Weekly Events

Coffee & Bagels!
Mondays & Wednesdays
*9 – 11 am: Erdle Lounge
Join us for a wonderful social opportunity to meet new people in a relaxed atmosphere. This is for members 55+ only.

TechAge Drop-In Help Sessions
Mondays & Wednesdays
*12 – 1:30 pm: TechAge Room
TechAge volunteers are ready to help you with your technical questions and issues. They are most knowledgeable with iPhones, iPads, Android phones and tablets, and Windows computers. Drop In Format - No pre-registration required. Open to everyone at no charge!

Wellness Wednesdays
by RRH Family Medicine
Wednesdays, July 3, 10, 17, 24, & 31
*12:15 – 1 pm: Auditorium C
We are so honored to share with you tips from exceptional medical staff, including Dr. Natasha Sodhi and RN Trudy Arsenault who will present a variety of topics including lifestyle medicine, meditation, mindfulness, stress management, and more! Limit 25

Current Events with Robert “Bob” Schoenfeld
Wednesdays, July 3, 10, 17, 24, & 31
*11 am – 1 pm: Conference Room 2
This program discusses topics of current interest including news events, politics, recent technology, etc. The program’s format permits each participant to name a topic they’d like to talk about. After that week’s topic list is generated, the person who picked the topic is the first one to discuss it. Other group members share their views on the topic in the order they indicate their desire to speak. When the facilitator determines that the topic has been thoroughly discussed, the next topic is introduced. Differing opinions are expected and encouraged but no debating is allowed. There will be a 20-minute break for lunch.

Fabric Crafts Group
Thursdays, July 11, 18, & 25
*12 – 2:30 pm: Conference Room 2
If you love to quilt, knit, or crochet, and need a large, sunny space to practice your craft please join us for self-guided sewing time. Bring your sewing machine and supplies and enjoy company as you create!
Register at the front desk. Limit 10

The Art Group
Fridays, July 5, 12, 19, & 26
*10 – 11:30 am: TechAge Room
Calling all artists! This is a group of artists that have scheduled time to meet weekly. This is not a class but a time to learn from and support each other. There may be prompts some weeks and opportunities to be outside as well. Please bring your own supplies!
July 1 - July 5
Advanced Beaded Jewelry Making with Lyn
Tuesday, July 2
*12:30 – 1:30 pm: Erdle Lounge
This class is designed for anyone who has participated in classes with Lyn previously. You will be building upon skills and techniques learned in prior classes. All materials will be provided!
Limit 6

Thursday, July 4
Lifespan Office closed in honor of Independence Day!

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July 8 - July 12

Broadway Comes to the JCC! (Part 24)
Monday, July 8
*11 am – 12:30 pm: Lipson Lounge
Come along and listen to the Lullaby of Broadway! Join Bob Sagan, “Broadway Bob,” locally and nationally recognized theater educator and aficionado, for a series of Broadway treasures. Bob brings his passion and enthusiasm for the art form as he brings to life the sounds and excitement of the great American Musical in a lively animated and interactive presentation. During the presentation you will have an opportunity to share your theater going experiences and learn about what is currently happening on the Great Way today.
If you are a lover of Broadway musicals, you will not want to miss this fun filled and exciting series! Limit 25

Mini Chair Massage with Danielle Cowley, LMT
Tuesday, July 9 *10 – 11:30 am: TechAge Room
We are excited to have Danielle Cowley, local Licensed Massage Therapist, join us to provide mini chair massage. Appointments are scheduled every 10 minutes.

Be the Beat- Hands Only CPR Presentation
Tuesday, July 9 *12 – 1 pm: Erdle Lounge
Please join the American Heart Association for a “Be the Beat” presentation which will cover topics such as cardiac arrest, hands-only CPR, and AED awareness.

The 8 Things Happiest People Do with Marty Golub
Thursday, July 11 *11 am – 12 pm: Erdle Lounge
There is much research on happiness. We are going to discuss the things people do to be happier - we already do many of them! We will also discuss the benefits to our emotional and physical health when we do these positive things more often. Please join us. The material is wonderful! If you can’t make it on the 11th, we’d love to see you on July 25th.

Karaoke!
Friday, July 12 *11 am – 12 pm: Erdle Lounge
Stop by the Erdle Lounge for some karaoke fun!

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Plastic Free July
July is Plastic Free Month - join your community in helping the environment by limiting the amount of plastic you use this month!
The Refugee Experience with Jennifer McDermott, Catholic Charities
Tuesday, July 16
*12 – 1 pm: Erdle Lounge
Come and hear personal stories and get your questions answered. The Services for Older Refugee Program is coming to JCC to discuss the refugee situation globally and locally. You can hear from peers about their experience and how they ended up in Rochester.

Beyond Books Book Club
Friday, July 19
*10 – 11:30 am: Conference Room 2
Join gifted facilitator, Barbara Brachfeld as she takes us on another book journey!

The Night Ship by Jessica Kidd
“Based on a true story, an epic historical novel from the award-winning author of Things in Jars that illuminates the lives of two characters: a girl shipwrecked on an island off Western Australia and, three hundred years later, a boy finding a home with his grandfather on the very same island. With her trademark “thrilling, mysterious, twisted, but more than anything, beautifully written” (Graham Norton, New York Times bestselling author) storytelling, Jess Kidd weaves “a true work of magic” (V.E. Schwab, author of The Invisible Life of Addie LaRue) about friendship, sacrifice, brutality, and forgiveness. (goodreads.com)
Limit 10

The 8 Things the Happiest People Do with Marty Golub- Continued!
Tuesday, July 25
*11 am – 12 pm: Erdle Lounge
There are many complimentary ways to increase one’s happiness. The benefits of adding good habits, regular things that we do in some degree, can make a difference in our overall outlook. Weaving these things into our lives more mindfully can help our thinking, physical health, and joy. If you missed the July 11th session, you’re welcome to join this one! Marty will fill you in on what you missed!

The Great Library Project!
Volunteer Opportunity
Friday, July 26 *12 – 1 pm: Library/TechAge
We’re looking for volunteers to help us organize the library!
July 29 - July 31

Celebrating July Birthdays!
Monday, July 29 *10 – 11 am: Erdle Lounge
Come celebrate our members with July birthdays!

Zionisms with Rabbi Setel
Tuesdays, July 30 and August 6
*11 am – 12 pm: Erdle Lounge
The term Zionism has been in the news quite a bit recently but seems to mean different things to different people. In this series we will learn about different ideas of Zionism. The first class will look at political Zionism, the movement to establish a Jewish state in the land of Israel. In the second session, we will learn about the "forgotten" ideas of cultural and binational Zionism, which did not see a state as necessary to a Jewish homeland. Finally, we will look at some of the contemporary debates about Jewish government and self-determination.

Wellness Wednesday Potluck!
Wednesday, July 31 *1 - 2 pm: Erdle Lounge
Trudy and Lacey host a monthly potluck the last Wednesday of the month after Wellness Wednesday. Please reach out to either of us to sign up to bring something!