
JFSA CLEVELAND & JFS AKRON
ONLINE ACTIVITIES

June 2024



IT'S OUR YEAR: A SERIES ON WOMEN

Jewish Women's Marriage Customs

Tuesday, June 4

1-2pm VIA ZOOM

It is taught that 40 days before a male child is conceived, a divine voice reveals the identity of the woman he will marry, a literal match made in heaven. Join the Museum of Jewish Heritage for an inside look at Jewish women's marriage customs. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



Prescriptions, Over-the-Counter and Mental Health

Wednesday, June 5

1-2pm VIA ZOOM

From online pharmacy sites, prescription coupons and paying in cash at a self-pay pharmacy to purchasing medicine from other countries there are ways to potentially save hundreds of dollars per month. We will also discuss mental health concerns in older adults. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



JOINT PROGRAM WITH JFS COLUMBUS

Chair Yoga

Wednesday, June 5 & June 19

2-2:45pm VIA ZOOM

Stay healthy with chair yoga! Please have a chair without wheels available during the session. There will be some standing exercises included as well. This is a joint program with Jewish Family Services of Columbus. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



SEE THE USA

Voulez-vous des frites avec ça?

Tuesday, June 11
1-2pm VIA ZOOM

If you like to be first, this state is for you. It also launched a campaign to improve basic French comprehension among the service industry. Some very BIG horses call this state home too. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



L'CHAIM

When Light Pierced the Darkness: A Danish Rescue Story

Wednesday, June 19

1-2pm VIA ZOOM

Leo Goldberger was 13 years old when his family received an official warning to go into hiding before escaping to Sweden. His family arrived safely in Sweden just as hundreds of other fishing boats carried nearly every Jew in Denmark to safety. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



IN THE KITCHEN

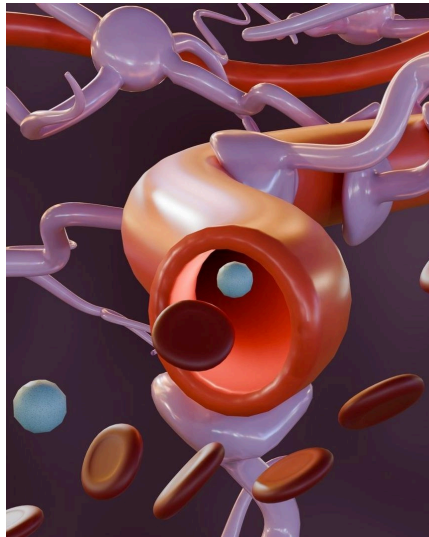
Potlucks

Wednesday, June 26

1-2pm VIA ZOOM

Potlucks have long been a beloved tradition bringing people together over food and community. Whether it's a way to make new friends in an unfamiliar place or celebrate long-held hometown customs, the potluck embodies the power of sharing meals and stories. Join us as we share the history and favorite recipes of potlucks. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



JFSA BRAIN HEALTH & WELLNESS SERIES

Alzheimer's Disease & the Blood Brain Barrier

Thursday, June 27

1-2pm VIA ZOOM

Is the blood brain barrier the key to cognitive health? Ultrasound treatment in Alzheimer's Disease. Can new technology and new medications alter the course of Alzheimer's Disease? Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



MOVIE CLUB

"Nicky's Family"

Friday, June 28

1pm - 3:30pm VIA ZOOM

This film features the nearly forgotten true story of Nicholas Winton, who organized the rescue of 669 Jewish Czech and Slovak children just before the outbreak of WWII. Winton did not speak about these events with anyone for more than half a century. We will briefly discuss the movie afterwards. Free to participate.

[CLICK HERE](#) to register or call 330.867.3388



JFSA helps individuals and families with **solutions** to face life's **challenges** with **confidence**.
