



Open to all seniors!

JFCS Center for Senior Enrichment

Something for Everyone!

Check out our ZOOM classes today!

The JFCS Center for Senior Enrichment has a wide variety of enriching classes available each day on Zoom. Most of the Zooms are live and many give you the opportunity to interact.

Interested in the arts? Check out live ZOOMs from the Musical Instrument Museum; the Phoenix Art Museum; the Herberger Theater Lunch Time Theatre; the Arizona Opera and more.

Plus we even give you a chance to sing along with standards and oldies and/or learn drawing and artistic skills.

Looking for exercise and dance? We've got classes in Tai Chi; Zumba Gold; Chair Yoga; varieties of dance, including our "stand or sit" ballet from Ballet Theatre of Phoenix.

General fun and enrichment? Try our Paris virtual experiences with Karen Rudel, live from Paris; or any one of many of our guest speakers, bringing you insight into a multitude of interest areas.

Our Welcome Shabbat program is every Friday at 11, with a guest leader from one of our many local congregations or agencies. Intimate and warm – a perfect way to welcome Shabbat.

We have been thrilled with the response we're receiving to our programming. Since our opening in November of 2020, we have reached thousands of older adults throughout the Valley. Participants comment on the great quality of the programs coupled with the ease of attending! No transportation (or makeup!) needed!

Please check out our programming at: www.jfcsaz.org/events You can view the classes in calendar or list format – decide which ones you want and simply click on the link to register.

Did we mention these are all FREE?!

Hope you'll join us. For additional information, contact Jennifer Brauner, CSE Director at seniorcenter@jfcsaz.org or 602-343-0192.
