

Adult 60+ Programs | July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult 60+ programs generously sponsored by:</p> <p>LOEWY LAW FIRM <small>HELPING INJURED TEXANS</small></p>				1
<p>3</p> <p>News & Schmooze 10-11 AM</p> <p>Gametime 1-3 PM</p>	<p>4</p> <p>Administrative Offices are Closed.</p> <p>Dell JCC is open.</p>	<p>5</p> <p>Community & Coffee 10 AM</p>	<p>6</p> <p>Flex Your Brain 10 AM</p> <p>Family Caregivers Support Group 11:30-1:30 PM*</p>	<p>7</p> <p>Mitzvah Knitters 10 AM</p>
<p>10</p> <p>News & Schmooze 10-11 AM</p> <p>Gametime 1-3 PM</p>	<p>11</p>	<p>12</p> <p>Community & Coffee 10 AM</p> <p>NYT Critical Reading 1 PM</p>	<p>13</p> <p>Flex Your Brain 10 AM</p> <p>Dells Angels 1:30-3PM</p>	<p>14</p> <p>Virtual Shabbat with Rabbi Amy B. Cohen 1 PM</p>
<p>17</p> <p>News & Schmooze 10-11 AM</p> <p>Gametime 1-3 PM</p>	<p>18</p>	<p>19</p> <p>Community & Coffee 10 AM</p>	<p>20</p> <p>Flex Your Brain 10 AM</p> <p>Mindful Money 12-1 PM</p> <p>Family Caregivers Support Group 11:30-1:30 PM*</p>	<p>21</p> <p>Mitzvah Knitters 10 AM</p>
<p>24 / 31</p> <p>News & Schmooze 10-11 AM</p> <p>Gametime 1-3 PM</p>	<p>25</p>	<p>26</p> <p>Community & Coffee 10 AM</p> <p>NYT Critical Reading 1 PM</p>	<p>27</p> <p>Flex Your Brain 10 AM</p> <p>Dells Angels 1:30-3PM</p>	<p>28</p> <p>Teach Me Tech 12 -2 PM (RSVP required)</p>

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

An adult vocal performance opportunity. Participation in the Choir is open to all singers with a basic understanding of reading music.

mindfulMONEY

July 20 | 12-1PM

Learn the Difference
Between a Bank
& a Credit Union



SHALOM AUSTIN
Jewish Family Service

With speaker: Tony Ellis

Location: Zimmerman Multi-Purpose Rooms

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.

Simcha Readers Theater

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.

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.

Virtual Shabbat

Come enjoy these special clergy-led celebrations online with the Dell JCC as we celebrate Shabbat together each month.

To learn more, contact: Matt Medina
Adult Programs Coordinator
matthew.medina@shalomaustin.org or (512) 735-8137

Volunteer Opportunities
Get involved! Email joan.maniere@shalomaustin.org

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

Mindful Money

In the age of online banking, financial scams, and digital purchasing, we want to empower you with the tools to keep your finances safe. Learn expert strategies on how to achieve financial preparedness. In Mindful Money, various topics of financial wellness will be discussed on the 3rd Thursday of each month.

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 elie.allen@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**

