



# VIRTUAL SENIOR ACADEMY



- **WHO CAN PARTICIPATE?** Individuals 55+
- **WHAT KIND OF CLASSES ARE OFFERED?** Educational and fun programs
- **WHO TEACHES THE CLASSES?** Facilitators are community members of all ages
- **WHAT ARE THE BENEFITS?**
  - Life-long learning
  - Interaction with peers and opportunities for social engagement
  - Expansion of social networks
  - Increased comfort with technology

## **UPCOMING AUGUST/SEPTEMBER CLASSES REGISTER NOW!**

### ❖ **Coffee Connect**

Thursday August 20, 2020 10:00am – 10:40am

Join Age-Friendly Greater Pittsburgh for a virtual coffee get-together. Drop in to chat with new friends and find connection during this time of in-person social distancing. We're excited to meet you! #CoffeeConnectPGH is an ongoing initiative designed to get neighbors talking. This virtual session will be a bit different, but the purpose remains the same: to combat isolation and loneliness, which we know impact people of all ages. Age-Friendly Greater Pittsburgh brings people of all ages together to make our neighborhoods more inclusive and respectful of every generation. Part of the World Health Organization and AARP's Network of Age-Friendly States and Communities, Age-Friendly Greater Pittsburgh is an initiative of Southwestern Pennsylvania Partnership for Aging with support from the Henry L. Hillman Foundation.



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## **❖ On the Move: Group Exercise to Improve Mobility in Older Adults®**

Tuesday, August 25, 2020, 10:00am - 11:00pm

Join Venture Outdoors, The University of Pittsburgh Physical Therapy Department, and the Jewish Healthcare Foundation for weekly exercise classes, adapted for online, targeted to enhance your walking. The exercise involves varied and progressive stepping and walking patterns to challenge your brain to improve the smoothness and efficiency of walking, plus warm up, strengthening and cool down exercises for a complete workout. (Participants will need a sturdy chair and broom/mop)

## **❖ Coffee Connect**

Thursday September 3, 2020 10:00am – 10:40am

Join Age-Friendly Greater Pittsburgh for a virtual coffee get-together. Drop in to chat with new friends and find connection during this time of in-person social distancing. We're excited to meet you! #CoffeeConnectPGH is an ongoing initiative designed to get neighbors talking. This virtual session will be a bit different, but the purpose remains the same: to combat isolation and loneliness, which we know impact people of all ages. Age-Friendly Greater Pittsburgh brings people of all ages together to make our neighborhoods more inclusive and respectful of every generation. Part of the World Health Organization and AARP's Network of Age-Friendly States and Communities, Age-Friendly Greater Pittsburgh is an initiative of Southwestern Pennsylvania Partnership for Aging with support from the Henry L. Hillman Foundation.

## **❖ Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment**

Thursday, September 03, 2020, 12:15pm - 12:45pm

Join us for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

## **❖ Medicare 101**

Thursday, September 10, 2020, 11:00am - 12:00pm

Medicare 101 delivers the tools and resources to help you choose a Medicare plan that best fits your needs. At first glance, Medicare may seem complicated. But once you understand all its parts, you'll have the tools to help meet your health goals. The course will discuss the different parts of Medicare including Original Medicare, Medicare Advantage, Part D and Supplement plans, and much more information. This is a one-time, one-hour course. If you are turning 65- this is the class for you!



# VIRTUAL SENIOR ACADEMY

## ❖ Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment

Thursday, September 10, 2020, 12:15pm - 12:45pm

Join us for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

## ❖ Coffee Connect

Thursday September 17, 2020 10:00am – 10:40am

Join Age-Friendly Greater Pittsburgh for a virtual coffee get-together. Drop in to chat with new friends and find connection during this time of in-person social distancing. We're excited to meet you! #CoffeeConnectPGH is an ongoing initiative designed to get neighbors talking. This virtual session will be a bit different, but the purpose remains the same: to combat isolation and loneliness, which we know impact people of all ages. Age-Friendly Greater Pittsburgh brings people of all ages together to make our neighborhoods more inclusive and respectful of every generation. Part of the World Health Organization and AARP's Network of Age-Friendly States and Communities, Age-Friendly Greater Pittsburgh is an initiative of Southwestern Pennsylvania Partnership for Aging with support from the Henry L. Hillman Foundation.

## ❖ Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment

Thursday, September 17, 2020, 12:15pm - 12:45pm

Join us for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

## ❖ Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment

Thursday, September 24, 2020, 12:15pm - 12:45pm

Join us for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

<https://virtualsenioracademy.org/>