

# SOCIAL PROGRAMS FOR POSITIVE AGING MARCH - JUNE 2025

At JFCS, we invite you to join our vibrant community of older adults! Our programs are designed to facilitate community for you to connect and socialize while enjoying a wide range of educational, cultural, social, and wellness activities. Led by experts in their fields, these engaging opportunities take place at our facility in Bala Cynwyd. Come explore, learn, and thrive with us!

Please note:

- All events and programs are RSVP only. Space is often limited, so opportunities to participate are on a first-come, first-served basis.
- RSVP to Stephanie Walls at 215-320-0351 Line #2. Please leave a message if there is no answer with your name and the date of the program you wish to attend.
- Please note that ALL programs will take place at  
The Brodsky Enrichment Center  
345 Montgomery Ave, Bala Cynwyd, PA

## **Building an Everyday Practice for Joy, Pleasure, and Fulfillment**

**Date: March 21, 11:00am - 12:30pm**

**RSVP by: March 7**

What if you could actively cultivate joy and fulfillment every day? Join Emilia Brintnall and Rebecca Klein from PhIRST to learn what this could look like. This workshop will help you broaden your understanding of pleasure, identify where you find joy and satisfaction, and explore how to integrate more of it into your daily life. Learn what it means to live a pleasure-focused life and move beyond the idea that pleasure is just about sex.

## **Dance Around the World with Asya Zlatina from ARTIST HOUSE**

**Date: April 8, 11:00am-12:00pm**

**RSVP by: March 25**

Listen to music from around the world and follow choreography steps from Asya or move your body however you'd like. Try to guess where the music and dances are from!

## **Soup and Stories**

**Date: April 29 11:00am-1:00pm**

**RSVP by: April 15**

Participants prepare, cook, and share a delicious meal together in JFCS' state-of-the-art teaching kitchen. Lunch will be served.

## Chair Yoga

**Date: May 16, 11:00am-12:00pm**

**RSVP by: May 2**

Come stretch and relax with some yoga! Yoga is a great way to improve your flexibility and strengthen muscles to help prevent falls or other injuries. Join JFCS' Krista Graham for an hour of yoga- no prior yoga skills needed.

## Learn about LGBTQ+

**Date: June 10, 11:00am-12:00pm**

**RSVP by: May 27**

Ever wonder what some of the words and letters you hear mean when it comes to the LGBTQ+ community? Don't worry, you're not alone! Join JFCS' Galia Godel to learn more about the community and how to be good allies. This will help you talk to your grandchildren and understand terms you come across!

## Art Class

**Date: June 17, 11:00am-12:00pm**

**RSVP by: June 3**

Bring out your inner artist! Join JFCS' Kiarra Williams in a fun creative activity. Don't worry, you get to take your creation home!

## **Journaling Class**

**Date: June 24, 11:00am to 12:30pm**

**RSVP by: June 9**

Join us in this introductory workshop and learn how journaling can be a gratifying tool for personal growth and self-discovery. Research supports the benefits of self-expression in physical and emotional well-being.

## **Tasty Travels & The Geography Lady: Myanmar**

**Date: June 27, 11:00am-1:00 pm**

**RSVP by: June 13**

Come explore the world through this one-of-a-kind program. Experience the culture of various regions of the world with Alycia Larson (The Geography Lady). Immerse yourself in the sights, smells, fabrics, and sounds from a different location. After class, eat lunch inspired by the region!