



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!

❖ **Senior Theater**

Monday, May 03, 2021, 01:00PM - 02:00PM

Have you dreamed of performing? We'll show you some acting techniques from the waist up, and by the end of our time together, you'll be performing a show over Zoom. We hope that you can attend every rehearsal.

Dates: Mondays and Wednesdays, May 3, 5, 10, 12, 17, 19, 24, 26

Hosted by the Pittsburgh Cultural Trust. Learn more here: <https://www.trustarts.org/>

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

Tuesday, May 4, 2021 12:15PM-12:45PM (REPEATS EVERY TUESDAY)

Join 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 and your presence makes a difference. People of all types of faith and hope, backgrounds, and traditions welcome.



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❖ **Origami for Everyone**

Wednesday, May 05, 2021, 03:00pm - 04:00pm

Have fun with origami! No prior experience required. Fold butterflies, flowers, boats, and other simple models. The focus will be on enjoying the movement of one's hands and the process of folding. Origami is a practice that activates the brain and enhances well-being. Think of this as a dance class for the hands. Paper is required for the class. Most models will use square paper. You may buy origami paper online. You may make your own square paper from gift wrapping paper, copy paper, or butcher paper. It is nice to have color on at least one side. Six-inch square paper is standard.

Chess (continued) with Queen's Gambit

Thursday, May 06, 2021, 10:00am - 11:00am

BUCKET LIST ALERT! Have you ever wanted to learn chess? Virtual chess for beginners is available for those 50 or older. Participants will have the option to schedule virtual matches with instructors during the program. Participants can also enjoy a small chess tournament at the end of the program. Registered participants can receive a free chess set, courtesy of Queens Gambit and a contactless delivery courtesy of Venture Outdoors and Venture Outdoors Again

Spring into Music and Movement

Thursday, May 13, 2021, 01:00pm - 02:00pm

Make your own musical instrument to create rhythm and dance as an ensemble. Registration details: Participants must pre-register by May 3 for the May 6 class, and by May 10 for the May 13 class for supplies to be mailed in advanced at <https://pct.formstack.com/forms/music>
Class hosted by Pittsburgh Cultural Trust. Learn more here: <https://www.trustarts.org/>

❖ **Medicare 101**

Tuesday, May 18, 2021, 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 will 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!



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

Wednesday, May 19, 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 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.

1. Create an account at Hoopladigital.com. Have your library card ready!
2. Enter the title 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!

❖ **BALANCING ACTIVITY, REST AND HEALTH**

Thursday, May 20, 2021, 10:45AM - 11:45AM

Examine the thought (Dr. Dalton-Smith) that "a life without periods of rest will not endure the daily grind." Why do we sometimes feel tired all the time? How can we achieve a balance of activity and rest? What does it mean to rest? I will define activity, tiredness, restlessness, and rest. Emphasis will be on chronic rest deficit, the eight types of rest (including rest from technology), and how balancing promotes our daily health.

❖ **Weaving in the Round**

Thursday, May 27, 2021, 01:00PM - 02:00PM

Learn how to make small, decorative woven pieces on a round loom. Make a cup holder, place mat, or wall hanging. Must pre-register by May 17 for the May 20 class and by May 24 for the May 27 class for supplies to be mailed in advance

at <https://pct.formstack.com/forms/weaving>

Class hosted by Pittsburgh Cultural Trust. Learn more here: <https://www.trustarts.org/>

❖ **The Process Behind Creative Movement**

Friday, June 04, 2021, 12:00PM - 01:00PM

What is creative movement? How does creative movement connect with Modern dance? How does the community inspire the movement? This course will explore the artistic and educational elements that make-up the foundation of Attack Theatre Dance Company's creative process. Additionally, a focus will be put on fostering creativity, non-verbal communication and collaboration through movement.

Participants will explore the components of creative movement in a community-setting, providing a new way of experiencing dance.

This is a low-impact, feel-good class for anyone interested in creative conversations and fun movement explorations.



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❖ Memory Training Program - PART 2 of 4

Friday, June 11, 2021, 01:00pm - 03:00pm

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. Please be sure to register for all four sessions! *Program is not intended for people with Alzheimer's or other forms of dementia. For more details, contact Ellie Bruner, 412-426-5184 or ebruner@jfcspgh.org

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