

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

If you knit or crochet, or want to learn how, this is the place to be. We create blankets, stuffed animals, hats, and scarves to be donated to those in need. Our projects change with the seasons, offering something new to work on year-round.

Dell's Angels Choir

Join our informal social singing gatherings and build community through music. No experience necessary just bring your love for singing.

Simcha Readers Storytelling

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 lindsey.durnil@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.



SHALOM AUSTIN
InspiredAging

DECEMBER CALENDAR

WE'RE VIRTUAL TOO!

WISE AGING

Make the Most of Your Journey:
A Jewish Roadmap

6-MONTH SERIES

Mondays | 6-weeks | January 6 - July 7 2025

Dell JCC | Barbara Tocker Engagement and Education Center



Register: shalomaustin.org/wiseaging
Matt Medina, JFS Program Manager
matthew.medina@shalomaustin.org | (512) 735-8137

Wednesday, December 11

HANUKKAH LUNCHEON



Featuring: Rabbi Will Hall & Cantor Abby Gostein of Temple Beth Shalom

shalomaustin.org/hanukkah-ia



December 8 & 9

"There are no words..."

Join us to explore the Jewish vocabulary around life, grief, and death.



shalomaustin.org/wisdom2024



Inspired Aging is on winter break from December 23 - January 2



To learn more, contact:

Matt Medina, JFS Program Manager
matthew.medina@shalomaustin.org or (512) 735-8137

Visit the calendar online: shalomaustin.org/calendar-ia

Volunteer Opportunities
joan.maniere@shalomaustin.org

Inspired Aging Programs & Events | December 2024

Monday

2

10 AM News & Schmooze ●
1 PM Gametime

9

9 AM **Shomer Collective**
1 PM Gametime

16

9 AM Gametime
10 AM News & Schmooze ●

23

30

Tuesday

3

1 PM Simcha Readers
Storytelling ●

10

1 PM Simcha Readers
Storytelling ●

17

1 PM Simcha Readers
Storytelling ●

24

31

Wednesday

4

10 AM Community & Coffee
11:30 AM Zumba Gold
12:25 PM Chair Yoga

11

11:30 AM **Hanukkah Luncheon**

18

10 AM Community & Coffee
11:30 AM Zumba Gold
12:25 PM Chair Yoga
2 PM A Critical Reading
of The NYT ●

25

CLOSED

January 1, 2025: CLOSED

Thursday

5

10 AM Flex Your Brain ●
1 PM **Wise Aging**

12

10 AM Flex Your Brain ●

19

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

26

Friday

6

10 AM Mitzvah Knitters

13

20

10 AM Mitzvah Knitters

27

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