

Genealogy Master Class



Wednesday, July 9th at 2:00 PM

We are pleased to welcome Joel Spector for a presentation on genealogy, with an emphasis on Jewish ancestral research and historical documentation.

Joel Spector is a respected figure in the field of genealogy. He serves on the Board of the *Jewish Genealogical and Archival Society of Greater Philadelphia* and has previously served as both President and Chairperson of the Society's *Russian Special Interest Group*. His leadership and scholarship

extend to the international level, where he has held the role of *Secretary and Archivist for the International Association of Jewish Genealogical Societies*, and has played a key role in organizing several of its global conferences.

Joel's expertise includes the Russian language—both modern and pre-Revolutionary—and he has delivered numerous presentations on Russian and Ukrainian topics. His research spans multiple historic Russian-language encyclopedias, and he is the creator of a comprehensive index to the *Russian-language Jewish Encyclopedia*, a vital resource for those tracing Jewish heritage across Eastern Europe.

Whether you are just beginning to explore your family's story or have been researching for years, Joel's knowledge, and practical guidance offers an opportunity to connect with your roots. His presentation promises to be both informative and inspiring.

Please join us for this special program as we learn how historical research and genealogy can bring the past to life in deeply personal and rewarding ways.

Seafood Celebration



Thursday, July 31st starting at 3:00 PM

Join us for a afternoon of summer delights and good company! Savor seasonal coastal flavors—including fresh oysters, smoked salmon, and more—followed by live music from the talented Nick Canzanese.

Whether you're a resident or exploring our community for the first time, this is the perfect way to enjoy a taste of summer together.

THE RESIDENCE at Bala Cynwyd

July is Social Wellness Month

By Carin Brastow

This month we celebrate the importance of social wellness and raise awareness about its long-term benefits. It's a perfect opportunity to step beyond your comfort zone, meet new people, and participate in programs that promote your social well-being by nurturing your mind, body, and relationships. Having a strong and quality social support system can provide numerous physical, emotional, and psychological health benefits. Research indicates that social support positively influences well-being in various ways:

- Improved self-esteem through respect and care from neighbors.
- Enhanced coping skills for stressful situations.
- Increased resilience to stress.
- Feeling of belonging and communication with others.
- Positive effects on physical health.
- Alleviation of anxiety and improved mental wellbeing.

While finding ways to strengthen relationships and meet new people may feel challenging, The Residence offers numerous opportunities to connect with others. Alongside the fantastic programs currently available, we will introduce a couple of new initiatives to celebrate Social Wellness Month:

Common Grounds: A chance to get to know your neighbors better over coffee and curated conversations.

Living Your Best Life Series: Kicking off with a discussion about discovering your personal mantra—unique words or phrases that help shift your mindset to align with your values and aspirations. Let's embrace the spirit of July by saying "yes" to new possibilities & programs!



Good Times. Good Friends. *Great Care!*

THE RESIDENCE AT BALA CYNWYD Associates

Kenneth Halsey
Executive Director

Antoinette Flowers
Resident Care Director

Mark Brady
Maintenance Director

Nikita Patel
Business Office Director

Julia Jackson
Resident Engagement Director

Carin Brastow
Business Development Director

Danielle Krout
Sales & Marketing Director

Erin Samsel
Reflections Director

Sadiq Ruffin
Restaurant Operations Director



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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9:00 Strength with Weights
10:00 Outing: Saint Matthias Parish
12:45 Light Aerobic Fitness
1:00 The Long Game (2023)
1:30 Art Workshop with Ayesha
1:30 Philly Senior Stage Glee Club
1:30 Phillies vs Cincinnati
2:45 Sunday Social Hour
6:30 Bridge Club

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9:00 Cardio Walk for Wellness
10:30 Shopping Trip: Whole Foods
11:00 Topics & Trivia
1:30 Rummikub Club
3:00 Livestream: Sacred and Spiritual Dimensions in Contemporary Art
4:00 Community Happy Hour
7:00 Inherit the Wind (1960)
9:45 Phillies at San Francisco

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9:00 Strength with Weights
10:00 Outing: Saint Matthias Parish
12:45 Light Aerobic Fitness
1:00 The Founder (2016)
1:30 Philly Senior Stage Glee Club
1:30 Jewelry Workshop: Bird Nest Necklaces
2:45 Sunday Social Hour
4:15 Phillies at San Diego
6:30 Bridge Club

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9:00 Cardio Walk for Wellness
10:30 Shopping Trip: TJ Maxx
11:00 Topics & Trivia
1:30 BAYADA B-Steady Fitness
2:00 L.A.M.P Presentation with Robert Roy
3:00 McNay Museum: Where do Fashions Come From
4:00 Community Happy Hour
7:00 12 Angry Men (1957)

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9:00 Strength with Weights
10:00 Outing: Saint Matthias Parish
12:45 Light Aerobic Fitness
1:00 Eat Pray Love (2016)
1:30 Philly Senior Stage Glee Club
1:30 Jewelry Workshop: Charm Bracelets
1:30 Phillies vs LA Angels
2:45 Sunday Social Hour
6:30 Bridge Club

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9:00 Cardio Walk for Wellness
10:30 Shopping Trip: Trader Joe's
11:00 Topics & Trivia
1:30 BAYADA B-Steady Fitness
3:00 Docent Memorial Lecture: Caravaggio
4:00 Community Happy Hour
6:45 Phillies vs Boston
7:00 Rear Window (1954)

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9:00 Strength with Weights
10:00 Outing: Saint Matthias Parish
12:45 Light Aerobic Fitness
1:00 Barbara (2017)
1:30 Art Workshop with Ayesha
2:45 Sunday Social Hour
6:30 Bridge Club

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9:00 Cardio Walk for Wellness
10:30 Shopping Trip: Wynnewood Shopping Center
11:00 Topics & Trivia
1:30 BAYADA B-Steady Fitness
2:30 Thomas Jefferson: The Great American Sphinx
4:00 Community Happy Hour
7:00 Vertigo (1958)
7:45 Phillies at Chi. White Sox

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10:00 Refresh Yoga
10:30 Nail Care & Hand Spa
11:00 Anagrams, Word Games, & More
12:00 Bistro Dining
1:30 BAYADA Ice Cream Social
3:00 Flower Arranging Workshop
4:00 Community Happy Hour
6:30 Bridge Club
6:30 Phillies vs San Diego

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10:00 Refresh Yoga
10:30 Nail Care & Hand Spa
11:00 Anagrams, Word Games, & More
11:00 Kismet Bagels Luncheonette
12:00 Bistro Dining
1:00 Learn Something New: Easy Origami
2:00 Barre & Balance
4:00 Community Happy Hour
9:45 Phillies at San Francisco

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10:00 Refresh Yoga
10:30 Nail Care & Hand Spa
11:00 Anagrams, Word Games, & More
12:00 Bistro Dining
2:00 Kiss My Soul Yoga & Aromatherapy
3:00 Flower Arranging Workshop
4:00 Community Happy Hour
6:30 Bridge Club

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10:00 Refresh Yoga
11:00 Anagrams, Word Games, & More
11:00 Catholic Mass
12:00 Bistro Dining
1:00 Short Story Collective
2:00 Barre & Balance
4:00 Community Happy Hour
6:30 Bridge Club
6:45 Phillies vs Boston

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10:00 Men's Group Gathering
10:30 Nail Care & Hand Spa
12:00 Bistro Dining
1:00 Short Story Collective
2:30 How Saba Kept Singing (2022)
4:00 Community Happy Hour
6:30 Bridge Club
7:45 Phillies at Chi. White Sox

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9:00 Ciao Bella Salon
10:00 Foundations of Tai Chi
11:00 Sip & Solve Trivia
12:00 Bistro Dining
1:00 Phillies vs. San Diego
1:30 BAYADA B-Steady Fitness
2:00 Culinary Chats
3:00 Casino Blackjack
3:00 Parkinson's Support Group
4:00 Wine Down Wednesday

9 Barbara B. Birthday

9:00 Ciao Bella Salon
10:00 Foundations of Tai Chi
11:00 Sip & Solve Trivia
12:00 Bistro Dining
12:00 Providence Pet Visits
1:30 BAYADA B-Steady Fitness
2:00 Genealogist: Joel Spector
2:00 Vocalist: Gerry Clark
3:30 Wine Down Wednesday
3:45 Phillies at San Francisco

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9:00 Ciao Bella Salon
10:00 Foundations of Tai Chi
11:00 Sip & Solve Trivia
12:00 Bistro Dining
12:00 The Landing Kitchen
1:30 BAYADA B-Steady Fitness
2:00 Culinary Chats
2:30 Common Grounds
4:00 Wine Down Wednesday

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9:00 Ciao Bella Salon
10:00 Foundations of Tai Chi
11:00 Sip & Solve Trivia
12:00 Bistro Dining
12:30 Stoneleigh: A Natural Garden
1:30 BAYADA B-Steady Fitness
2:00 Who Wants To Be A Millionaire
3:00 Living Your Best Life Series
4:00 Wine Down Wednesday
7:00 Phillies vs Boston

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9:00 Ciao Bella Salon
11:00 Sip & Solve Trivia
12:00 Bistro Dining
12:30 Morris Arboretum & Gardens
1:30 BAYADA B-Steady Fitness
2:00 Culinary Chats
2:15 Phillies at Chi. White Sox
3:00 Rummikub Club
4:00 Wine Down Wednesday

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10:00 Barre & Balance
10:00 REACT Neuro Session (Holiday)
11:00 NYT Crossword & Wordle
12:00 Bistro Dining
1:00 Who Wants To Be A Millionaire
2:00 American History Lecture: Herb Kaufman
2:00 Kiss My Soul Yoga & Aromatherapy
4:00 Community Happy Hour

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10:00 Barre & Balance
11:00 NYT Crossword & Wordle
12:00 Bistro Dining
12:30 Kaiserman JCC: Mahjong Club
1:30 Cardio Circuits
2:00 Resident Council Meeting & August Program Planning Meeting
4:00 Community Happy Hour
6:30 Tile Talk: Scrabble Club

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10:00 Barre & Balance
11:00 NYT Crossword & Wordle
12:00 Bistro Dining
1:00 Nail Care & Hand Spa
2:00 Cardio Circuits
2:30 Ambassador Meeting
3:00 FOX Health Talk
4:00 Community Happy Hour
6:30 Tile Talk: Scrabble Club

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10:00 Barre & Balance
11:00 NYT Crossword & Wordle
12:00 Bistro Dining
12:30 Kaiserman JCC: Mahjong Club
1:00 Nail Care & Hand Spa
1:30 Cardio Circuits
2:00 BAYADA Lecture - Dehydration
3:00 Casino Blackjack
4:00 Community Happy Hour
6:30 Tile Talk: Scrabble Club

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10:00 Cardio Walk for Wellness
11:00 NYT Crossword & Wordle
12:00 Bistro Dining
12:30 Kaiserman JCC: Mahjong Club
1:00 Nail Care & Hand Spa
3:00 Signature Series: Seafood Celebration
4:00 Vocalist: Nick Canzanese
6:30 Tile Talk: Scrabble Club

4 Independence Day

10:00 Strength & Stability
11:00 CL Lecture: Independence Day
12:00 Bistro Dining
1:00 The Statue of Liberty by Ken Burns
1:00 Phillies vs Cincinnati
2:15 Foundations of Tai Chi
3:00 Vocalist: Amy Duckett Wagner
3:30 Stars & Stripes Social
7:00 The Long Game (2023)

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9:00 Ciao Bella Salon
10:00 Strength & Stability
11:00 Categories and Connections
12:00 Bistro Dining
1:00 History Spotlight & Discussion: July 1950
2:15 Foundations of Tai Chi
3:00 Welcome Shabbat
4:00 Wine & Cheese Social
7:00 The Founder (2016)

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9:00 Ciao Bella Salon
10:00 Strength & Stability
11:00 Categories and Connections
12:00 Bistro Dining
1:00 REACT Neuro Session
2:15 Foundations of Tai Chi
3:00 History Spotlight: Rise of the American Suburb
4:00 Wine & Cheese Social
6:45 Phillies vs LA Angels

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9:00 Ciao Bella Salon
10:00 Strength & Stability
11:00 Categories and Connections
12:00 Bistro Dining
1:00 History Spotlight: 1964 World's Fair
2:15 Foundations of Tai Chi
3:00 Family Feud Trivia
4:00 Wine & Cheese Social
7:00 Phillies at NY Yankees



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10:00 Refresh Yoga
11:00 BAYADA B-Steady Fitness
12:00 Bistro Dining
1:00 Travel & Discuss: St. Helena & Azores
1:30 Tai-Chi Flow
2:30 Community Bingo
4:00 Community Happy Hour
4:00 Phillies vs Cincinnati
6:30 Rummikub Club

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10:00 Refresh Yoga
11:00 CL Lecture: Vacations of Yesteryear
12:00 Bistro Dining
1:00 Travel & Discuss: Niagara Falls
1:30 Tai-Chi Flow
2:30 Community Bingo
4:00 Community Happy Hour
6:30 Rummikub Club

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10:00 Refresh Yoga
11:00 CL Lecture: Sounds of Country Music
12:00 Bistro Dining
1:00 SHIELD Check-Ins
1:00 American Masters: Patsy Cline
1:30 Tai-Chi Flow
2:30 Community Bingo
4:00 Community Happy Hour
6:00 Phillies vs LA Angels

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10:00 Refresh Yoga
11:00 CL Lecture: Marilyn Monroe
12:00 Bistro Dining
1:00 Phillies at NY Yankees
1:00 Travel & Discuss: Hong Kong
1:30 Tai-Chi Flow
2:30 Community Bingo
4:00 Community Happy Hour
6:30 Rummikub Club

At a Glance

- 7.1 Ice Cream Social
- 7.3 History Lecture
- 7.4 Vocalist
- 7.9 Genealogy Lecture
- 7.11 Shabbat
- 7.14 L.A.M.P. Presentation
- 7.16 Common Grounds
- 7.23 Living Your Best Life Series
- 7.31 Seafood Celebration

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

- Continued Learning
- Arts & Culture
- Physical Fitness
- Community Connections
- Wellness & Self-Care