

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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

**4**  
9 am • Circuit • Joanne

**11**  
9 am • Circuit • Joanne

**18**  
9 am • Circuit • Joanne

**25**  
9 am • Circuit • Joanne

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

**12**  
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

**19**  
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

**26**  
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

**6**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*

**13**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*

**20**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*

**27**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi • Sandy\*  
11 am • Advanced Tai Chi • Sandy\*

**7**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner Tap • Kathy

**14**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner Tap • Kathy

**21**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner Tap • Kathy

**28**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine  
1:30-2:30 • Beginner Tap • Kathy

**1**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie

**8**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
1:30 • Intermediate Tap  
Kathy

**15**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie  
1:30 • Intermediate Tap  
Kathy

**22**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie  
1:30 • Intermediate Tap  
Kathy

**29**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold • Bonnie  
1:30 • Intermediate Tap  
Kathy

**2**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes • Kathy

**9**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes • Kathy

**16**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes • Kathy

**23**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie  
1 pm • Show Tunes • Kathy

**3**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**10**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**17**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**24**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

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

### Flu and COVID-19 Vaccination Clinic.

Wed., Feb. 7 • 10 am-12 pm, AgeWell Office

If you're still considering getting vaccinated this season, make an appointment for this clinic. You will receive a \$25 Giant Eagle gift card after getting vaccinated and filling out a survey. Register by stopping in the AgeWell office or calling (412) 278-1795.

### Chunky Knit Scarf Workshop.

Thurs., Feb. 8 • 1:30 pm, Social Hall

Learn the basics of hand knitting and make a cozy scarf for the winter season. Participants should bring their own yarn for this class; flyers with details can be picked up in the AgeWell office.

### AgeWell Open House.

Wed., February 14, 9 am-12 pm, AgeWell Office

Stop by the AgeWell office to grab a breakfast treat, talk about upcoming programs, and celebrate our first anniversary in the South Hills!

### Spring Cleaning with Handy Andy.

Thurs., Feb. 15 • 10 am, Conference Room.

Join Andy Amrhein from Evey True Value to talk about spring cleaning. This program will also be available on [virtualsenioracademy.org](http://virtualsenioracademy.org).

### AgeWell Anniversary Potluck.

Fri., Feb. 16 • 12:30 pm, Social Hall.

Enjoy time with good friends and good food at a potluck lunch! Bring a dish to share and register by stopping in the AgeWell office. Members are welcome to bring dairy or plant-based dishes, but please do not bring meat to maintain a kosher-style environment.

### The History of Jazz in Pittsburgh.

Wed., Feb. 21 1:30 pm, Social Hall.

Join Thomas Wendt, Adjunct Professor of Jazz Percussion at Duquesne University, for a discussion about Pittsburgh's rich history with jazz music. More details to come.

### Wellness with AgeWell Information Session.

Wed., Feb. 28 • 10 am, Lobby.

Come to this information session to learn about current wellness programs through AgeWell at the JCC. You will have the opportunity to hear from Amy Gold (AgeWell's Information and Referral Specialist), Cheryl Cohen (AgeWell's Volunteer Licensed Psychologist), Shawn Fertitta (10.27 Healing Partnership, Reiki-Infused Sound Bathing), Audree Schall (AgeWell Intergenerational Family Dynamics Discussion Group Leader), and Stephanie Romero (Awaken Pittsburgh, monthly mediation sessions).

### Conversations with Amy.

Wed., Feb. 28 • 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.

### February Club Meetings

(Contact Kathy Wayne for information or to join)

**Mah Jongg Club- Tuesdays • 1 pm**

**Card Club- Thursday, February 1 and 15 • 1 pm**

**Remember When Club- Wednesday, February 14 • 1 pm**

**Theater Club- Monday, February 19 • 12 pm**

**Book Club- Tuesday, February 20 • 1:30 pm**

**Intergenerational Family Dynamics Group- Wednesday, February 21 • 12:30 pm**

**Garden Club- Friday, February 23 • 12 pm**

**NEW! Card Club – Thursday, February 1 & 15 • 1 pm**

Calling all card game enthusiasts! Join AgeWell members on the 1st and 3rd Thursday of each month from 1-3 in the lobby for an afternoon of play. Whatever game you prefer- bridge, euchre, hearts, and more- you can play them all! Bring your friends and join the club.

### Ongoing Programs:

**Blood pressure screenings with JAA**

Tuesday, February 13 & 27 • 10-11 am

**Walk-in Counseling Hours**

Monday, February 12 & 26 • 11 am-1 pm

**Reiki-Infused Sound Bathing with the 10.27 Healing Partnership.** Monday, February 5 & 19 • 10-11 am

**Puzzle Swap**

Available every day during AgeWell office hours.

## 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