

Join us on virtualsenioracademy.org

Check out these virtual classes

Tuesday, May 19

12:15-12:45 PM

Lunch & Learn with Rabbi Ron Symons: Join Rabbi Ron as he discusses the Census 2020. Learn helpful tips and insights. Ron is the Senior Director of Jewish Life, and Director of Center of Loving Kindness at the JCC.

1-2 PM

Healthy Aging and Research: Presented by Maddie Rigatti.

Maddie is a Research Program Coordinator and MSW student at the University of Pittsburgh, under the Division of Geriatric Medicine. She will be discussing:

- Why research is important to healthy aging
- What you need to know about research studies
- How you can make a difference for yourself and future generations by participating

Thursday, May 21

12:15-12:45 PM

Art & Quarantine Stories: Explore iconic artworks throughout history that relate to our current moment. Led by Melissa Hiller.

Hiller is a writer, curator and the Director of the JCC's American Jewish Museum. Melissa is proud to bring you classes in partnership with Agewell at the JCC, and the JCC of Greater Pittsburgh's American Jewish Museum, Department of Jewish Life and the Center for Loving Kindness.

2-3 PM

Yesteryear's Memories: A casual discussion group, led by retired social worker Shirley Schawartz, for seniors looking for a place to feel comfortable making new friends while discussing our lives lived in past years.

Discussion will also be about making adjustments to a very different world. Recommended for seniors 70+, but anyone is welcome!



If you are interested in joining:

Email Maddie Barnes at mbarnes@jccpgh.org

Sign up on the Virtual Senior Academy website

www.virtualsenioracademy.org