

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

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

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

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

22
8 am • Circuit • *Kathy*
9 am • Classic • *Kathy*
10 am • Balance • *Elaine*
11:15 am • Yoga • *Soad*
1:30 pm • Line Dancing
Nancy
Passover Eve.
JCC closes at 5 pm

29
Passover.
JCC Closed.

7

14
9 am • Circuit • *Joanne*

21
9 am • Circuit • *Joanne*

28
9 am • Circuit • *Joanne*
Last Day of
Passover Eve.
JCC closes at 3 pm

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

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

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

23
Passover.
JCC Closed.

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*
1:30-2:30 • Beginner
Tap • *Kathy*

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*
1:30-2:30 • Beginner
Tap • *Kathy*

24
8 am • Circuit • *Kathy*
9 am • Boom • *Kathy*
11 am • Classic • *Elaine*

4
10 am • Classic • *Kathy*
11 am • Circuit • *Kathy*
1:30 • Intermediate Tap
Kathy
5 pm • Zumba Gold •
Bonnie

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

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

25
10 am • Classic • *Kathy*
11 am • Circuit • *Kathy*
5 pm • Zumba Gold •
Bonnie

5
10 am • Circuit • *Kathy*
11 am • Yoga • *Josie*
1 pm • Show Tunes •
Kathy

12
10 am • Circuit • *Kathy*
11 am • Yoga • *Josie*
1 pm • Show Tunes •
Kathy

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

13
9 am • Circuit • *Joanne*
10 am • Yoga • *Joanne*

20
9 am • Circuit • *Joanne*
10 am • Yoga • *Joanne*

27
9 am • Circuit • *Joanne*
10 am • Yoga • *Joanne*

April AgeWell Programs (contact Hayley Maher for information or to register)

Meet and Greet Social 4/2 • 10:30-11:30 am, Lobby.

Stop by on the first Tuesday of each month from 10:30 to 11:30 to chat with other members and enjoy light refreshments. You do not need to register for this event.

Healthy Eating and Hydration

4/10 • 10 am, Conference Room.

Join us for the first presentation in the Spring 2024 edition of the Aging Mastery Program! AMP is an engaging and behavior-change incentive program for aging well. This series will cover a variety of health-related topics.

Seniors for Safe Driving 4/10 • 2-6 pm, Social Hall.

Seniors for Safe Driving will present the PennDot approved Mature Driver Improvement Course, with information on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, and more. Drivers over the age of 55 who complete the course are eligible for a discount on car insurance.

Fabric Scrap Wreath Making

4/11 • 2 pm, Social Hall.

Join us for an afternoon of crafting! We will create beautiful wreaths from fabric scraps. Wreath frames will be provided, and a limited selection of fabric will be available.

Conversations with Amy 4/17 • 1:30 pm, Conference Room.

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.

Encore Career and Volunteer Fair

4/19 • 10:30 am-12:30 pm.

If you are seeking a part-time job or a new volunteer opportunity, this is your chance to get connected! The JCC will be joined by several local nonprofits with open employment or volunteer opportunities. You are welcome to stop by to talk with these organizations to get information about open opportunities. You do not need to register for this event.

Monthly Movie 4/25 • 1 pm, Conference Room.

April will feature the first of a series of monthly movies with AgeWell. April's movie will be Erin Brockovich.

"The Path to the Path" 4/3 • 10 am, Conference Room.

In preparation for the total solar eclipse on April 8, join us for a viewing of the documentary "The Path to the Path". This documentary was created by the American Astronomical Society Solar Eclipse Task Force.

Managing Chronic and Acute Pain

4/16 • 11 am, Conference Room.

Dr. Rick Plowey of Keystone Pain Consultants will share information about minimally invasive techniques to manage chronic and acute pain. You do not need to register for this program.

April Club Meetings

(Contact Kathy Wayne for information or to join)

Book Club – Tuesday, April 16 • 1:30 pm

Card Club – Thursday, April 4 & April 18 • 1 pm

Garden Club – Friday, April 26 • 12 pm

Intergenerational Family Dynamics Group – Wednesday, April 17 • 12 pm

Mah Jongg Club – Weekly meeting on Tuesdays • 1 pm

Remember When Club – Wednesday, April 3 • 1 pm

Theater Club – Monday, April 15th • 12 pm

Please note: The AgeWell office will be closed on Tuesday, April 23 and Monday, April 29 in observance of Passover.

Ongoing Programs:

- **Blood pressure screenings with JAA:** Tuesday, April 9 • 10-11 am
- **Counseling Hours:** Monday, April 9 and 22 • 10 am-1 pm
- **Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:** Friday, April 5 and 12 • 10-11 am. Registration is available online; stop by the AgeWell office for more information. Please note the change in date from the previous session.
- **Puzzle Swap:** Available every day during AgeWell office hours.
- **HomeMeds Medication Screening:** By appointment only.

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

March 4-April 22 on Mondays • 1:30-2:30 pm • \$40.00