

## SUNDAY

**9 am**  
**Circuit**  
Joan

No class  
October 22

## MONDAY

**8 am**  
**Circuit**  
Kathy

**9 am**  
**Classic**  
Kathy

**10 am**  
**Balance**  
Elaine

**11:15 am**  
**Yoga**  
Soad

**1:30 pm**  
**Line Dance**  
Nancy

**5 pm**  
**Zumba Gold**  
Bonnie

## TUESDAY

**10 am**  
**Circuit**  
Elaine

**10 am**  
**Beginner Tai Chi**  
Sandy

**11 am**  
**Advanced Tai Chi**  
Sandy

**11 am**  
**Classic**  
Joan

## WEDNESDAY

**8 am**  
**Circuit**  
Kathy

**9 am**  
**Circuit**  
Kathy

**11 am**  
**Classic**  
Elaine

**1:30 pm**  
**Beginner Tap**  
Kathy

## THURSDAY

**10 am**  
**Classic**  
Joan

**11 am**  
**Circuit**  
Kathy

**1:30 pm**  
**Intermediate Tap**  
Kathy

**5 pm**  
**Zumba Gold**  
Bonnie

## FRIDAY

**10 am**  
**Circuit**  
Kathy

**11 am**  
**Yoga**  
Josie

**1 pm**  
**Show Tunes**  
Kathy

## SATURDAY

**9 am**  
**Circuit**  
Joanne

**HOLIDAY HOURS**  
Saturday,  
October 7  
JCC is closed for  
Simchat Torah

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

## OCTOBER AGEWELL PROGRAMS

Contact Hayley Maher for information or to register

### Seniors for Safe Driving Class

Wednesday, October 4 • 2-6 pm

Attend this session to refresh your driving techniques and develop a positive driving attitude. Registration is required. The cost is \$16, and attendees will receive a 5% discount on auto insurance for 3 years.

### Tech Tutoring with CCAC

Thursdays

October 5-26 • 10:30-12:30 pm

Bring your device and come with questions for this tutoring session! Registration is required and space is limited. Contact Hayley to register for a session.

### Violins of Hope

Monday, October 9: Temple Emanuel • 4 pm

Experience the amazing true stories from James Grymes' acclaimed book *Violins of Hope* in this one-of-a-kind program, specially curated by the Pittsburgh Jewish Music Festival. In conjunction with Pittsburgh's current Violins of Hope exhibit, this program showcases the role of Jewish musicians during the Holocaust. A chamber orchestra of string players from the Pittsburgh Symphony Orchestra will join local narrators to bring to life the inspirational messages of these instruments and their remarkable owners through words and music. This program is free, but registration is required. Stop by the AgeWell office to register.

### Flu and COVID-19 Vaccination Clinic

Tuesday, October 10 • 9-11 am

Appointments for this clinic are fully booked but stop by the AgeWell office if you'd like to be added to the wait list. This clinic is open to anyone over the age of 60.

### Venture Outdoors Again Presentation

Thursday, October 12 • 1:30 pm

Venture Outdoors Again is an initiative to help older adults be active outdoors. Venture Outdoors would like to hear your perspectives, ideas, and challenges to help you age well in the outdoors!

### Conversations with Amy

Wednesday, October 25 • 1:30 pm

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

### Club Meetings

MahJohng

Tuesdays • 1 pm

Theater Club

Monday, October 16 • 12:35 pm

Book Club

Tuesday, October 17 • 1:30 pm

Intergenerational Dynamics Club

Wednesday, October 18 • 12:30 pm

Remember When Club

Thursday, October 19 • 1 pm

## FITNESS CLASS DESCRIPTIONS

### 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

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

### SilverSneakers® Yoga

SilverSneakers® Yoga moves 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.