JFSA CARING AT HOME CONNECTIONS



JULY ACTIVITIES

- IN-PERSON PROGRAMS
- ONLINE PROGRAMS



Joint Program with JFS Columbus
ONLINE CHAIR YOGA

Wednesdays, July 2, 16, 23 | 2-2:45pm ZOOM

Stay healthy with chair yoga!

RSVP to Jenn Miller at 330.867.3388



4TH OF JULY PARTY

Thursday, July 3 | 12-1pm
Jewish Federation of Cleveland
Celebrate freedom with us! Enjoy
a kosher catered lunch and live
entertainment.

RSVP to Sally Feil at 216.378.3438



SEE THE USA GO BIG OR GO HOME

Tuesday, July 9 | 1-2pm

"The Gentle Giant" of 8 11" fame and many other famous individuals call this state home. This state is also the largest state with "do-it-yourself" house kits. Vanity license plates are popular in the state. And if you need a snack while touring "Cloud Gate", this state has the largest bakery in the world.

RSVP to Jenn Miller at 330.867.3388

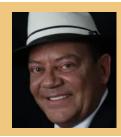


CAFÉ EUROPA LUNCH CLUB

Holocaust Survivors & Spouses Only

Thursday, July 10 | 12-1pm
Jewish Federation of Cleveland
Come enjoy a kosher lunch and listen
to live entertainment.

RSVP to Sally Feil at 216.378.3438



FRANK SINATRA IN CONCERT

Wedneday, July 16 | 12-1pm Jewish Federation of Cleveland Come hear Frank (Damion Fontaine) live at this lunchtime concert. RSVP to Sally Feil at 216.378.3438



TRIP TO THE DOME

Thursday, July 24| Showtime TBD Great Lakes Science Center

Enjoy a movie at the DOME theater. RSVP to Sally Feil at 216.378.3438



BRAIN HEALTH & WELLNESS AGILITY. FRAGILITY & AGING

Thursday, July 24 | 6:30-7:30pm ZOOM Join us for an engaging and informative discussion that delves into the concepts of frailty and agility as they relate to aging. This session will explore the physical, mental, and emotional aspects of agility, examining the key factors that influence how we age and maintain our independence. RSVP to Cassie at



MOVIE CLUB GREENFINGERS

216.504.6485

Wednesday, July 30 | 1-3pm ZOOM

The beauty and delicacy of a flower seem a sharp contrast to the rough exterior of a prison inmate. Today's movie is loosely based on the true story about the award-winning prisoners of HMP Leyhill, a minimum-security prison in the Cotswolds, England, who go on to compete in a national gardening competition. We will briefly discuss the movie after viewing.

RSVP to Jenn Miller at 330.867.3388



CAFÉ EUROPA: POSTURE MADE PERFECT

Holocaust Survivors & Spouses Only

Thursday July 31 | 3-4pm
Jewish Federation of Cleveland
Join local educator Judith Eugene
in this informative class about
posture for sitting, standing, and even
sleeping!

RSVP to Sally Feil at 216.378.3438



JULY CALENDAR

TUESDAY 7/1	WEDNESDAY 7/2	THURSDAY 7/3
	ON-LINE CHAIR YOGA 2-2:45pm	4TH OF JULY PARTY 12-1PM
TUESDAY 7/8	WEDNESDAY 7/9	THURSDAY 7/10
	SEE THE USA: GO BIG OR GO HOME 1-2pm	CAFÉ EUROPA LUNCH 12-1PM
TUESDAY 7/15	WEDNESDAY 7/16	THURSDAY 7/17
	FRANK SINATRA IN CONCERT 12-1pm	
	ON-LINE CHAIR YOGA 2-2:45pm	
TUESDAY 7/22	WEDNESDAY 7/23	THURSDAY 7/24
	ON-LINE CHAIR YOGA 2-2:45pm	TRIP TO THE DOME TIME TBD
		BRAIN HEALTH SPEAKER: AGILITY, FRAGILITY & AGIN 6:30-7:30pm
TUESDAY 7/29	WEDNESDAY 7/30	THURSDAY 7/31
	MOVIE CLUB: GREENFINGERS 1-3PM	CAFÉ EUROPA POSTURE MADE PERFECT 3-4pm





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JFSA Caring at Home helps seniors and other adults manage their independence and live healthier lives.

