

ADULT STUDIES

Seniors play a crucial role at the 14th Street Y—an inclusive community for neighbors of all ages and stages.

LEARN SOMETHING NEW

Take advantage of educational, social, spiritual, recreational, and Jewish cultural activities provided in our daytime classes. While you stay active in the body and mind through our programs, you're also modeling healthy adulthood for our younger members!

50+ CREATIVE WRITING / OUR OWN NARRATIVES

Wednesdays | June 5, July 10, and Aug 7 | 1:15 – 2:45 PM

Common is the expression, "I could write a story about my life!" This workshop, for those 50+, will offer the opportunity to write about significant times when life gave you both lemons and lemonade. No creative writing experience necessary. Workshop facilitated by Heidi Mandel, PhD, LMSW from The Jewish Board.

M \$15, NM \$30

DAYTIME KNITTING CIRCLE

Mondays | June 3 – Aug 19 | 1:30 – 3:00 PM

Work on your own handiwork projects as you enjoy conversations with other knitters.

M Free, NM \$40, single class \$5

GREAT PLAYS with David Stallings

Tuesdays | July 3 – Aug 20 | 1:30 – 3:00 PM

Led by award-winning playwright and 14Y's Associate Artistic Director & Theater Manager David Stallings, this class is dedicated to readings of significant plays of the 20th Century. The class features special guests from the Golden Age of Broadway!

M Free, NM \$45, single class \$5



LET'S DRAW TOGETHER with Mona Zamdmer

Thursdays | July 11 – Aug 22 | 1:00 – 2:30 PM

Love to draw? Join this non-traditional art class for what teacher Mona Zamdmer describes as "pleasures of the pencil."

M Free, NM \$40, single class \$5

MAH JONGG FOR ALL LEVELS WITH SANDY MAGESIS

Wednesdays | July 3 – Aug 21 | 12:30 – 2:00 PM

Let's play Mah Jongg! This class is for all ages, all genders, and all levels—from beginner to advanced.

M \$40, NM \$80

Learn more at
14StreetY.org/AdultStudies