



Coffee & Bagels!

Mondays & Wednesdays, *9 - 11 am: Erdle Lounge

Join us for a wonderful social opportunity to meet new people in a relaxed atmosphere. This is for members 55+ only.

Tai Chi for Arthritis Part 1: 16-week workshop

Mondays and Thursdays, May 2, 6, 9, 13, & 16 *10 - 10:45 am: Auditorium B

Tai Chi combines gentle, fluid movements with deep breathing. It increases strength and balance, range of motion, and reduces stiffness. Tai Chi improves mind, body, and spirit and also reduces stress and increases relaxation. Movement remains slow and gentle, with emphasis on breathing, posture, gentle resistance, and loose joints. **Limit 20**

TechAge Drop-In Help Sessions

Mondays & Wednesdays, *12 - 1:30 pm: TechAge Room

TechAge volunteers are ready to help you with your technical questions/issues. They are most knowledgeable with iPhones, iPads, Android phones/tablets, and Windows computers.

Drop In Format - No pre-registration required. Open to everyone at no charge!

Wellness Wednesdays by RRH Family Medicine

Wednesdays, May 1, 8, 15, 22, & 29 *12:15 - 1 pm: Auditorium C

We are so honored to share with you tips from exceptional medical staff, including Dr. Natasha Sodhi and RN Trudy Arsenault who will present a variety of topics including lifestyle medicine, meditation, mindfulness, stress management, and more! **Limit 25**



Current Events with Robert “Bob” Schoenfeld

Wednesdays, May 1, 8, 15, 22, & 29 *11 am - 1 pm: Conference Room 2

This program discusses topics of current interest including news events, politics, recent technology, etc. The program’s format permits each participant to name a topic they’d like to talk about. After that week’s topic list is generated, the person who picked the topic is the first one to discuss it. Other group members share their views on the topic in the order they indicate their desire to speak. When the facilitator determines that the topic has been thoroughly discussed, the next topic is introduced. Differing opinions are expected and encouraged but no debating is allowed. There will be a 20-minute break for lunch.

Introduction to Drawing with Luke Lorenzo-CONTINUED

Thursdays, May 2, 9, 16, 23, & 30 *12 - 2 pm: Erdle Lounge

Luke is back with a new class for the Spring session. He will be teaching introduction to drawing with charcoal. Materials will be provided to get started before students decide if they want to purchase their own.

Supply list: drawing pencils- a set of six is recommended (HB, 2B, 4B), small kneaded gum eraser, vinyl eraser, sketchbook- 9”X12” or 11”X14” or 12”X18”
Please feel free to bring any drawing media of your choice such as: Markers, pens, colored pencils, pen and ink

Limit: 12

Fabric Crafts Group

Thursdays, May 2, 9, 16, 23, & 30 *12 - 2:30 pm: Conference Room 2

If you love to quilt, knit, or crochet, and need a large, sunny space to practice your craft please join us for self-guided sewing time. Bring your sewing machine and supplies and enjoy company as you create! Register at the front desk. **Limit 10**



The Art Group

Fridays, May 3, 10, 17, 24, & 31 *10 – 11:30 am: TechAge

Calling all artists! This is a group of artists that have scheduled time to meet weekly. This is not a class but a time to learn from and support each other. There may be prompts some weeks and opportunities to be outside as well. Please bring your own supplies!

Tour of Rundel Library

Friday, May 3 *11 am – 12:30 pm: Rochester Public Library

Join us for a tour of the Rundel Library including its famous "secret room." Transportation not provided.

The Mourner's Bill of Rights with Marty Golub

Tuesday, May 7 *11 am - 12 pm: Erdle Lounge

This "Bill of Rights" clarifies the individuality of grieving and the need for validation of what we're going through as we grieve. The list is "...intended to empower you to heal and decide how others can and cannot help...to assist you in distinguishing helpful responses from hurtful ones".

Constructive Controversy: How Jewish Tradition Teaches us Respectful Disagreement

Tuesdays, May 7, 14, 21, & 28 *11 am – 12 pm: TechAge

In this series, we will learn about the Jewish concept of "argument for the sake of heaven," an approach to disagreement that encourages greater learning rather than polarization. We'll be studying both ancient and modern texts as well as practicing some methods for constructive controversy. All welcome.



Advanced Beaded Jewelry Making with Lyn
Tuesday, May 7 *12:30 - 1:30 pm: Erdle Lounge

This class is designed for anyone who has participated in classes with Lyn previously. You will be building upon skills and techniques learned in prior classes. All materials will be provided! **Limit 6**

Harriet Tubman with Jerry Bennett
Friday, May 10 *12:30 – 1:30 pm: TechAge

We are excited to welcome Jerry Bennet back to share with us his knowledge on the life of Harriet Tubman.

Mini Chair Massage with Danielle Cowley, LMT
Tuesday, May 14 April 9 *10 – 11:30 am: TechAge Room

We are excited to have Danielle Cowley, local Licensed Massage Therapist, join us to provide mini chair massage. Appointments are scheduled every 10 minutes.

Caregiver Support Services Overview with Stephanie Montero of Lifespan
Tuesday, May 14 *11 am – 12 pm: Erdle Lounge

Please join us as Stephanie provides an overview of Lifespan's Finger Lakes Caregiver Institute (FLCI), which supports families caring for loved ones with Alzheimer's disease, dementia, or memory impairment. We will also learn about URMC's Memory Care Program, which provides evaluation, diagnosis, treatment, and care of patients with cognitive impairment and dementia.



Beyond Books Book Club

Friday, May 17, *10 – 11:30 am: Conference Room 2

Join gifted facilitator, Barbara Brachfeld as she takes us on another book journey!

The Work of Wolves by Kent Meyers “When fourteen-year-old Carson Fielding bought his first horse from Magnus Yarborough, it became clear that the teenager was a better judge of horses than the rich landowner was of humans. Years later, Carson, now a skilled and respected horse trainer, grudgingly agrees to train Magnus's horses and teach his wife to ride. But as Carson becomes disaffected with the power-hungry Magnus, he also grows more and more attracted to the rancher's wife, and their relationship sets off a violent chain of events that unsettles their quiet reservation border town in South Dakota. Thrown into the drama are Earl Walks Alone, an Indian trying to study his way out of the reservation and into college, and Willi, a German exchange student confronting his family's troubled history. In this unforgettable story of horses, love, and life, Carson and the entire ensemble of characters learn, in very different ways, about the strong bonds that connect people to each other and to the land on which they live.” (goodreads.com). **Limit 10**

Celebrating May Birthdays!

Monday, May 20 *10 - 11 am: Erdle Lounge

Come celebrate our members with May birthdays!

Broadway Comes to the JCC! (Part 22)

Monday, May 20 *11 am - 12:30 pm: Lipson Lounge

Come along and listen to the Lullaby of Broadway! Join Bob Sagan, “Broadway Bob,” locally and nationally recognized theater educator and aficionado, for a series of Broadway treasures. Bob brings his passion and enthusiasm for the art form as he brings to life the sounds and excitement of the great American Musical in a lively animated and interactive presentation. During the presentation you will have an opportunity to share your theater going experiences and learn about what is currently happening on the Great Way today. If you are a lover of Broadway musicals, you will not want to miss this fun filled and exciting series. **Limit 25**



Beginner Beaded Jewelry Making with Lyn

Tuesday, May 21 25 *12:30 - 1:30 pm: Erdle Lounge

Join Lyn to make a beautiful, beaded piece of art. All materials will be provided & all experience levels welcome! **Limit 6**

Musical Performance by Junction Jack!

Friday, May 24 *11 am – 12 pm: Erdle Lounge

Stop by the Erdle Lounge for a performance of JCC member Paul Russo's band!

Be Nicer Than You Already Are with Marty Golub

Tuesday, May 28 *11 am – 12 pm: Erdle Lounge

One of the ways to feel better about life is to tap into your already kind nature more mindfully and more often. We will be talking about some easy strategies to make this happen for you. Being nice has so many wonderful benefits for you!

Wellness Wednesday Potluck!

Wednesday, May 29 *1 - 2 pm: Erdle Lounge

Trudy and Lacey host a monthly potluck the last Wednesday of the month after Wellness Wednesday. Please reach out to either of us to sign up to bring something!

Climate Action Opportunities for Older Adults

Friday, May 31 *11 am – 12 pm: Erdle Lounge

Are you concerned about climate change, but not sure what to do about it? Then this presentation is for you! Abigail McHugh-Grifa, Executive Director of the Climate Solutions Accelerator of the Genesee-Finger Lakes Region, will provide an overview of local climate issues and action opportunities that older adults can readily pursue. Come and get your questions answered and learn how you can contribute to creating a healthy, safe environment for future generations to enjoy.

Thank you to all our community collaborators...together we are better!