



VIRTUAL SENIOR ACADEMY



The Virtual Senior Academy is free! Enjoy educational and fun programs taught by community members of all ages. Enjoy interaction with peers, opportunities for social engagement, continue to be a life-long learner and increase your comfort with using technology.

REGISTER FOR UPCOMING CLASSES TODAY!

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

Tuesday, November 24, 2020, 10:00AM - 11:00AM

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.

❖ Social Justice – Eternal Values Applied to Contemporary Issues

Tuesday, November 24 12:15PM-12:45PM (REPEATS EVERY TUESDAY)

Join with Rabbi Ron Symons in discussion around the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. Your voice matters if you choose to share. Your presence makes a difference if you choose to show up. People of all types of faith and hope, backgrounds and traditions are welcome.



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❖ **Memory Training Program**

Wednesday, November 25, 2020, 03:00pm - 04:30pm

AgeWell Pittsburgh presents UCLA Longevity Center's Memory Training Program

This innovative four-week research based program for adults age 60+ experiencing mild memory concerns focuses on strategies that develop good memory habits and techniques to improve memory, including remembering names and faces, remembering where you put things, "tip of the tongue" moments.

*This program is not intended for people with Alzheimer's disease or other forms of dementia. For more details, contact Ellie Bruner, 412-904-5960 or ebruner@jfcspgh.org

❖ **Benefits Check Up**

Tuesday, December 01, 2020, 11:00AM - 12:00PM

Benefits Check-Up, sponsored by the National Council on Aging, is an on-line tool that can help you find programs that can save you money. We'll introduce you to the tool and show you how you can take advantage of it. If you are interested in saving money for your elderly parent, this workshop is for you, too.

The program is free for anyone to aged 55 or older.

❖ **Coffee Connect**

Thursday, December 3 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.

#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.

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

Thursday, December 03, 2020, 12:15PM - 12:45PM

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/culture. Our conversation richer with your participation. We welcome people of all backgrounds and opinions.

❖ **Andy Warhol: Femme Touch**

Tuesday, December 08, 2020, 01:00PM - 02:00PM

Focuses on our latest exhibition at the Andy Warhol Museum, *Femme Touch*.

Participants will learn about eight different women and femmes from the world of Andy Warhol who impacted his life and contributed to his career. The presentation features

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individuals such as Warhol's dotting mother, Julia, his longest lasting assistant, Brigid Berlin, and his radical would-be assassin, Valerie Solanas. *Femme Touch* serves as an investigation into the lives and careers of particularly fascinating women and femmes to have a better understanding of Warhol's worldview and the contexts in which he operated.

❖ Medicare 101

Wednesday, December 9 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.

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

Thursday, December 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, December 17 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. #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.

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

Thursday, December 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.

Please log on to <https://virtualsenioracademy.org/> to create a free account, participate in classes and view an updated program calendar.