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, August 7, 14, 21, & 28
*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, August 7, 14, 21, & 28
*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, August 1, 8, 15, 22, & 29
*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

Introduction to Drawing with Luke Lorenzo
Thursdays, August 1, 8, & 15
*12 - 2 pm: Erdle Lounge
Luke is back with a new class for the Spring session. He will be teaching introduction to drawing with charcoal. Materials will be provided to get started before students decide if they want to purchase their own.
Supply list: Drawing pencils- a set of six is recommended (HB, 2B, 4B), small kneaded gum eraser, vinyl eraser, sketchbook- size 9"X12" or 11"X14" or 12"X18"
Please feel free to bring any drawing media of your choice such as: Markers, pens, colored pencils, pen and ink
Limit: 12

The Art Group
Fridays, August 2, 9, 16, 23, & 30
*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!

*Registration is required for all programs except coffee & bagels
Tour of Memorial Art Gallery  
Friday, August 2 *11 am – 12:30 pm  
Memorial Art Gallery  
Join us for a tour of the Memorial Art Gallery. Admission is free! We will be meeting there, transportation not provided.

Out of the Box Thinking with Sheila  
Monday, August 5 *11:30 am - 12:30 pm: Erdle Lounge  
Have you been told older adults are inflexible with their thinking? Looking for an interesting way to sharpen your cognitive skills? Join us for a unique discussion group, guaranteed to get your creative juices flowing. This is an excellent opportunity to see familiar faces and meet new friends! Sheila Weinbach, gifted community educator and leader, will facilitate this unique group, looking to help us generate new ways of looking at the world we live in.  
Limit 20

Zionisms with Rabbi Setel-CONTINUED  
Tuesday, 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.

Save the Date!  
Salute to Seniors Picnic  
Friday, August 23 *10 am – 2 pm  
Ontario Beach Park  
Come and enjoy the festivities! There will be food, music and wonderful company. Please bring your own chair.  
Suggested contribution $3.50
Harriet Tubman with Jerry Bennett  
Monday, August 12 *12 – 1 pm: TechAge  
We are excited to welcome Jerry Bennet back to share with us his knowledge on the life of Harriet Tubman.

Mini Chair Massage with Danielle Cowley, LMT  
Tuesday, August 13 *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.

Advanced Beaded Jewelry Making with Lyn  
Tuesday, August 13 *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

Musical Performance by Junction Jack!  
Friday, August 16 *11 am – 12 pm: Erdle Lounge  
Stop by the Erdle Lounge for a performance of JCC member Paul Russo’s band!

Broadway Comes to the JCC! (Part 25)  
Monday, August 19 *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

Tai Chi Refresher with Joanne  
Tuesday, August 20 *10 – 10:45 am: Auditorium B  

Lifestyle Considerations in Managing Worry with Marty Golub  
Tuesday, August 20 *11 am – 12 pm: Erdle Lounge  
We will be discussing increasing our choices for managing our worry in more effective ways. There is a variety of things to do regularly when we are not worrying to help us deal with worry when it happens. What we do when we are not worrying is an important factor in how we manage worry. The Worry Control Workbook by Mary Ellen Copeland is our main resource for this discussion. Please join us!
August 26 - 30

Celebrating July Birthdays!
Monday, August 26 *10 – 11 am:
Erdle Lounge
Come celebrate our members with August birthdays!

Beginner Beaded Jewelry Making with Lyn
Tuesday, August 27 *12:30 - 1:30 pm:
Erdle Lounge
Join Lyn to make a beautiful, beaded piece of art. All materials will be provided & all experience levels welcome!
Limit 6

Wellness Wednesday Potluck!
Wednesday, August 28 *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!

The Great Library Project!
Volunteer Opportunity
Friday, August 30 *12 – 1 pm:
Library/TechAge
We’re looking for volunteers to help us organize the library!