month's captivating theme is all about uncovering your roots, and we invite you to tell the story of one of your ancestors. Fleischaker-Greene Community Room.

November 23rd 10:00 am ~ Ready for your next great read? The AgeWell Book Club is meeting in the Barbara Brick Reading Room (2nd floor)! Grab a seat with Lauren Kehr as we discuss the twists and turns of *Black Cake* by Charmaine Wilkerson. Plus, don't miss out on picking up your copy of our upcoming selection, *State of Wonder* by Ann Patchett.

November 24th 12:45 pm ~ Relax and enjoy a film and light refreshments in the Fleischaker-Greene Family Community Room.

NOVEMBER 2026

IMPORTANT INFORMATION ON LUNCHES AT THE JCC

MON	TUE	WED	THU	FRI
2 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	**3** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	**4** 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** **Birthdays 12:30**	**5** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**6** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **Art Class 1pm**
Vegetable Pot Pie with Lentils, Salad and Yogurt	Tuna Salad, Bread, Chips, Broccoli Cheese Soup and Fruit	Plant Based Burger w/Garnish, Potato Wedges, Tossed Salad or Cole Slaw	Chickpea "Chicken Salad", Broccoli, Minestrone Soup, Fruit and Yogurt	Fish Tacos, Rice, Salsa, Slaw, Fresh Fruit and Challah
9 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Advisory Committee Meeting 2:00**	**10** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **Sing-A-Long with Sara Robinson 1:00**	**11** 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 **Rick Zimmerman on the Keyboard 12:45 p.m.**	**12** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**13** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **Art Class 1pm**
Vegetable Flatbread Pizza, Salad w/ Chickpeas, Fruit and Pudding	Vegetable & Chickpea Coconut Curry, White Rice, Spinach and Fruit	Stuffed Pepper (Rice, Quinoa, Beans, Cheese), Mixed Veggies and Fruit	Vegetarian Biscuits & Gravy, Scrambled Eggs, Vegetables and Fruit	Bean and Cheese Burrito, Guacamole, Salsa, Brown Rice, Vegetables, Fruit and Challah
16 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30	**17** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00	**18** Transportation Clients: Transportation available to and from the Traditional Turkey Dinner Only. Normal Wednesday Fitness Class Schedule at the JCC.	**19** AW Qi Gong 10:00 AW Chair Yoga 11:00 **Memoir Writing 1:00**	**20** Club 60 Aquatics 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 AW Better Balance 11:30 **George Cook 12:45pm**
Mushroom Alfredo, Broccoli, Breadstick and Fruit	Hummus Pita Pocket w/ Mixed Greens, Soup, Yogurt and Fruit	**TRADITIONAL TURKEY DINNER** **KENESETH ISRAEL SYNAGOGUE** **2531 TAYLORSVILLE ROAD**	Vegetarian Bean Chili, Pasta, Green Beans, Apples and Cottage Cheese	Breaded Fish, Collard Greens, Mac & Cheese, Applesauce and Challah
23 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30 **Book Club 10:00**	**24** Club 60 Aquatics 9:30 AW Qi Gong 10:00 AW Chair Light Weights 11:00 **Film 12:45 pm**	**25** 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	**26** **AGEWELL PROGRAM CLOSED**	**27** **AGEWELL PROGRAM CLOSED**
Vegetable Frittata, Potatoes, Bread and Fruit	Black Bean Quinoa Burger w/ Garnish, Vegetable and Yogurt	Egg Salad, Bread, Garnish, Cream of Mushroom Soup and Fruit		
30 Club 60 Aquatics 8:30 & 9:30 AW Chair Light Weights 9:30 AW Chair Yoga 10:30				
Tuna Salad, Broccoli Cheese Soup, Bread, Chips and Fruit				

Support the JFCS Food Pantry at this year's Traditional Turkey Dinner by participating in our personal hygiene drive. Simply bring a regular-sized, unopened toiletry item—like shampoo, soap, or deodorant to check-in. Your donation directly provides comfort and dignity to local families in need.

JFCS FOOD PANTRY HYGIENE DRIVE

Bring the Gift of Music to our AgeWell Community

We are looking for an enthusiastic volunteer to lead a joyful **AgeWell Program Sing-A-Long**. If you love music and want to brighten someone's day, we would love to have you! Please see **Dara** for more details or to sign up. Thank you for sharing your time and talent!

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.

LUNCH RESERVATIONS CAN BE MADE ON 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.

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 you are unable to attend lunch, please cancel your reservation.

2027 AgeWell Program

If your loved ones are asking what you'd like for the holidays, consider suggesting a contribution toward your membership. It's a wonderful, meaningful gift that keeps you connected and thriving all year long.

Program rates will not change in 2027.

AgeWell Program Memberships do NOT automatically renew.

2027 AgeWell Program Membership Sign Up will begin in early January.