



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, January 19, 2021, 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.

❖ **Book Club - Venture Outdoors (or In) with a Memoir**

Wednesday, January 20, 2021, 10:00am - 12:00pm

Join us for a monthly book club meeting discussing our Memoir of the Month with Professor Nicole Peeler of Seton Hill. **No book purchase is necessary.** Carnegie patrons can use their library card to secure an E-book copy through Hoopla.com or you can check out a physical book from the library. The book club will meet on the 3rd Wednesday until May of 2021.

1. Create an account at Hoopladigital.com. Have your library card ready!



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2. Enter the title of the book you are looking for in the search and click on the book.
3. Select "BORROW" under the book. A pop-up will tell you that you can borrow the book for 21 days. Select "Borrow Title." You can download the book to a mobile device or click "Read" to begin on your computer. THEN ENJOY!

❖ **Coffee Connect**

Thursday, January 21 2021 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.

❖ **Social Justice – Eternal Values Applied to Contemporary Issues**

Tuesday, January 26, 2021 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.

❖ **Benefits Check Up**

Tuesday, January 27, 2021 11:00AM - 12:00PM

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 aged 55+

❖ **Social Justice – Eternal Values Applied to Contemporary Issues**

Tuesday, February 2, 2021 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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❖ Coffee Connect

Thursday, February 4, 2021 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.

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