



AGEWELL HOMECOMING WEEK

MONDAY, MAY 2-FRIDAY, MAY 6

Join us to celebrate the return of J Cafe plus new and continuing programs!

MONDAY, MAY 2 PHYSICAL

9-10 AM
Fitness Tabling
Palm Court

9:30 AM
SilverSneakers
Boom Move
Levinson B

10-11 AM
Ask a Physical
Therapist
Palm Court

10:30 AM
SilverSneakers
Classic
Levinson B

11 AM-1 PM
JCC Membership
Tabling
Palm Court

J Cafe is back!
Open Daily 11 AM-1 PM
Reserve by 4 PM of the
previous business day
Call 412-567-1715

TUESDAY, MAY 3 NUTRITIONAL

9:30 AM
SilverSneakers Circuit
Levinson B

10 AM
Peer-Led
Discussion Group
Room 202

10:30-11:30 AM
Ask a Nutritionist
Palm Court

11 AM
SilverSneakers Yoga
Levinson B

11:30 AM-1 PM
Pickleball
Kaufmann Gym

12:15 PM
The Values Behind
Healthy Eating with
Rabbi Ron
Room 202

1 PM
SilverSneakers
Classic/Balance
Levinson B

WEDNESDAY, MAY 4 SOCIAL & INTELLECTUAL

9:15 AM
SilverSneakers
Boom Muscle
Levinson B

10:15 AM
SilverSneakers Circuit
Levinson B

10 AM-12 PM
"Who Done It?" Movie Series
and Discussion
Room 202

11:15 AM
Balance/Arthritis
Levinson B

12 PM
Birthday Celebration
J Cafe

12-1 PM
Center for Loving Kindness
Tabling
Palm Court

12-1 PM
Round the Bases—
The Second Inning
Room 202

1 PM
Weekly Movie
Room 202

THURSDAY, MAY 5 MENTAL & EMOTIONAL

9:30 AM
SilverSneakers Circuit
Levinson B

10 AM
Severe Storm Spotter Class
with Fred McMullen
Room 202

10:30 AM
SilverSneakers Yoga
Levinson B

11 AM-1 PM
10.27 Healing Partnership
Tabling
Palm Court

12:15 PM
Arts and Quarantine Stories
with Melissa Hiller
Room 202

12-2 PM
10.27 Healing Partnership
Canopy Conversations
Parking Garage Entrance

1 PM
SilverSneakers
Classic/Balance
Levinson B

FRIDAY, MAY 6 SPIRITUAL

8:45 AM
SilverSneakers
Boom Muscle
Levinson B

8:45 AM-12:45 PM
Pickleball
Kaufmann Gym

9:45 AM
SilverSneakers Circuit
Levinson B

10:30 AM
Shabbat with Rabbi Ron
and JCC Staff
Palm Court

10:45 AM
SilverSneakers Yoga
Levinson B

12-1 PM
Center for Loving
Kindness Tabling
Palm Court

AgeWell
at the JCC