


AGEWELL AT THE JCC PROGRAMS J CAFE MENU ON BACK September 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>Labor Day 2</p> <p>CLOSED</p> | <p>3</p> <p>9:30 am: Tablet Cafe, Lev A 10 am: Yiddish Readings, 307</p> | <p>4</p> <p>10 am Blood Pressure Screening, 1:15 pm: Movie, 307 1:30 pm: Gallery Art Talk, Robinson Building</p> | <p>5</p> <p>9:30 am: Tablet Cafe Class, Lev A 10 am: Choral Group, 307</p> | <p>6</p> <p>9:30 am: Jewish History, 307 10:30 am: Current Events, 307</p> |
| <p>9</p> <p>9:30 am: Tablet Cafe, Lev A 11:00 am: Chess Class, 307 12:15 pm: Lunch & Learn "Starting the year off on a new foot - Shanah Tovah" Rabbi Ron</p> | <p>10</p> <p>9:30 am: Tablet Cafe, Lev A 10 am: Yiddish Readings, 307 1:15 pm: Music by Ron Bickel Katz Theater</p> | <p>11</p> <p>10 am Blood Pressure Screening, 1:15 pm: Movie, 307 1:30 pm: Gallery Art Talk, Robinson Building</p> | <p>12</p> <p>9:30 am: Tablet Cafe Class, Lev A 10 am: Choral Group, 307</p> | <p>13</p> <p>9:30 am: Jewish History, 307 10:30 am: Current Events, 307</p> |
| <p>16</p> <p>9:30 am: Tablet Cafe, Lev A 11:00 am: Chess Class, 307</p> | <p>17</p> <p>9:30 am: Tablet Cafe, Lev A 10 am: Yiddish Readings, 307 1:15 pm: Blowing of the Shofar Herzel Fakiro</p> | <p>18</p> <p>10 am Blood Pressure Screening, Lev A 1:15 pm: Movie, 307 1:30 pm: Gallery Art Talk, Robinson Building</p> | <p>19</p> <p>9:30 am: Tablet Cafe Class, lev A 10 am: Choral Group, 307 1:15 pm: Nutrition Presentation Fruits & Vegetables: More Matters</p> | <p>20</p> <p>9:30 am: Jewish History, 307 10:30 am: Current Events, 307</p> |
| <p>23</p> <p>9:30 am Tablet Cafe, Lev A 11 am: Chess Class, 307</p> | <p>24</p> <p>9:30 am: Tablet Cafe, Lev A 10 am: Yiddish Readings, 307</p> | <p>25</p> <p>10 am Blood Pressure Screening, lev A 1:15 pm: Movie, 307 1:30 pm: Gallery Art Talk, Robinson Building</p> | <p>22</p> <p>9:30 am: Tablet Cafe Class, Lev A 10 am: Choral Group, 307 1:15 pm: PALS Book Club, 307</p> | <p>23</p> <p>9:30 am: Jewish History, 307 10:30 am: Current Events, 307</p> |
| <p>30</p> <p>ROSH HASANAH JCC CLOSED</p> | <p>Questions? We have answers! Information and Assis- tance: Monday-Friday,</p> | <p>Accredited by  National Institute of Senior Centers</p> | <p>AgeWell at the JCC Room 201 Office Hours: 9am-5pm Monday - Friday Phone: (412) 521-8010</p> | <p>ROOM CHANGES MAY OCCUR UNEXPECTEDLY DUE TO CONSTRUCTION</p> |

