

JULY 2025

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



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



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



**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
216.504.6485



**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



**MOVIE CLUB
GREENFINGERS**
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 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



**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



FRANK SINATRA IN CONCERT
Wednesday, 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



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



Additional support from the Hope S.Adelstein and Stanley Adelstein Trusts, the Simon Family Fund, The Berns, Newborn Thomas Endowment Fund



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

