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.







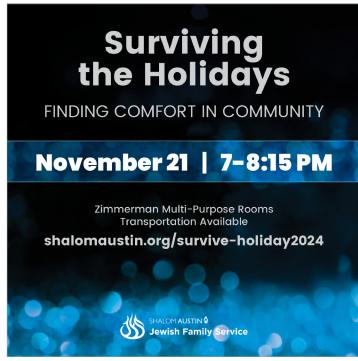




JOIN US FOR OUR OPEN HOUSE



shalomaustin.org/rsvp





To learn more, contact:

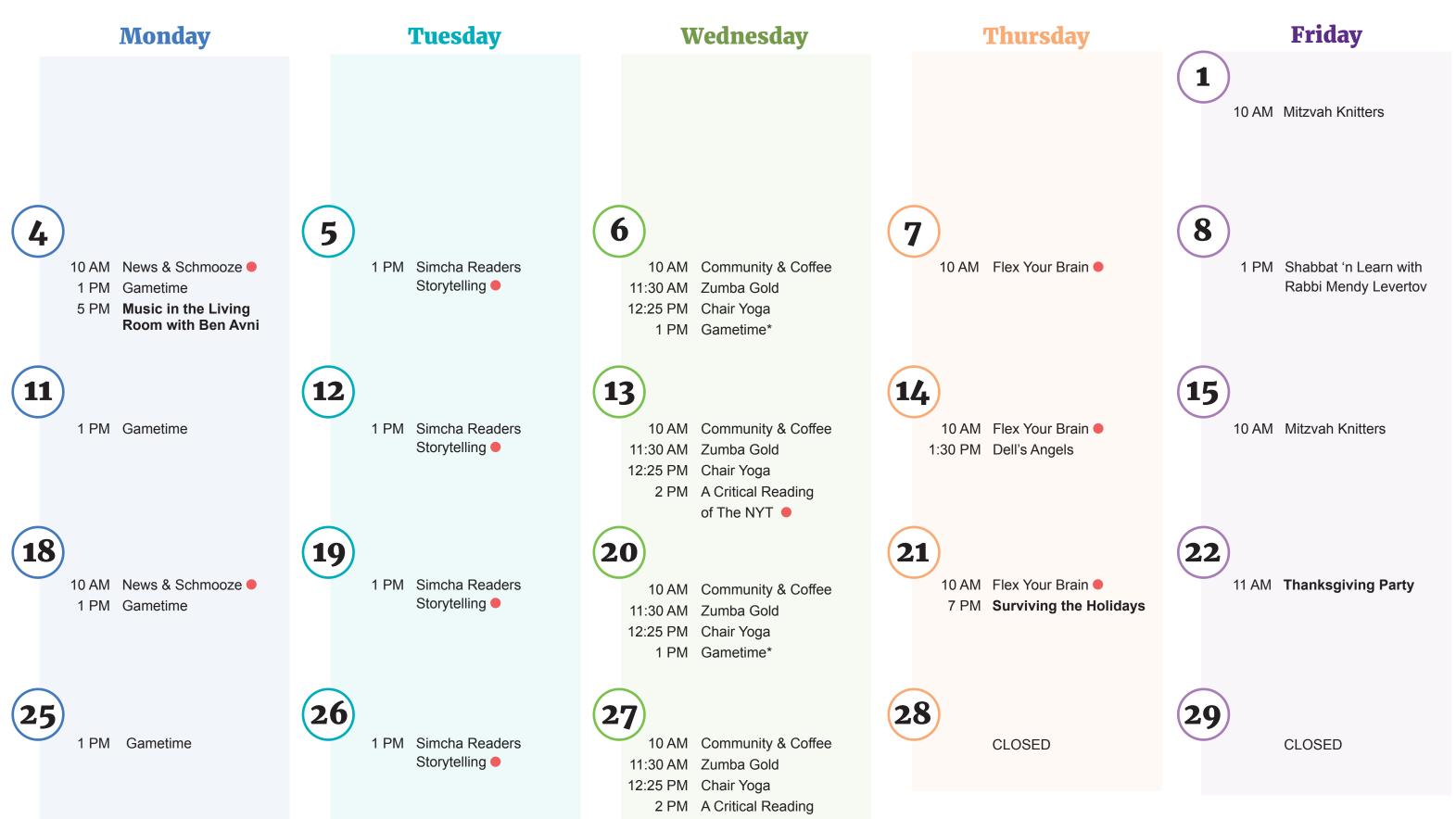
Matt Medina, JFS Program Manager matthew.medina@shalomaustin.org or (512) 735-8137 Visit the calendar online: shalomaustin.org/calendar-ia

Volunteer Opportunities joan.maniere@shalomaustin.org

Inspired Aging Programs & Events | November 2024







of The NYT

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