

Inspired Aging Programs & Events | May 2024

● online program

Monday

6

10 AM News & Schmooze ●
1 PM Gametime*

13

10 AM News & Schmooze ●
1 PM Gametime*

20

10 AM News & Schmooze ●
1 PM Gametime*

27

CLOSED

Tuesday

7

1 PM Simcha Readers ●

14

1 PM Simcha Readers ●

21

1 PM Simcha Readers ●

28

10 AM Field Trip:
Blanton Museum
1 PM Simcha Readers ●

Wednesday

1

10 AM Community & Coffee
11:30 AM Zumba Gold
1 PM Gametime

8

10 AM Community & Coffee
11:30 AM Zumba Gold
1 PM A Critical Reading
of The NYT

15

10 AM Community & Coffee
11:30 AM Zumba Gold
1 PM Gametime

22

10 AM Community & Coffee
11:30 AM Zumba Gold
1 PM A Critical Reading
of The NYT

29

10 AM Community & Coffee
11:30 AM Zumba Gold
1 PM Gametime

Thursday

2

10 AM Flex Your Brain ●

9

10 AM Flex Your Brain ●
1:30 PM Dell's Angels

16

10 AM Flex Your Brain ●
1 PM Presentation w/
Rabbi Blumofe

23

10 AM Flex Your Brain ●
1:30 PM Dell's Angels

30

7 PM Death Over Dinner ●

Friday

3

10 AM Mitzvah Knitters
12 PM The Gift Project

10

1 PM Shabbat with Michal

17

10 AM Mitzvah Knitters

24

11 AM Fun Friday: Memorial
Day Party

31

*Game Time on Wednesday is for Members and Program Pass holders ONLY. RSVP is required for **both days**. Please email: matthew.medina@shalomaustin.org

IN PERSON PROGRAMS

Gametime

We play a variety of games and love to learn new ones. We welcome beginners and experts. Come spend a few hours with us and leave feeling like a winner! We'll bring the games, you'll bring the fun. **RSVP required** to matthew.medina@shalomaustin.org

Community & Coffee

Great coffee, even better conversation. A social group where we talk about anything and everything! Bring a friend, bring a neighbor or just yourself!

Mitzvah Knitters

Give back to our community by volunteering your time and talent at the J. If you knit or crochet, *or want to learn how*, this is the place to be. We make blankets, stuffed animals, hats and scarves to be given to those in need. Projects vary each season.

Dell's Angels Choir

An adult vocal performance opportunity. Participation in the Choir is open to all singers with a basic understanding of reading music.

Simcha Readers Theater

Learn how to organize and tell a story verbally and in writing, connect with your audience, and bring your story to life through the art of dramatic storytelling.

Shabbat Celebration

Come enjoy these special clergy-led celebrations with the Dell JCC as we celebrate Shabbat together each month.

Inspired Aging Presents

Your gateway to a wealth of real-life resources and expertise across a spectrum of vital topics, like Healthcare and Finance. Uniting you with the information you seek, we're here to illuminate your path to knowledge and empowerment.

JFS Family Caregivers Support Group

A safe place for family members caring for adult loved ones to discuss the stresses, challenges, and rewards of caregiving. *Contact Liron Ramon at (512) 735-8118, liron.ramon@shalomaustin.org

Arts & Culture

Connect with community through literary, visual and performing arts. Email iris.bartov@shalomaustin.org

Jewish Culture & Education

Enrichment classes focused on Jewish culture and education. Email alachua.haskins@shalomaustin.org

Health & Wellness

Stay well, active and healthy with classes at the Dell JCC. Email elie.allen@shalomaustin.org

Ballet Austin @ the J

Reformer and adult dance classes available to members and non-members. shalomaustin.org/pilates



Scan QR to See Dell J Classes

ONLINE PROGRAMS News & Schmooze


Come discuss local, national and international news to keep up with what's happening. Participants are encouraged to bring in newspaper articles or research a topic of interest to share with the group.

A Critical Reading of The New York Times

Look over the shoulders of various reporters, columnists and opinion writers at one of the world's best newspapers in an informal and inquisitive way. Led by Abby Kenigsberg. (Subscription not required).

Flex Your Brain

A fun and fast-paced hour-long class keeps your brain strong and flexible with individual and group games and challenges. Gameplay serves a critical role in maintaining, and even improving, brain power in older adults.

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MAY
CALENDAR

WE'RE
VIRTUAL
TOO!

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MONTHLY SHABBAT
FRIDAY, MAY 10 | 1 PM



Meet Michal Ilai, Shalom Austin's Senior Israel Educator

Registration:
shalomaustin.org/shabbat



FUN FRIDAY
MEMORIAL DAY PARTY

May 24 | 11 AM-1 PM

Join us for pizza, bingo, a performance by Dell's Angels, and a celebration of Blanche and Ernie's 101 Birthdays!

Zimmerman Multi-Purpose Rooms

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REGISTER
shalomaustin.org/funfriday

Jewish Views
ON BETTER AGING

Thursday, May 16 | 1-2 PM
Barbara Tocker Education Center



Engage in a candid conversation with Rabbi Neil Blumofe as he shares the joys, oys, and hidden blessings of aging.

shalomaustin.org/jewishaging



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DEATH OVER DINNER

MAY 30 7 PM

VIRTUAL

Join us for a dinnertime discussion exploring the concept of a "good death."

Register: shalomaustin.org/overdinner

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To learn more, contact:
Matt Medina, Adult Programs Coordinator
matthew.medina@shalomaustin.org or (512) 735-8137
Visit the calendar online: shalomaustin.org/calendar-ia

Volunteer Opportunities!
joan.maniere@shalomaustin.org