

FOR IMMEDIATE RELEASE



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**Robert E. Loup Jewish Community Center Hosts
Jewish Aging Mastery Program for Older Adults**

Ten-week long program provides courses for adults to help age gracefully

DENVER, Colo. – April 13, 2017 – To provide baby boomers in the Denver area with programming to assist in aging successfully, [The Robert E. Loup Jewish Community Center](#) (JCC Denver) is offering the Jewish Aging Mastery Program (JAMP) from April 26-June 28. The ten-week long program incorporates Jewish values and perspectives into aging courses.

The program includes one 90-minute course per week on Wednesdays from 10:15-11:45 a.m. Courses are held at the JCC Denver and are focused on different topics impacting older adults. Courses are taught by experts from the community in each field. The program combines goal setting, daily practices and peer support to help participants make meaningful changes in their life. JAMP encourages mastery, helping adults achieve sustainable behaviors that will lead to improved health, stronger financial security, enhanced wellbeing and increased connectedness to communities.

“JAMP is an expansion of the JCC Denver’s older adult and intergenerational program,” said Debbie MacKillop, Coordinator of Older Adult & Intergenerational Programs at the JCC Denver. “The JCC is an intergenerational village; people of all ages already use the JCC. JAMP intentionally creates connections among different generations and helps expand the programming offered at the JCC for older adults in Denver.”

Courses include but are not limited to:

- Jewish perspectives on aging each week
- Exercise and falls prevention
- Advanced planning
- Greater financial stability
- Healthy relationships
- Community engagement

The Aging Mastery Program was created through the National Council on Aging. In 2016,

the JCC Denver was one of six pilot programs offering the Aging Mastery Program (AMP). Of the six pilot programs, the JCC Denver is the only organization in Colorado to pilot the Jewish Aging Mastery Program. JAMP gives Jewish adults the benefits of AMP aging well classes with the added layer of incorporating Jewish values and beliefs. This is the second time the course is being offered.

Attendees can include anyone who is approaching or experiencing older adulthood or retirement, those who are helping an aging parent, or those who want to learn more about health and wellness that critically impact the older adult population.

JAMP costs \$150 per person for the entire ten-week program. All courses are held in the Phillips Social Hall at the Robert E. Loup Jewish Community Center located at 350 S. Dahlia Street in Denver.

To register, email Debbie MacKillop at dmackillop@jccdenver.org or call 303-316-6324. Space is limited and registration is required. For more information visit www.jccdenver.org.

ABOUT ROBERT E. LOUP JEWISH COMMUNITY CENTER

The [Robert E. Loup Jewish Community Center](http://www.jccdenver.org) (JCC Denver) serves the metro-Denver area through educational, social, cultural, fitness, sports and other programs that are rooted in Jewish values. The J's mission is to build a community, rooted in Jewish values, where everyone feels like they belong. The J's six program areas focus on connection, community and well-being and include: a robust fitness, sports and aquatic center; Early Childhood Center; Family Programs including a variety of courses for kids and families; the Mizel Arts and Culture Center (MACC) which offers Denver Children's Theater, JAAMM Fest (Jewish Arts, Authors, Movies & Music), Denver Jewish Film Festival, Wolf Summer Theater Academy, Art Academy and adult art classes; intergenerational programming; summer camps including Ranch Camp and Camp Shai; and Jewish learning and enrichment programs. The JCC Denver is located at 350 S. Dahlia St. in Denver. For more information, visit www.jccdenver.org or call (303) 399-2660.

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