

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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

**5**  
9 am • Circuit • Joanne

**12**

**19**  
9 am • Circuit • Joanne

**26**

**1**

**6**  
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

**13**  
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

**20**  
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

**27**  
Memorial Day.

**2**

**7**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

**14**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

**21**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

**28**  
10 am • Circuit • Elaine  
10 am • Beginner Tai Chi  
• Sandy\*  
11 am • Advanced Tai Chi  
• Sandy\*

**1**

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

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

**15**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
1:30-2:30 • Beginner  
Tap • Kathy

**22**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine

**29**  
8 am • Circuit • Kathy  
9 am • Boom • Kathy  
11 am • Classic • Elaine

**2**

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

**9**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
1:30 • Intermediate Tap  
Kathy  
5 pm • Zumba Gold  
Bonnie

**16**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
1:30 • Intermediate Tap  
Kathy  
5 pm • Zumba Gold  
Bonnie

**23**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold  
Bonnie

**30**  
10 am • Classic • Kathy  
11 am • Circuit • Kathy  
5 pm • Zumba Gold  
Bonnie

**3**

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

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

**17**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**24**  
Staff Care Day.  
JCC Closed.

**31**  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**4**

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

**11**  
9 am • Circuit • Joanne

**18**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**25**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**Upcycled Planter Activity, Thursday, May 2 • 2 pm.**

Create a unique planter for your home or garden! Seeds, soil, and crafting supplies will be provided, you just need to bring an upcycled container to hold your plant. Good items include soda bottles, cans, or plastic food containers. No registration is required.

**Meet and Greet Social, Tuesday, May 7 • 10:30 am.**

Stop by on the first Tuesday of each month from 10:30 to 11:30 to chat with other members and enjoy light refreshments. No registration is required.

**Reach Out and Play, Wednesday, May 8 • 10 am.**

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. No registration is required.

**Ask a Geriatrician! Thursday, May 9 • 1:30 pm.**

As part of the Aging Mastery Program, Dr. Matt Koperwas will join us virtually to speak about the basics of healthy aging. Dr. Koperwas is a board-certified geriatrician through the Allegheny Health Network. No registration required.

**AARP CarFit, Friday, May 10 • 10 am - 1 pm.**

Trained volunteers provide information to ensure the safest "fit" for older adults and their vehicles. The volunteer will go through a safety checklist with you and your car. To make an appointment, contact Hayley at (412) 697-3552.

**Lunch with the CEO, Wednesday, May 15 • 12:30 - 1:30 pm.**

Jason Kunzman, CEO of the JCC, will join us for lunch in the JCafe! If you haven't met Jason, this is a time you won't want to miss. Please remember to make your lunch reservation as usual by 12 pm on Tuesday, 5/14, and come ready to chat with Jason!

**AgeWell Open House and Potluck Lunch,**

**Friday, May 17 • 10 am - 12 pm.**

Stop by the lobby to visit to get information from several of our partner organizations, including JFCS and JAA, and information about all upcoming AgeWell programs and events. Following the open house, stay for a potluck lunch at 12:30 at the pavilions in the backyard. You do not need to register for the open house, but please let us know if you plan to stay for the potluck and if you'd like to bring a dish to share. If you have questions, you can reach Hayley at (412) 697-3552.

**Hike on the Scott Conservancy Nature Trails,**

**Monday, May 20 • 1:30 pm.**

Take advantage of the beautiful trails that start right behind the JCC! Please note that the trails are not paved; there are some places with tree roots, and places where it may be muddy or steep. Join us as you are physically able. No registration is required. In the event of inclement weather, the walk will be canceled.

**Learn How to Use Canva, Wednesday, May 22 • 10 am.**

Have you ever wanted to design a birthday card for a friend? Or create an invitation for your next party? If so, Canva is the website for you! Canva allows you to easily create free digital designs for flyers, invitations, and more! The possibilities are endless. Come to this information session to learn the basics of using Canva. No registration is required.

**Monthly Movie, Thursday, May 23 • 1 pm.**

Grab some popcorn and bring a friend! Join us for a viewing of Paris to Pittsburgh. This National Geographic film celebrates **how Americans are demanding and developing real solutions in the face of climate change. No registration is required.**

**Conversations with Amy, Wednesday, May 29 • 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. May's topic will be "What are we waiting for?" This discussion will focus on how we tend to put things off in life.

**May Club Meetings**

(Contact Kathy Wayne for information or to join)

**Book Club – Tuesday, May 21 • 1:30 pm**

**Card Club – Thursday, May 2 & May 16 • 1pm**

**Garden Club - Friday, May 31 • 12 pm**

**Intergenerational Family Dynamics Group – Wednesday, May 15 • 12 pm**

**Knitting & Crochet Club – Thursday, May 9 • 11 am**

**Mah Jongg – Weekly meeting on Tuesdays • 1 pm**

**Remember When Club – Wednesday, May 8 • 1 pm**

**Theater Club – Monday, May 20 • 12 pm**

*Please note: The AgeWell office will be closed on Friday, May 24 due to Staff Care Day and Monday, May 27 in observance of Memorial Day.*

**Ongoing Programs:**

- **Blood pressure screenings with JAA:** Tuesday, May 14 & 28 • 10-11 am.
- **Book Buddies Volunteer Program:** Volunteer clearances must be completed; stop by the AgeWell office for more information.
- **Counseling Hours:** Monday, May 13 • 10 pm-1 pm.
- **Drum Circle with the 10.27 Healing Partnership:** Monday, May 6 • 7 pm. Registration is available online; stop by the AgeWell office for more information.
- **HomeMeds Medication Screening:** by appointment only.
- **Puzzle Swap:** available every day during AgeWell office hours.
- **Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:** Friday, May 3 & 17 • 10-11 am. Registration is available online; stop by the AgeWell office for more information.
- **Technology Tutoring:** 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