

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

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

NOVEMBER CALENDAR

WE'RE VIRTUAL TOO!

SHALOM AUSTIN InspiredAging

NOVEMBER 8 | 1 PM

SHABBAT N' LEARN

Engage in meaningful conversation with Senior Rabbis and sought-after leaders while welcoming Shabbat

Rabbi Mendy Levertov
Chabad of Austin

Registration:
shalomaustin.org/shabbat

Sunday, November 17 | 12 PM

KRASOFF JEWISH FAMILY SERVICE BUILDING

JOIN US FOR OUR OPEN HOUSE

SHALOM AUSTIN Jewish Family Service shalomaustin.org/rsvp

Surviving the Holidays

FINDING COMFORT IN COMMUNITY

November 21 | 7-8:15 PM

Zimmerman Multi-Purpose Rooms
Transportation Available

shalomaustin.org/survive-holiday2024

SHALOM AUSTIN Jewish Family Service

FRIDAY, NOVEMBER 22 | 11 AM

Thanksgiving Party

PIZZA BINGO SING ALONG & PUMPKIN PIE!

SHALOM AUSTIN InspiredAging

Zimmerman Multi-Purpose Rooms

shalomaustin.org/thanksgiving2024

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 | November 2024

Monday

Tuesday

Wednesday

Thursday

Friday

4

10 AM News & Schmooze ●
1 PM Gametime
5 PM **Music in the Living Room with Ben Avni**

11

1 PM Gametime

18

10 AM News & Schmooze ●
1 PM Gametime

25

1 PM Gametime

5

1 PM Simcha Readers Storytelling ●

12

1 PM Simcha Readers Storytelling ●

19

1 PM Simcha Readers Storytelling ●

26

1 PM Simcha Readers Storytelling ●

6

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

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

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

27

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

7

10 AM Flex Your Brain ●

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

21

10 AM Flex Your Brain ●
7 PM **Surviving the Holidays**

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CLOSED

8

10 AM Mitzvah Knitters
1 PM Shabbat 'n Learn with Rabbi Mendy Levertov

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10 AM Mitzvah Knitters

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11 AM **Thanksgiving Party**

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CLOSED

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