

Inspired Aging Programs & Events | April 2024

● online program



Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>10 AM News & Schmooze ● 1 PM Gametime*</div>	<div>2</div>	<div>3</div> <div>10 AM Community & Coffee 11:30 AM Zumba Gold 1 PM Gametime</div>	<div>4</div> <div>10 AM Flex Your Brain ● 1 PM Inspired Aging Presents: Learn About a Village Living Model</div>	<div>5</div> <div>10 AM Mitzvah Knitters</div>
<div>8</div> <div>10 AM News & Schmooze ● 10 AM Wise Aging Series 1 PM Gametime*</div>	<div>9</div>	<div>10</div> <div>10 AM Community & Coffee 11:30 AM Zumba Gold 1 PM A Critical Reading of The NYT</div>	<div>11</div> <div>10 AM Flex Your Brain ●</div>	<div>12</div>
<div>15</div> <div>10 AM News & Schmooze ● 10 AM Wise Aging Series 1 PM Gametime*</div>	<div>16</div>	<div>17</div> <div>11:30 AM Passover Luncheon</div>	<div>18</div> <div>10 AM Flex Your Brain ● 7 PM Surviving the Holidays</div>	<div>19</div> <div>10 AM Mitzvah Knitters</div>
<div>22</div> <div>10 AM News & Schmooze ● 10 AM Wise Aging Series 1 PM Gametime*</div>	<div>23</div> <div>CLOSED</div>	<div>24</div> <div>CLOSED</div>	<div>25</div> <div>10 AM Flex Your Brain ●</div>	<div>26</div>
<div>29</div> <div>CLOSED</div>	<div>30</div> <div>CLOSED</div>			

*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.

SHALOM AUSTIN InspiredAging

APRIL CALENDAR

WE'RE VIRTUAL TOO!

SHALOM AUSTIN InspiredAging

PASSOVER LUNCHEON

APRIL 17 11:30 AM - 1 PM

Dell JCC | Epstein Family Community Hall



Featuring Rabbi Blumofe
Congregation Agudas Achim

shalomaustin.org/passover2024



InspiredAging presents

Learn about a Village Living Model



Johanna Mandel
Director Capital City Village

Discover how Capital City Village empowers seniors to age gracefully at home.

SHALOM AUSTIN InspiredAging

CAPITAL CITY Village
STAY WHERE YOU LIVE. LIVE WELL WHERE YOU STAY.

Thursday, April 4 | 1 PM

Barbara Tocker Engagement & Education Center | Free to Attend

shalomaustin.org/village-model

Surviving the Holidays

A space where joy and grief coexist



Thursday | April 18 | 7-8:15 PM

Zimmerman Multi-Purpose Rooms

shalomaustin.org/holidaygatherings

SHALOM AUSTIN Jewish Family Service

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