

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**3**  
9 am • Circuit • Joanne

**4**  
**Labor Day.**  
**No classes.**

**5**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*  
11 am • Classic • Kathy  
1 pm • Mah Jong

**6**  
8 am • Circuit • Kathy  
9 am • Circuit • Kathy  
11 am • Classic • Elaine

**7**  
10 am • Classic • Elaine  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie

**1**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**2**  
9 am • Circuit • Joanne

**10**  
9 am • Circuit • Joanne

**11**  
8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad

**12**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*  
1 pm • Mah Jong

**13**  
8 am • Circuit • Kathy  
9 am • Circuit • Kathy  
11 am • Classic • Elaine  
1 pm • Remember When Club  
1:30 pm • Beginner Tap • Kathy

**14**  
10 am • Classic • Joan  
11 am • Circuit • Kathy  
1:30 pm • Intermediate Tap • Kathy

**15**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**16**  
**Rosh Hashanah.**  
**JCC Closed.**

**17**  
**Rosh Hashanah.**  
**JCC Closed.**

**18**  
8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
12:15 pm • Theater Club  
1:30 pm • Line Dance • Nancy  
5 pm • Zumba Gold • Bonnie

**19**  
10 am • Circuit • Kathy  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*  
11 am • Classic • Joan  
1 pm • Mah Jong  
1:30 pm • Book Club

**20**  
8 am • Circuit • Kathy  
9 am • Circuit • Kathy  
11 am • Classic • Elaine  
1:30 pm • Beginner Tap • Kathy  
12:30 pm • Intergenerational Dynamics Club

**21**  
10 am • Classic • Joan  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie  
1:30 pm • Intermediate Tap • Kathy

**22**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
12 pm • Garden Club

**23**  
9 am • Circuit • Joanne

**24**  
9 am • Circuit • Joan

**25**  
**Yom Kippur.**  
**JCC Closed.**

**26**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*  
11 am • Classic • Joan  
1:00 pm • Mah Jong

**27**  
8 am • Circuit • Kathy  
9 am • Circuit • Kathy  
11 am • Classic • Elaine  
1:30 pm • Beginner Tap • Kathy

**28**  
10 am • Classic • Joan  
11 am • Circuit • Joan  
5 pm • Zumba Gold • Bonnie  
1:30 pm • Intermediate Tap • Kathy

**29**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes • Kathy

**30**  
**Sukkot.**  
**JCC Closed.**

Tai Chi \$3/class  
Line Dance & Show Tunes \$40/8 weeks  
Tap \$10/class

## Class Descriptions

### SEPTEMBER AGEWELL PROGRAMS

#### **Foster Grandparents Program Info session, September 5, 1:15 pm**

If you are 55+, living on a limited income, and would like to help children in your community while having the opportunity to earn extra cash come learn about becoming a Classroom Grandparent.

#### **A Taste of the High Holidays, September 6, 2 pm**

Chabad of the South Hills and AgeWell at the JCC presents A Taste of the High Holidays with holiday stories and songs, honey cake tasting, and a shofar demonstration.

#### **Neighbors' Circle, September 11, 12:15-12:45 pm**

The JCC's Rabbi Ron discusses the most important issues of our day each Monday at the Virtual Senior Academy. These conversations will be streamed live in South Hills on the 2nd and 4th Monday of each month.

#### **Grandparents Day Celebration, September 11, 5-7 pm**

Bring your grandchild for a fun exercise class and stay afterward for ice cream, games, and crafts! Sign up by contacting Hayley at (412) 697-3552 by Friday, September 8.

#### **Falls Prevention and Home Safety Presentation, September 19, 10 am**

Join Janet Begg, an OT from Seniors Helping Seniors, for a presentation about fall prevention and home safety.

#### **Community Listening Session, September 20, 2 pm**

This listening session is to gather insights to shape the Pittsburgh digital equity plan, to better understand the needs and challenges of digitally vulnerable populations, and to develop a plan that will ensure equitable access to technology and digital resources for all members of our community.

#### **Art Class, September 21st, 2-4 pm**

Local artist Jude Ernest will teach the class how to create alcohol ink ceramic tiles. Registration is required.

#### **Conversations with Amy, September 27, 1:30 pm**

Join AgeWell's Information and Referral Specialist, Amy Gold, for a discussion about local resources for older adults.

#### **Express Your Thoughts on Life in Three Lines, September 28, 11 am**

Local author and fellow AgeWell member Dave Borland will share his experiences of writing 'Burgh Ku, an adaptation of the traditional Japanese form of poetry, haiku.

### OLDER ADULT EXERCISE CLASSES

#### **SilverSneakers® Classic**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

#### **SilverSneakers® Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

#### **SilverSneakers® Yoga**

SilverSneakers® Yoga will move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

#### **Tai Chi**

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member; \$5/class/community.

#### **Balance**

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

#### **Zumba Gold®**

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

#### **Balance and Posture**

Work on Strengthening your postural and stabilizing muscles to improve your balance in this half-hour class.

#### **For more information:**

**Elaine Cappucci: 412-446-4773, ecappucci@jccpg.org**

**Kathy Wayne: 412-278-1975, kwayne@jccpg.org**