



# AgeWell Day

SOUTHERN ARIZONA

**Tuesday, May 7, 2024**  
**8:45 am to 1:00 pm**

**Enjoy a morning of fun, learning, and camaraderie at AgeWell Day for Jewish community members 60+.**

Take classes, make new friends, and enjoy lunch. AgeWell Day will be held at the Tucson J (3800 E River Rd.)

**Cost to attend is \$5.**

**Please register by May 1st to guarantee your spot.**

**Register today at**  
[jparizona.org/AgeWellDay24](http://jparizona.org/AgeWellDay24)

If you need financial assistance, transportation, or help with registration, contact Arielle Shemesh at JPSA (520) 647-8448.

**AgeWell Day is a collaborative Jewish Ecosystem of Southern Arizona initiative** supported by a generous grant from the Community Fund to Support Jewish Elderly and Disabled managed by the Jewish Community Foundation at JPSA.

## AgeWell Day Schedule:

- **8:45-9:15** Check-in and schmoozing with coffee and muffins
- **9:15-9:30** Orientation and a special comedic welcome
- **9:40-10:30** Session 1 (choose an art, cooking, mindfulness, or storytelling workshop)
- **10:40-11:15** Plenary Session: Connect Jewish Tucson
- **11:25-12:15** Session 2 (choose an art, technology support, fitness, or Jewish learning workshop)
- **12:25-1:00** Lunch and closing discussion

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