

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

4

5

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

6

10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Melissa*
11 am • Advanced Tai Chi • Melissa*
11 am • Mindfulness Yoga • Judy

7

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

8

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

9

9 am • Classic • Joan
11 am • Yoga • Susie

10

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

11

9 am • Circuit • Joanne

12

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

13

10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Melissa*
11 am • Advanced Tai Chi • Melissa*
11 am • Mindfulness Yoga • Judy

14

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

15

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

16

9 am • Classic • Joan
11 am • Yoga • Josie

17

18

19

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

20

10 am • Circuit • Elaine
10 am • Beginner Tai Chi • Melissa*
11 am • Advanced Tai Chi • Melissa*
11 am • Mindfulness Yoga • Judy

21

8 am • Circuit • Susie
11 am • Classic • Susie

22

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

23

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

24

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

25

9 am • Circuit • Joanne

26

11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

27

10 am • Beginner Tai Chi • Melissa*
11 am • Advanced Tai Chi • Melissa*
11 am • Mindfulness Yoga • Judy

28

8 am • Circuit • Susie
11 am • Classic • Susie

29

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

30

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

31

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

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

Quilting: Projects on the Go!

Friday, August 2 • 11:30 am Conference Room.

Meet & Greet Social:

Tuesday, August 6 • 10:30 am • AgeWell Office.

Lunch with Rabbi Hindy:

Wednesday, August 7 • 12:30 pm • Social Hall.

Transportation Services Information Session:

Wednesday, August 7 • 1:30 pm • Social Hall.

Identity Theft Seminar:

Tuesday, August 13 • 10:30 am • Conference Room.

Google Docs Technology Workshop:

Wednesday, August 14 • 10 am • Conference Room.

Hidden Gems of Pittsburgh:

Wednesday, August 14 • 1 pm • Social Hall.

Quilted History:

Friday, August 16 • 11:30 am • Conference Room.

Build a Bouquet:

Monday, August 19 • 1 pm • The Lobby.

Sex & the Senior Adult:

Wednesday, August 21 • 10 am • Conference Room.

World Senior Citizens Day:

Wednesday, August 21 • 1 pm • Social Hall.

AARP Social Security Workshop:

Thursday, August 22 • 10 am • Conference Room.

Monthly Movie:

Thursday, August 22 • 1 pm • Conference Room.

Desserts & Drinks Recipe Swap:

Friday, August 23 • 12:30 pm • The Lobby.

Conversations with Amy:

Wednesday, August 28 • 10 am • Conference Room.

Ongoing Programs:

• Blood pressure screenings with JAA:

Tuesdays, August 13 & 27 • 10-11 am

• Book Buddies Volunteer Program:

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

• Counseling Hours:

Mondays, August 12 & 26 • 10 am-1 pm.

• Puzzle Swap:

Available every day during AgeWell office hours.

• Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Monday, August 12 & 26 • 12 pm

Registration is available online at

<https://1027healingpartnership.org/>; stop by the AgeWell office for more information.

• Technology Tutoring: by appointment only.

August Club Meetings

Card Club – Thurs., August 1 & 15 • 1 pm

Knitting & Crochet Club – Thurs., August 8 • 11 am

Remember When History Club –

Wed., August 14 • 1 pm

Book Club – Tuesday, August 20 • 1:30 pm

Mah Jongg – Weekly meeting on Tuesdays • 1 pm

Theater Club – No meeting in August

Intergenerational Family Dynamics Group – No meeting in August

Garden Club – No meeting in August

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)

Boom Muscle

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

Mindfulness Yoga for Older Adults

This class is for anyone interested in practicing yoga with an emphasis on mind/body awareness. Whether sitting or standing, the exercises will be step by step, allowing each student to work with their own abilities and challenges. Modifications and guidance will be offered, particularly getting into and out of postures. The first half of class will be standing, with chair support if needed, and the last half will be floor practice on mats or seated.

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.

Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.