

IN PERSON PROGRAMS

RSVP required for all in person programs

Gametime

We play a variety of games and 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.

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.

Shabbat Cafe

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.

Wise Guys

Inviting all 60+ men to discuss a wide range of interesting topics with Rabbi Freedman.

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

JFS: Memory Cafe

Memory Café is a welcoming & supportive space for older adults living with changes in thinking or memory, such as Mild Cognitive Impairment or Alzheimer's Disease and Related Dementias. In partnership with AGE of Central Texas, the program offers cognitively stimulating activities, support

group discussions, and tools to help navigate daily life- all designed to foster connection and purpose.

Arts & Culture

Connect with community through literary, visual and performing arts.

Email matthew.medina@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



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.

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.



SHALOM AUSTIN
Inspired Aging

JULY 2026
CALENDAR

WE'RE
VIRTUAL
TOO!

TECH LEARNING LAB
with AGE of Central Texas

WEDNESDAYS IN JULY @ 10 AM DELL JCC
Registration required to enter campus.

Join us to build confidence, learn practical skills, and discover useful tools for tech use in everyday life.

- July 1: Cybersecurity
- July 8: Email Basics
- July 15: Apple vs. Android
- July 22: Social Media

Register Today: shalomaustin.org/techlab

SHALOM AUSTIN Inspired Aging | AGE of CENTRAL TEXAS

FOURTH OF JULY PARTY

July 2 | 11 AM-1 PM
Join us for pizza, bingo & trivia!
Registration required to enter Dell JCC

REGISTER TODAY!
shalomaustin.org/fourth

SHALOM AUSTIN Inspired Aging

Shabbat CAFE

What does Judaism teach about comparison and envy? Explore why "Do not covet" is one of the Ten Commandments and the wisdom it offers to our lives today.

Led by Rachel Stern, Shalom Austin CEO

July 10 | 10-11 AM | Dell JCC

Register: shalomaustin.org/shabbat-cafe

SHALOM AUSTIN Inspired Aging

SUMMER MAHJONG

Classes Begin June 24
Wednesdays | 1 PM

- Connect With Others
- Beginner-Friendly
- Develop Skills

No Cost | Dell JCC For Adults 60+
Registration Required to enter Dell JCC

SHALOM AUSTIN Inspired Aging

To register, email margaret.praderas@shalomaustin.org

To learn more, contact:

Margaret Praderas, Inspired Aging Manager
margaret.praderas@shalomaustin.org or (512) 735-8149

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

JFS Services

shalomaustin.org/jfs

Volunteer Opportunities

oonadicker@shalomaustin.org

Inspired Aging Programs & Events | July 2026

● online program
New Program



Monday

Tuesday

Wednesday

Thursday

Friday

6

10 AM News & Schmooze ●
11 AM Chair Yoga
12 PM Sit & Be Fit
1 PM Gametime

13

11 AM Chair Yoga
12 PM Sit & Be Fit
1 PM Gametime

20

10 AM News & Schmooze ●
11 AM Chair Yoga
12 PM Sit & Be Fit
1 PM Gametime

27

11 AM Chair Yoga
12 PM Sit & Be Fit
1 PM Gametime
6:30 PM Men's Book Club

7

10 AM Memory Cafe
11 AM Optimize Stability
1 PM Simcha Readers
Storytelling ●

14

11 AM Optimize Stability
1 PM Simcha Readers
Storytelling ●

21

10 AM Memory Cafe
11 AM Optimize Stability
1 PM Simcha Readers
Storytelling ●

28

11 AM Optimize Stability
1 PM Simcha Readers
Storytelling ●

1

10 AM Tech Learning Lab
11 AM Zumba Gold
12 PM Chair Yoga
1 PM Mahjong Class

8

10 AM Tech Learning Lab
11 AM Zumba Gold
12 PM Chair Yoga
1 PM Mahjong Class

15

10 AM Tech Learning Lab
11 AM Zumba Gold
12 PM Chair Yoga
1 PM Mahjong Class
2 PM A Critical Reading of the
New York Times ●

22

10 AM Tech Learning Lab
11 AM Zumba Gold
12 PM Chair Yoga
1 PM Mahjong Class

29

11 AM Zumba Gold
12 PM Chair Yoga
1 PM Mahjong Class

2

10 AM Flex Your Brain ●
11 AM Fourth of July Party

9

10 AM Flex Your Brain ●

16

10 AM Flex Your Brain ●

23

10 AM Flex Your Brain ●

30

10 AM Flex Your Brain ●

3

No Inspired
Aging Programs
-Independence Day

10

10 AM Shabbat Cafe
with Rachel Stern,
Shalom Austin CEO

17

10 AM Mitzvah Knitters

24

31

10 AM Mitzvah Knitters