

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**\*\$3/class members;  
\$5/class community**

**1**  
**No Classes**

**7**  
**9 am • Circuit • Joan**

**14**

**21**

**28**

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

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

**22**  
**8 am • Circuit • Kathy**  
**9 am • Classic • Kathy**  
**10 am • Balance • Elaine**  
**11:15 am • Yoga • Soad**  
**5 pm • Zumba Gold • Bonnie**  
**1:30 pm • Line Dancing Nancy**

**29**  
**8 am • Circuit • Kathy**  
**9 am • Classic • Kathy**  
**10 am • Balance • Elaine**  
**11:15 am • Yoga • Soad**  
**5 pm • Zumba Gold • Bonnie**  
**1:30 pm • Line Dancing Nancy**

**2**  
**10 am • Circuit • Elaine**  
**10 am • Beginner Tai Chi • Sandy\***  
**11 am • Advanced Tai Chi • Sandy\***  
**11 am • Classic • Joan**

**9**  
**10 am • Circuit • Elaine**  
**10 am • Beginner Tai Chi • Sandy\***  
**11 am • Advanced Tai Chi • Sandy\***  
**11 am • Classic • Joan**

**16**  
**10 am • Circuit • Elaine**  
**10 am • Beginner Tai Chi • Sandy\***  
**11 am • Advanced Tai Chi • Sandy\***

**23**  
**10 am • Circuit • Elaine**  
**10 am • Beginner Tai Chi • Sandy\***  
**11 am • Advanced Tai Chi • Sandy\***

**30**  
**10 am • Circuit • Elaine**  
**10 am • Beginner Tai Chi • Sandy\***  
**11 am • Advanced Tai Chi • Sandy\***

**3**  
**8 am • Circuit • Kathy**  
**9 am • Boom • Kathy**  
**11 am • Classic • Elaine**

**10**  
**8 am • Circuit • Kathy**  
**9 am • Boom • Kathy**  
**11 am • Classic • Elaine**  
**1:30-2:30 • Beginner Tap • Kathy**

**17**  
**8 am • Circuit • Kathy**  
**9 am • Boom • Kathy**  
**11 am • Classic • Elaine**  
**1:30-2:30 • Beginner Tap • Kathy**

**24**  
**8 am • Circuit • Kathy**  
**9 am • Boom • Kathy**  
**11 am • Classic • Elaine**  
**1:30-2:30 • Beginner Tap • Kathy**

**31**  
**8 am • Circuit • Kathy**  
**9 am • Boom • Kathy**  
**11 am • Classic • Elaine**  
**1:30-2:30 • Beginner Tap • Kathy**

**4**  
**10 am • Classic • Joan**  
**11 am • Circuit • Kathy**  
**5 pm • Zumba Gold • Bonnie**

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

**18**  
**10 am • Classic • Kathy**  
**11 am • Circuit • Kathy**  
**5 pm • Zumba Gold • Bonnie**  
**1:30 • Intermediate Tap Kathy**

**25**  
**10 am • Classic • Kathy**  
**11 am • Circuit • Kathy**  
**5 pm • Zumba Gold • Bonnie**  
**1:30 • Intermediate Tap Kathy**

**5**  
**10 am • Circuit • Kathy**  
**11 am • Yoga • Josie**

**12**  
**10 am • Circuit • Kathy**  
**11 am • Yoga • Josie**

**19**  
**10 am • Circuit • Kathy**  
**11 am • Yoga • Josie**  
**1 pm • Show Tunes • Kathy**

**26**  
**10 am • Circuit • Kathy**  
**11 am • Yoga • Josie**  
**1 pm • Show Tunes • Kathy**

**6**  
**9 am • Circuit • Joanne**

**13**  
**9 am • Circuit • Joanne**

**20**  
**9 am • Circuit • Joanne**

**27**  
**9 am • Circuit • Joanne**

## December AgeWell Programs (contact Hayley Maher, hmaher@jccpgh.org, for information or to register)

### Radon Presentation.

January 11th at 11 am.

John Mallon, President and CEO of Radon Detection and Control LLC, Inc. will discuss what radon is and why it is important to monitor the levels in your home. He will share what levels are considered safe, and what to look for in a monitoring system.

### Memory Screenings.

January 16th from 10 am to 12 pm.

Stop by the AgeWell office to complete a brief memory screening assessment. This is not a diagnostic test but an assessment of cognitive function that helps to determine if a comprehensive evaluation is needed. Results from this brief assessment can be taken to your PCP for further discussion.

### Virtual Museum Tours.

January 18th and 25th at 10:30 am.

Did you know that you can view collections from many famous museums virtually? On January 18th, we'll view collections from the Natural History Museum in London. This museum is a leading science research center with unique natural history experiences. On January 25th, we'll view pieces from the Van Gogh Museum in Amsterdam. This museum houses the largest van Gogh collection in the world. Come to the conference room to explore these collections together virtually.

### Reach Out and Play

January 19th from 10 am-12 pm.

Join AgeWell at the JCC for an afternoon of play! Ageless Innovation's Reach Out & Play initiative, sponsored by AARP, is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play. The newest offerings from Ageless Innovation's Joy for All™ Games are reimagined classic board games designed to meet the needs & interests of older adults, including The Game of Life Generations, Scrabble Bingo, & Trivial Pursuit Generations.

### Seniors for Safe Driving.

January 24th from 2 to 6 pm.

Seniors for Safe Driving has been presenting the PennDot-approved Mature Drive Improvement Course since 1994. During the course, information is provided on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, and more. AgeWell at the JCC will be hosting this one-day course in South Hills on January 24, April 10, July 10, and September 18, 2024, and drivers over the age of 55 who complete the course are eligible for a discount on car insurance. Stop by the AgeWell office for a registration form, or visit seniorsforsafedriving.com.

### Paracord Service Project.

January 31st at 10 am.

Stop by the conference room to make paracord lanyards to send to members of the military and first responders through Operation Gratitude. These multipurpose lanyards can be used in many emergencies, including making a sling or splint or helping create a makeshift shelter. We will follow a video tutorial to make lanyards to send to Operation Gratitude.

### Conversations with Amy.

January 31st at 1:30 pm.

Join AgeWell's Information and Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion.

**Note: The AgeWell office will be closed on Monday, January 1.**

### Club Meetings

#### MahJohng

Tuesdays • 1 pm

#### Theater Club

Monday, January 15 • 12:15 pm

#### Book Club

Tuesday, January 16 • 1:30 pm

#### Intergenerational Dynamics Club

Wednesday, January 17 • 12:30 pm

#### Remember When Club

Wednesday, January 10 • 1 pm

#### Garden Club

Friday, January 26 • 12 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.

### Boom Muscle

Muscle-conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness

### New Line Dance Session

Jan. 8-Feb. 26 on Mondays • 1:30-2:30 pm • \$40.00