

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

1
9 am • Classic • Elaine
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold
 Bonnie

8
9 am • Classic • Elaine
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold
 Bonnie

15
9 am • Classic • Elaine
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold •
 Bonnie

22
9 am • Classic • Elaine
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold •
 Bonnie

29
9 am • Classic • Elaine
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold •
 Bonnie

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
 • Melissa*
11 am • Advanced Tai Chi
 • Melissa*

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

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

3
8 am • Circuit • Susie
9 am • Boom • Elaine
11 am • Classic • Susie

10
8 am • Circuit • Susie
9 am • Boom • Elaine
11 am • Classic • Susie

17
8 am • Circuit • Susie
9 am • Boom • Elaine
11 am • Classic • Susie

24
8 am • Circuit • Susie
9 am • Boom • Elaine
11 am • Classic • Susie

31
8 am • Circuit • Susie
9 am • Boom • Elaine
11 am • Classic • Susie

4
10 am • Classic • Susie

11
10 am • Classic • Susie
11 am • Circuit • Susie
5 pm • Zumba Gold •
 Bonnie

18
10 am • Classic • Susie
11 am • Circuit • Susie
5 pm • Zumba Gold •
 Bonnie

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

5
9 am • Classic • Susie
10 am • Circuit • Soad
11 am • Yoga • Josie

12
9 am • Classic • Susie
10 am • Circuit • Soad
11 am • Yoga • Josie

19
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Yoga • Josie

26
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Yoga • Josie

6
9 am • Circuit • Joanne
10 am • Yoga • Joanne

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

July AgeWell Programs (Contact the AgeWell office at 412-278-1795 for more information)

Community Improv with the 10.27 Healing Partnership:

**Mondays, July 1 • 12:30 pm,
July 15•1:30 pm & July 29•12:30pm, Social Hall.**

Meet & Greet Social:

Tuesday, July 2 • 10:30 am, AgeWell Office.

Sewing Workshop: July 3 • 1pm, Social Hall.

Sound Bathing with the 10.27 Healing Partnership:

Monday, 8 and 22 • 12 pm, Dance Studio

Aging Mastery Program: Advance Planning 101:

Wednesday, July 10 • 10 am, Conference Room.

Seniors for Safe Driving Class:

Wednesday, July 10 • 2 pm, Social Hall.

Email 101 Technology Workshop:

Wednesday, July 17 • 10 am, Conference Room.

Recycled Button Expressive Art Workshop:

Thursday, July 18 • 11 am, Conference Room

Summer Salad Sampling:

Friday, July 19 • 12:30 pm, Lobby.

Drum Circle with the 10.27 Healing Partnership:

**Monday, July 22 • 7 pm. Registration is available online;
stop by the AgeWell office for more information**

Monthly Movie: Won't You Be My Neighbor?:

Thursday, July 25 • 1pm, Conference Room.

Musical Meet & Greet with Cantor Kalix Jacobson:

Friday, July 26 • 12:30 pm, Social Hall.

Evening Hike:

**Monday, July 29 • 7 pm, Meet at the Front Entrance of
the JCC.**

Crayon Wreath Craft Workshop:

Tuesday, July 30 • 11 am, Conference Room.

Coffee with JCC President & CEO Jason Kunzman:

Wednesday, July 31 • 10-11 am, Lobby.

Conversations with Amy:

Wednesday, July 31 • 1:30 pm, Conference Room.

Ongoing Programs:

• Blood pressure screenings with JAA:

Tuesday, July 9 & 23 • 10-11 am

• Book Buddies Volunteer Program:

Volunteer clearances must be completed; stop by the AgeWell office for more information.

• **Counseling Hours:** Monday, July 8 & 22 • 10 am-1 pm

• Drum Circle with the 10.27 Healing Partnership:

Monday, July 22 • 7 pm. Registration is available online; stop by the AgeWell office for more information.

• Puzzle Swap:

Available every day during AgeWell office hours.

• **Technology Tutoring:** by appointment only.

July Club Meetings:

Card Club – Thurs., July 11 & 18 • 1 pm

Knitting & Crochet Club – Thurs., July 11•11 am

Theater Club – Monday, July 15 • 12 pm

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

Remember When Club – Wed., July 17 • 1 pm

Mah Jongg – Weekly meeting on Tuesdays • 1 pm

Intergenerational Family Dynamics Group –

No meeting in July

Garden Club – No meeting in July

Have a special interest or hobby you'd like to share? Consider starting a new club!

FITNESS CLASS DESCRIPTIONS (contact Elaine Cappucci for information or to register • ecappucci@jccpgh.org • 412-446-4773)

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