

Fall 2019 PROGRAMS



**JCC
PGH**

NURTURING PEOPLE
CONNECTING COMMUNITY
EACH DAY
THROUGH EVERY AGE
INSPIRED BY JEWISH VALUES



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The JCC is open and accessible to everyone, regardless of age, race, religion, national origin, sexual orientation, gender identity, gender expression or special need by welcoming individuals of all backgrounds, embracing their uniqueness and diversity under our communal tent.

The JCC is an Equal Opportunity Employer and does not unlawfully discriminate on the basis of any status or condition protected by applicable federal or state law.

BUILDING HOURS

Monday-Thursday, 5:30 am-9:30 pm
 Friday, 5:30 am-6 pm
 Saturday, 8 am-6 pm
 Sunday, 8 am-6 pm

Early Childhood Development Center
 Monday-Friday, 7 am-6 pm

FOR MORE INFORMATION

General Inquiries 412-278-1975
 Membership 412-446-4774
membershipsouthhills@jccpgh.org
 Financial Assistance..... 412-697-3525
 Donations..... 412-697-3510
 Employment..... 412-339-5418
 JCC South Hills Fax..... 412-446-0146
 JCC Squirrel Hill Phone 412-521-8010
 Rentals..... 412-697-3503

JOIN US!
124TH JCC ANNUAL MEETING
MONDAY, SEPTEMBER 9
JCC SQUIRREL HILL
6:15 PM

CLOSINGS

Labor Day, Monday, September 2
 Fitness facilities open 8 am-2 pm
 Family Park in Monroeville, 11 am-7 pm

Rosh Hashanah
 Building closes at 5 pm on Sunday, September 29
 Closed Monday, September 30
 Closed Tuesday, October 1

Yom Kippur
 Building closes at 5 pm on Tuesday, October 8
 Closed Wednesday, October 9

Sukkot
 Building closes at 5 pm on Sunday, October 13
 Closed Monday, October 14

Shemini Atzeret
 Building closes at 5 pm on Sunday, October 20
 Closed Monday, October 21

Thanksgiving, Thursday, November 28
 Fitness facilities open 8 am-2 pm

Christmas Eve and Christmas
 Tuesday, December 24: open 5:30 am-6 pm
 Wednesday, December 25: open 8 am-6 pm
 ECDC closed

New Year's Eve and New Year's Day
 Tuesday, December 31: open 5:30 am-6 pm
 Wednesday, January 1, 2020:
 Fitness facilities open 8 am-2 pm

PITTSBURGH RESILIENCY CENTER: 10/27 HEALING PARTNERSHIP

The JCC has joined with a number of local organizations to form the 10/27 Healing Partnership (The 10/27), a federally-funded resiliency center, to provide community members impacted by the October 27 synagogue shooting a dedicated space for healing and support.

Located on the upper level of the Kaufmann Building, The 10/27 is open to all neighbors—both JCC members and beyond. The 10/27 will connect with outside agencies for therapy services, while providing training opportunities and wellness programming.

For more information:
 Maggie Feinstein
 Director of the 10.27 Healing Partnership
 Upper Level, Kaufmann Building
 412.339.5416



Early Childhood Development Center

Young children are offered daily opportunities to encounter many types of materials, many points of view, working actively with hands, minds and emotions, in a context that values the expressiveness and creativity of each child in the group. Together we're helping to raise future citizens of the world who will advocate for themselves, welcome guests to the table and be upstanders for friends and strangers alike.



For information and to schedule a tour
Gina Crough, Associate Director
Early Childhood Development Center
gcrough@jccpgh.org
 412-278-1786

The JCC's Early Childhood Development Center is a warm, welcoming and diverse community for children 6 weeks to 5 years old. At our ECDC you can trust your child is safe, secure and engaged by nurturing professionals who encourage your child to grow and thrive.

We offer a program that views young children as capable and full of potential; as people with complex identities, individual strengths and capacities, and unique social, linguistic and cultural heritages. We believe that discovery and play are a young child's most important "work." We provide countless opportunities for children to develop skills and confidence, as well as the environment and freedom for children to have fun!

Our staff considers parents our partners. We welcome your input and strive for ongoing communication between home and school. Together, we can foster your child's feelings of self-worth, independence and success.

At ECDC, we promote universal values, encourage children to appreciate diversity and provide an environment that promotes acceptance and a sense of belonging.

WHAT MAKES ECDC SPECIAL

- Indoor swimming pool with structured water play
- Double-court gymnasium
- Jewish holidays and customs
- Two fenced-in age-specific playgrounds
- MARCI LYNN BERNSTEIN outdoor playground with wheelchair access
- Escorts to JCC enrichment classes
- Gross motor play in our gym
- Nature with Scott Conservancy
- Music with Sally Mathews
- Jewish culture with Karen Morris



AGE GROUPS AND SCHEDULES

Monday through Friday
 7 am-6 pm or 9 am-3 pm

Infants: 6 weeks through 14 months old
 Tots: 14 months to 2 years
 Toddlers: 2-year-olds
 Preschoolers: ages 3-5

Kindergarten Readiness

Full-time option for children who need another year of preschool or who just miss the cut-off for kindergarten due to their birth date. The program includes instruction in math, literacy and art, as well as Judaics, music, nature and swim lessons. The children go on monthly field trips to places such as the Duquesne Incline, Mt. Lebanon Police Department, Mt. Lebanon Fire Department and the park.

KINDERGARTEN ENRICHMENT

Our enrichment program for kindergartners has morning and afternoon options. Children explore monthly themes such as Pittsburgh, Children Around the World and Our Amazing Selves through projects, field trips and special visitors. The program includes music, nature and swim lessons. Space is limited.





Aquatics

JCC Aquatics is more than just a pool: We are an education center, a social hub and a place for fun. Whether you are a beginner or an accomplished swimmer, our friendly, qualified staff will assist you in reaching your goals. At the JCC, everyone can experience the benefits of swimming—from health and wellness to the important life skill of learning to be safe in and around the water.



JCC sailfish swim school

Jamie Nathan, jnathan@jccpgh.org
412-278-1790

Guppy and Me: ages 6-24 months
Parent/child class where songs and games are used to build confidence in the water.

Tadpoles: age 2
(Parents do not get in the water)
Children learn to get in and out of pool unassisted, blow bubbles, put their face in the water, practice front and back floats with support, explore arm and leg movements and kicking on their front and back with support.

Jellyfish : ages 3-5
Children practice five continuous bobs. They practice unsupported front and back floats (starfish float) and front glide with their face in for 1 body length—superman glide or streamline position.

Catfish: ages 3-5
Children combine arm and leg action for freestyle and backstroke. Beginner breathing techniques are introduced.

Starfish: ages 6 -12
Children practice unsupported front and back floats and start to combine arms and legs for four strokes of freestyle.

Goldfish: ages 6-12
Children practice bobbing/treading while moving to safety in chest-deep water. Freestyle rotary breathing will be the main focus along with perfecting backstroke arms and legs.

Dolphins: ages 6-12
Children learn to swim underwater and tread in deep water. They practice freestyle with rotary breathing and backstroke. Breaststroke will be introduced.

Sharks: ages 6-12
Children refine freestyle and backstroke, perfect breaststroke and are introduced to butterfly and open turns.

Aquadults ages 13+
Aquadults classes are designed to help beginner swimmers regardless of their starting point. Aquadults group lessons are ideal for adults who have never learned to swim, have a fear or hesitation of the water or want to perfect their swimming stroke.

Beginner: Get comfortable in the water, learn breathing and buoyancy techniques, floating, gliding, and kicking. The class will introduce freestyle, backstroke, and sidestroke.

Intermediate: Learn breaststroke and refine freestyle and backstroke skills. Rotary breathing is introduced.

Advanced: Focus on more advanced techniques, such as flip turns and refining of the four competitive strokes for efficiency and speed.

Private Swim Lessons

Group lessons don't fit in your busy schedule? Try private lessons. Our instructors will work with you or your child's needs.

\$37/half-hour; 6 classes/\$33 each
10 classes/\$30 each

CLASS DATES AND FEES

Sunday classes

September 8-October 20.....\$98
November 3-December 15\$98

Monday classes

September 9-October 28.....\$70
No class September 30, October 14, 21
November 4-December 16\$98

Tuesday classes

September 10-October 29\$84
No class October 1, 8
November 5-December 17\$98

Wednesday classes

September 11-October 30\$98
No class October 9
November 6-December 18\$84
No class November 27

Thursday classes

September 12-October 24\$98
No class October 1, 8
November 7-December 19\$84
No class November 28

CLASS DAYS AND TIMES

Guppy and Me: ages 6-24 months

Sundays.....9:30 am
Tuesdays9:30 am

Tadpoles: age 2

Sundays 10 am
Mondays 2:30 pm
Tuesdays 6 pm
Wednesdays 2:30 pm

Jellyfish: ages 3-5

Sundays..... 10:30 am
 Mondays..... 10 am
 Tuesdays..... 6:30 pm
 Thursdays..... 10 am

Catfish: ages 3-5

Sundays..... 11 am
 Mondays..... 10:30 am
 Tuesdays..... 7 pm
 Thursdays..... 10:30 am

Starfish: ages 6-12

Sundays..... 11:30 am
 Thursdays..... 6 pm

Goldfish: ages 6-12

Sundays..... Noon
 Thursdays..... 6:30 pm

Dolphins: ages 5-12

Sundays..... 11:30 am
 Wednesdays..... 6 pm
 Thursdays..... 11 am

Sharks: ages 5-12

Sundays..... Noon
 Wednesdays..... 6:30 pm

Aquadults: ages 13+

Sundays..... 12:30 pm
 Thursdays..... 7 pm

JCC South Hills Sailfish: ages 6-12 Competitive Swimming Introduction

Children practice all four competitive swim strokes. Emphasis is on complete swimming techniques such as streamline turns, finishes and endurance training. Children must try out to participate.

Tuesdays and Thursdays..... 6:30-7:30 pm
 September 10-December 19
 \$200

Sailfish Invitational Swim Meet at the JCC South Hills

Come and cheer our youth swimmers.
 Sunday, November 17
 2-4 pm

Lifeguarding Certification

Please call in November for winter dates.

Splashball: ages 5-12

Splashball introduces the sport of water polo, in a fun, easy-to-learn experience that will motivate kids to swim and stay fit. Children must swim at a Level 3 minimum.

Thursdays, 6:30-7:15 pm
 November 7-December 12..... \$120

AQUATIC FITNESS

Arthritis Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. Must have a physician's referral to participate in this program.

Mondays and Fridays..... 10-11 am
 Tuesdays and Wednesdays..... Noon-1 pm
 Free for JCC members
 \$90/20 classes/community

SilverSplash

Short bursts of cardiovascular aerobic exercise are combined with a series of strength, flexibility and balance exercises using a specially designed SilverSneakers® kickboard.

Sundays..... 12:30-1:30 pm
 Mondays and Thursdays..... 1-2 pm
 No fee

Aqua Groove

This high-intensity class will focus on endurance and resistance training in an enjoyable atmosphere set to music.

Fridays..... 11 am-noon
 No fee

New! Aquafit

This high-intensity aerobics class features water plyometrics and resistance equipment.

Saturdays..... 8:30-9:30 am
 No fee



special needs

The JCC serves individuals with special needs by mainstreaming them into JCC programs such as day and overnight camp as well as providing programs dedicated to their needs. We encourage every interested person with a mild to moderate disability to participate.

TEEN AND YOUNG ADULT CENTER

Rachael Speck, rspeck@jccpgh.org
 412-697-3537

Monday-Friday, 2-6 pm, Year-round
 Participants can attend 1-5 days per week
 JCC Squirrel Hill

Led by Lynne Carvell, the Teen and Young Adult Center at the JCC in Squirrel Hill provides afternoon programming for teens and young adults who face physical, intellectual or mild emotional and behavioral challenges.

The program includes a variety of activities—sports, art projects, dancing, singing, movement games, excursions to the Carnegie Library and swimming. The focus is on participants' growth and development of life skills.

Lynne Carvell has coordinated the JCC Teen and Young Adult Program since 2007. She has many years of experience working with children and adolescents with intellectual disabilities in a variety of settings. Prior to working at the JCC, she worked for Western Psychiatric Institute and Clinic as a therapeutic staff support person and as a TSS at the JCC's after-school Clubhouse program.

All interested potential members can try the program for a three-day trial period with their parent(s) or caregiver.

For more information or to schedule a trial period, please contact Lewis Sohinki at 412-697-3537 or lsohinki@jccpgh.org.

GESHER PROGRAM AT EMMA KAUFMANN CAMP

Rachael Speck, rspeck@jccpgh.org
 412-697-3537

The Gesher program serves high-functioning teens with special needs. Participants engage in their favorite camp activities such as ropes course, water-tubing and horseback riding. Campers learn teamwork, independence and Jewish culture. Interaction with other campers and integration into activities with groups of all ages is a focal point of our program.

EARL LATTERMAN FAMILY JEWISH SINGLES SOCIAL NETWORK,

Marty Brown at 412-422-6720

A social group for young adults, ages 20 and up, with mild to moderate developmental disabilities. This group meets twice monthly at the JCC Squirrel Hill for programming meetings overseen by a staff advisor and enjoys outings and activities they have developed on the alternating Tuesdays in the community.

Tuesdays
 6:30-7:30

VIOLET AND JOSEPH SOFFER FOUNDATION AND FAMILY SPECIAL OLYMPICS

Ellen McBride, 412-731-6185

Free individualized training at the JCC Squirrel Hill for anyone over age 8 with cognitive delays. Please call for start dates.

Basketball
 Sundays, Noon-1 pm

Swimming
 Tuesdays, 5-6 pm



dance

PHILIP CHOSKY PERFORMING ARTS PROGRAM

Kathy Wayne, Dance Director
kwayne@jccpgh.org
 412-339-5414

Director

Kathy Wayne, Dance Director, is a graduate of Point Park College with a B.A. in dance. Her professional credits include Tokyo Disneyland, Caesar's Atlantic City and many productions with the Pittsburgh Playhouse.

Philosophy

Our goal is to help children gain poise, flexibility, strength and an appreciation for the art of dance.

Dress Code Requirements

Hair must be pulled back, longer hair should be in a bun or pony tail.

Ages 3-4

- Pink or Black leotard
- Pink tights
- Pink ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class

Ages 5 and up

- Pink or black leotard
- Ballet skirts are permitted
- Jazz pants permitted
- Pink or black tights
- Pink ballet slippers (no foam slippers) required for ballet class
- Black tap shoes required for tap class
- Black jazz shoes required for jazz class

Boys

- Black pants or tights
- White T-shirt

Ballet

Classes consist of barre and center floor exercises. Students advance based on their ability to perform given steps.

Tap

Rhythm, musicality and sound clarity skills are introduced; each level builds on the previous one. Dancers learn a vocabulary of tap steps that will be used to develop fun and interesting choreography. Students advance based on their ability to perform given steps.

PRESCHOOL CLASSES

Little Stars 1: ages 2½-3

A series of music and creative movement classes that celebrate your child's natural ability to move in an expressive way. These weekly 30-minute classes are designed to engage children through group and individual participation, which is vital for early childhood development.

Wednesdays

3-3:30 pm

September 11-December 18..... \$175

September 11-May 13 \$368

Little Stars 2 Creative Movement: ages 3-4

Our tiny dancers will build strength, flexibility and body awareness, as well as gross motor skills, coordination and posture. A blend of basic dance movement and the use of props make this a fun beginner class.

Fridays, 3-3:30 pm

September 13-December 20..... \$175

September 13-May 15 \$368

Shooting Stars Pre-Ballet and Tap: ages 4-5

Beginning tap and ballet skills and terminology are taught with an emphasis on coordination and musicality.

Wednesdays

3:30-4:15 pm

September 11-December 18..... \$182

September 11-May 13 \$384

SCHOOL-AGE CLASSES

Ballet/Tap 1: ages 6-8

Fridays

4-5 pm

September 13-December 20..... \$210

September 13-May 15 \$448

Ballet/Tap 3: ages 7-9

Fridays

5-6 pm

September 13-December 20..... \$210

September 13-May 15 \$448

Private Dance Instruction

\$50/hour; \$320/8 one-hour classes
 \$25/half hour; \$175/8 half-hour classes

Duet Dance Lesson

\$45/hour; \$280/8 one-hour classes
 \$25/half hour; \$160/8 half-hour classes

ADULT CLASSES

Beginning Tap

Wednesdays

6-7 pm

September 11-November 27

Intermediate Tap

Wednesdays

5-6 pm

September 11-November 27

\$99; \$110/community

Drop-in: \$10/member; \$14/community

Silver Show Tunes

Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

Fridays

2-2:50 pm

September 13-October 18

October 25-December 6

No class November 29

Dance Studio

\$30/session/members; \$42 session/community

Line Dance

Learn all the popular line dances and a few more in this lively class.

Fridays

1-2 pm

September 13-November 1

\$35/member; \$48/community

Drop in: \$6/member; \$8/community



children

Jason Haber, 412-278-1782
jhaber@jccpgh.org

J DAYS

Grades K-6

J Days are offered when Mt. Lebanon and/or the Upper St. Clair schools are not in session. J Days include games, gym time, free swim, special field trip or in-house activity and snack. Bring a dairy lunch, beverage, swim suit, towel and gym shoes. No extra spending money is necessary.

When school is canceled for inclement weather No school, no problem! We will conduct a J Day program. Please call the JCC, 412-278-1975, at 7 am to verify start time. We follow the Mt. Lebanon and Upper St. Clair school closings.

9 am-3 pm
 \$65/day/child

Before Care (7-9 am): \$8/day
 After Care (3-6 pm): \$15/day
 Before and After Care: \$20/day

Scheduled J Days

August 12-23
 October 31
 November 27
 December 23, 24, 26, 27, 30

Check your email for details about the activities for each J Day.

KIDS NITE OUT

Ages 3-12

Parents enjoy a night out while the JCC takes care of the kids. Children are grouped by age. Activities include sports, music, arts & crafts, color wars and much more, with a sleepover coming in December.

Saturdays
 6-10 pm
 \$40/child; \$20/sibling
 \$60/community
 Sleepovers: \$75/child; \$35/sibling;
 \$100/community
 Dates TBA

BIRTHDAY PARTIES

Ages 2-12

Celebrate your child's birthday at the JCC South Hills. We set up and clean up, and supply paper products, invitations and supervision. All parties are two hours and cost \$350. Parties are priced for up to 20 children. Additional guests: \$4 each. Maximum guest count is 30, children and adults included.

Includes a free one-day guest pass for families of your invited guests for the day of the party

PARTY THEMES

Games Galore: ages 5 and under

Parachutes, Mr. Fox, Freeze Dance, Four Corners, Duck Duck Goose and more.

Sports Party

Wiffleball, kickball, soccer, hockey, relay races and more.

Swim Party: ages 5-12

Relay races, cannon ball competitions and much more.

Create Your Own Party

We provide the space, supervision and party supplies—you provide the program and refreshments.

When you book a party with the JCC, you will get a FREE Kids Nite Out for one child.

REFER YOUR FRIENDS TO THE JCC FOR BIG SAVINGS

YOU get one month FREE for each membership referral. EACH FRIEND gets one month FREE upon joining (General Membership). Be sure your friends give us your name when they join.

For more information, call 412-446-4774.

Valid for new members or lapsed memberships of greater than one year. Not valid for SilverSneakers®, Platinum, Silver&Fit, Prime and Active&Fit memberships.





preschool sports

Steve Manns, smanns@jccpgh.org
412-278-1781

Growing up Gritty: ages 4-5

Growing Up Gritty is a physical education program that works to develop positive mindset through movement. Spinning, crawling, jumping, balancing, rolling and climbing are first introduced as separate skills, then combined for practical purposes in the form of games and challenges.

Tuesdays and Thursdays
October 8-December 12

Age 4 3:15-3:45 pm
\$190

Age 5 2:30-3:15 pm
\$190

Little Ninjas: ages 3-5

Ed Feldman, head youth instructor of the Pennsylvania Martial Arts Academy, offers an introduction to martial arts. Children learn self-defense, coordination and body awareness. Uniforms are not mandatory.

Mondays 2:30-3 pm
October 28-December 16
\$120

Floor Hockey: age 5

Our JCC youth sports coach teaches children the basics of hockey and good sportsmanship.

Fridays 2:30-3 pm
September 13-December 13
\$130

Mighty Kicks Soccer: age 3-5

Mighty Kicks is a nationwide soccer franchise with an innovative curriculum that introduces the positive character strengths proven to have a direct impact on achievement and success in sports, school and life. Kids develop motor, team and social skills while learning the game of soccer with Coach Sam Bellin.

Wednesdays 2:30-3 pm
October 23-December 11
\$80

T-Ball: age 3-4

Children learn the basics of T-Ball and good sportsmanship.

Fridays 3-3:30 pm
September 13-October 25
\$70



basketball

Steve Manns, smanns@jccpgh.org
412-278-1781

The JCC South Hills is partnering with the McConnell Basketball Academy to provide elite basketball training in form shooting, ball handling, passing, first step moves, finishing moves, footwork and timing, as well as conditioning. Kids will have the opportunity to work directly with legendary Coach Tim McConnell and Coach Rico to enhance their overall skills in all elements of the game.

Register at the Front Desk. Classes are on-going; you can join at any time.

Sundays

Boys and girls: K-grade 3 10:30-11:30 am
Girls: grades 4-9 11:30 am-1 pm
Boys: grades 4-9 1-2:30 pm

Wednesdays

Girls: grades 4-9 6-7:30 pm
Boys: grades 4-9 7:30-9 pm

4 sessions: \$120; \$140/non-JCC members
8 sessions: \$200; \$220/non-JCC members

Walk-in: \$35

Coach McConnell is a highly acclaimed Western Pennsylvania basketball coach who has made McConnell the trademark name in basketball throughout Pittsburgh, as well as nationally. In addition to being one of the "winning-est" coaches in Western PA, Coach McConnell has helped develop his own children into highly successful players.

Coach Unrico Abbondanza was a 4-year starter for Lock Haven University. During his time there, he amassed 1,400 points and was able to establish school records in points, rebounds, assists and steals. Rico was a 3 time All-PSAC player and was most commonly known for his ability to get to the hoop with high flying finishes.



Fitness

Enriching the lives of every body by providing innovative fitness and wellness programming, reflective of Maimonides' 12th-century words—*guf bari v'shalem*—the health of the soul cannot be achieved without taking care of the body.



PERSONAL TRAINING

Steve Manns, smanns@jccpgh.org
412-278-1783

One-on-One Private Workout

Live life to the fullest! Let us help you look good and feel great. Your personal trainer will customize a program designed just for you and guide you to experience a life-changing transformation through safe, enjoyable workouts. Get started today!

Fitness Assessment

Our trainers evaluate cardiovascular fitness, muscular strength, endurance and flexibility, in addition to testing blood pressure and body fat composition.

\$20; \$10/retest
\$5/body fat composition only

Next Steps

JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long-term fitness and wellness. Enroll for as little as \$33 per half hour when you purchase 10 sessions.

Personal Exercise Prescription

If you are stuck in an exercise rut or not getting the results you want, consider an exercise prescription. If you can work out and follow a program without instruction, this is a great alternative to personal training that includes:

- One-hour assessment and consultation with personal trainer
- Individualized six-week training program
- Weekly phone consultation
- Personal training session at the end of six weeks to measure progress

\$150

Additional prescriptions

- Individualized six-week training program
- Weekly phone consultation
- Personal training at the end of six weeks

\$75

PERSONAL TRAINING FEES

Adults	Hour	Half
4-11 sessions	\$68	\$44
12-47 sessions	\$63	\$40
48+ sessions	\$58	\$36

Ages 17 and under	Hour	Half
4-11 sessions	\$54	\$35
12-47 sessions	\$52	\$33
48+ sessions	\$50	\$31

Single Sessions	Hour
Adult	\$72
Age 17 and under	\$56

Discount of up to 10% for Platinum Fitness members

WELLNESS

Bonnie Livingston, blivingston@jccpgh.org
412-278-1781

8 Weeks to Weight Control and Optimal Health

Join Bonnie Livingston as we break down the steps to a healthy lifestyle following Dr. Wayne Andersen's *Habits of Health* and workbook *Living A Longer, Healthier Life*.

Mondays 6-7 pm
October 28-December 16
\$99, includes textbook and workbook

Mindfulness Practice

Mindfulness is the psychological process of bringing one's attention to the present moment, which can be developed through training. Practitioners frequently experience greater well-being and reduction of stress. Each month we'll introduce various exercises that can be practiced through self-study. Please bring notebook/journal and pen.

First Thursday of the month
Begins September 5
4-5 pm
Free for members; \$5/community

Guided Meditation

All are welcome to this 30-minute free guided meditation to reduce stress and learn techniques to help quiet the mind, increase focus, improve clarity and generate well-being.

Thursdays, 6 pm

Moonlight Yoga

Come flow in our back yard under the harvest moon, weather permitting, for a one-hour yoga practice.

Thursday, September 12
7:30-8:30 pm
\$5/members; \$15/community

Chair Massage and Reiki

\$1/minute
10-, 15-, 20- or 30-minute options

Primal Health Coaching

Steve Manns, smanns@jccpgh.org or 412-278-1783

Primal Health Coaching supports maximum vitality and well-being through the integration of strategies across a broad spectrum of lifestyle dimensions including nutrition, fitness, sleep, stress management, sun, play and enrichment.

\$700/12 weeks; even week sessions are a half-hour and odd weeks are an hour

The 30/30 Series: Nutrition and Fitness

How you eat, drink and move plays a major role in keeping your health at its peak. This six-week program includes a 30-minute workout and 30 minutes devoted to nutrition— health tips, recipes, meal plans, and more. Led by Dana Kennedy, licensed nutritionist and certified group fitness instructor.

Sundays, 1-2 pm
September 8-October 13
\$60
Loft

GROUP EXERCISE

Elaine Cappucci
ecappucci@jccpgh.org
412-446-4773

Classes marked with an asterisk* are FREE to all JCC members. ALL classes are free for Platinum members. Complete schedule available at JCCPGH.org and in the JCC lobby.

Absolute Abs*

Forget those ordinary old sit-ups. This 50 minute class will take your core workout to another level. With a little creativity and a stability ball, you will get a core you adore!

Active Express*

This class will give you a great light impact cardio session in 30 minutes using the step, with moves choreographed to fun and inspiring music.

Boot Camp

This intense, high-energy class will get your weekend off to a great start! Work on strength, cardio, endurance and functional fitness with a variety of drills and equipment in our gym.

Core Conditioning*

Get a stronger core in this 30 minute focused class that includes a blend of strength, stability and traditional core exercises.

Group Active*

Group Active is perfect if you are new to exercise or have not exercised in a long time. Also ideal for the super busy and fit who need to get it all - cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!

Group Blast*

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. Have a Blast!

Group Centergy*

Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Group Power*

Group Power will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Beginner Yoga

Learn the essence of relaxation through stretches, postures and improved breathing techniques in this 45-minute class.

HIIT Express*

Get in a quick workout in this 30-minute, high intensity interval training class that combines strength training with high intensity cardio bursts. With great music and old school moves, you will get your morning off to a great start.

Jungshin Calm

A gentle 45-minute workout for anyone wishing to experience beginner-level martial arts-based sword training using a 41" wooden sword. Focus will be on strength, breath, range of motion and balance. Participants will have the option to stand or sit on a stability ball or chair.

Stretch and Strength

Yoga-based movement and functional exercises will help you get stronger and more flexible.

Spartan Strong

Conquer mental and physical challenges in this group workout inspired by the Spartan Race.

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

TRX Fusion

All the benefits of the TRX class, with interval training added in, so this class takes your TRX training to the next level.

Yoga

Excellent for all levels from beginner to advanced, this class is a flowing, dynamic yoga practice that cultivates presence by connecting movement with breath and focuses on body alignment, physical conditioning and mindfulness.

Zumba *

This Latin dance-based class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This is a total body workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, with great music and lots of fun.

GOODMAN SHORTSTOP BABYSITTING

Register by calling 412-278-1785; leave a voice mail.

Babysitting is available for children 6 weeks to 5 years of age while parents exercise. Buy coupons at the Front Desk.

Hours

Sunday 9:30 am-12:30 pm
Monday-Friday 9 am-11:30 am
Monday-Thursday 5:30-8 pm

\$7/child/hour
\$30/month unlimited usage
(one per child).

Parents must stay on JCC property.

PLATINUM MEMBERSHIP

If you participate in many fitness activities, you will save money!

Join Today For These Benefits

- All group exercise classes are free, including boot camp, yoga, TRX, Spartan Strong, Jungshin Calm and Sprint Club
- Up to 10% off personal training
- Access to the Platinum facilities and discount on massage in Squirrel Hill

To become a Platinum member, contact Frieda Lalli at 412-446-4774

TEEN FITNESS CERTIFICATION

Steve Manns, smanns@jccpgh.org or 412-278-1783

This 90-minute orientation MUST be completed by teens ages 13-15 prior to using the fitness equipment.

\$45/group session
First Tuesday of the month, 6 pm
\$60/private session with a trainer

SPORTS READINESS

Steve Manns, smanns@jccpgh.org or
412-278-1783

Small Group Basketball Lessons

Private sessions offer a vast number of repetitions in the areas of shooting, ball handling, explosive finishing moves, footwork, and conditioning to help players reach their goals in basketball. Email Steve for details.

Spartan SGX Training

Ten weeks of intense training to prepare you for the ultimate physical test, the Spartan Race.

Tuesdays and Thursdays

6:15-7:15 pm

October 10-December 10

\$80/Platinum; \$160/member

\$240/community

Does not include the cost of the race.

SPORTS & REC

Steve Manns, smanns@jccpgh.org
412-278-1783

Ping Pong

Sundays, 3-5 pm

Free for members; \$5/community

Pick-up Volleyball

Sundays, 4-6 pm

Free for members; \$5/community

Pick-up Basketball

Sundays, 8-10 am

Side B of the Gym

Free for members; \$5/community

Pickleball

Pickleball is a paddle sport with combined elements of tennis, badminton and ping pong, and played on a doubles badminton court. With a small court and doubles play, it's the perfect sport for active seniors. Players from novice to advanced can play round robin games during the Saturday drop-in times, or groups of players can reserve a court to play on Tuesday afternoons.

Saturday Drop-in

First and third Saturday of each month

12:15-2:15 pm in the Gym

\$2/member; \$5/community

Tuesday Court Time

Must be reserved in advance at the Front Desk.

412-278-1783

STEEL CITY SHOWDOWN: BEAST OF THE BURGH

Sunday, September 22

Conquer the unknown in this 3-5 mile obstacle challenge through the JCC's 100+ acre Henry Kaufmann Family Park woods. The course will be hilly and will test your balance, strength and skill with:

- Walls
- Rope climb
- Crawls
- Balance obstacles
- Carries
- Stream run

\$55 for 9-9:45 am heats

\$50 for all other heats

\$25 for kids race

Ages 8-12: 9 and 10 am

Ages 4-7: 9:30 and 10:30 am

jccpgh.org/event/steel-city-showdown

For info: Steve Manns, smanns@jccpgh.org



teens

J Line South Hills: grades 8-10

JCCPGH.org/jlinesh

Hannah Kalson, hkalson@jccpgh.org

412-339-5400

J Line South Hills, the community-wide Jewish learning experience for teens, brings Judaism to life in a way that is relevant, enriching and fun, with Jewish values "front row and center." J Line South Hills empowers teens to embrace their Jewish identity, grapple with challenging life questions and improve the world in their own way.

Wednesday evenings, 6:15-8:30 pm

J Line South Hills is a partnership of the Jewish Community Center, Congregation Beth El, Temple Emanuel, and South Hills Jewish Pittsburgh.

J-Serve: grades 6-12

J-Serve Steering Committee 2019-2020

Save the Date: March 29, 2020

Hannah Kalson, hkalson@jccpgh.org

412-339-5400

J-Serve Pittsburgh is an annual day of service learning planned by a teen steering committee and offering a wide array of service opportunities to participants from all over the greater Pittsburgh area. Last year, more than 300 teens came together in service (one of the largest J-Serve events in North America!). Join us for another amazing year of J-Serve Pittsburgh!

J-SERVE is a partnership of the Jewish Community Center of Greater Pittsburgh, Repair the World: Pittsburgh, BBYO, and the Volunteer Center of the Jewish Federation of Greater Pittsburgh

2019-2020 J Line South Hills Special Sessions

November 13 and February 12

Hannah Kalson, hkalson@jccpgh.org

412-339-5400

There will be two special sessions of J Line South Hills. Each will explore the core question "how can I bring about change in this world?" The sessions will be hands-on, interactive experiences with a local organization to create a positive impact in our community. These sessions are open to teens not enrolled in J Line.

L'Taken Social Justice Seminar

January 24-27, 2020

Hannah Kalson, hkalson@jccpgh.org

412-339-5400

In partnership with The Religions Action Center of Reform Judaism, you will have the opportunity to impact our country as you share your views on social justice topics with decision makers on Capitol Hill. Our program is designed to expose you to a variety of public policy issues and explore the Jewish values that inform advocacy around these issues. Throughout the weekend, we will give you the and tools to write a persuasive speech on a topic of your choice to present when you visit your senators and representatives on the Monday of the program.

Diller Teen Fellowship: grades 10-11

Alex Malanych, amalanych@jccpgh.org

412-697-3233

facebook.com/pittsburghdillerteens

instagram.com/dillerpittsburgh

JCCPGH.org/diller

The Diller Teen Fellows Program is Pittsburgh's premier leadership development program. Twenty students are selected and participate for a year with the purpose of developing active, effective leaders with a strong commitment to the Jewish people.



Summer Camps

JCC camps provide the ideal environment for children to learn, develop independence, and gain confidence and a sense of self. Our unique summer programming prepares campers and staff for life's journeys through meaningful connections, personal growth, instilling values and delivering fun.



Jason Haber, jhaber@jccpgh.org
412-278-1782

REGISTER FOR CAMP BY THE WEEK

Weeks do not need to be consecutive. Kosher-style lunches and afternoon popsicles are included in all camp programs.

BEFORE- AND AFTER-CAMP CARE

- 7-9 am: \$50/week or \$15/day (does not include breakfast)
- 3-6 pm: \$75/week or \$20/day
- Both: \$115/week
- Register for eight weeks of Before- and After-Camp Care before June 1 and get a discounted rate of \$105/week.

EARLY CHILDHOOD CAMPS

June 15-August 7, 2020

Camp K'Ton Ton: age 2

Campers are introduced to the water through daily swim time in the pool and water play activities. They enjoy visits to activity specialists such as nature, music, sports and crafts.

9 am-12:30 pm and 9 am-3 pm

Two days/week: Tuesdays and Thursdays

Three days/week:

Mondays, Wednesdays and Fridays

Five days/week: Monday through Friday

Before- and After-Camp Care available

7-9 am, includes breakfast; 3-6 pm

Camp Yeladim: ages 3-4

Yeladim campers are divided into age-appropriate groups. They participate in both instructional swim lessons and free swim daily. Campers also enjoy a variety of additional specialist activities each day such as nature, music, sports and crafts.

9 am-12:30 pm

9 am-3 pm

Two days/week: Tuesdays and Thursdays

Three days/week:

Mondays, Wednesdays and Fridays

Five days/week: Monday through Friday

Before- and After-Camp Care available

7-9 am, includes breakfast; 3-6 pm



CAMP SABRA

Half-Day Program (includes lunch)

9 am-12:30 pm

For children entering kindergarten

Full-Day Program

9 am-3 pm

For children entering grades K-2

Register by the week

Weeks do not need to be consecutive

June 15-August 7, 2020

Campers have Red Cross swim lessons, free swim and a kosher-style lunch daily. Special event programming includes Color Wars, Wacky Wednesday and field trips. With sports, aquatics, drama, nature, arts & crafts and Judaics, campers enjoy an enriched, well-rounded experience in a beautiful and safe environment.

Field Trips

- J&R Day Camp (late stay)
- Washington Wild Things baseball game
- Sabra campers will have the opportunity to participate in two overnights at the JCC.



CAMP CHALUTZIM

Grades 3-6
9 am-3 pm

Register by the week
Weeks do not need to be consecutive
June 15-August 7, 2020

Chalutzim provides children with an enriching summer filled with sports, drama, nature, arts & crafts, Judaics and much more. Campers take Red Cross swim lessons and have free swim and a kosher style lunch daily. Chalutzim campers choose a different *chug* (hobby) each week and spend 45 minutes each day with a specialist in their area of interest.

Special event programming includes color wars, Wacky Wednesdays and field trips.

S.I.T. LEADERSHIP PROGRAM

Grades 7-10
8:30 am-3:30 pm
4-week minimum

Through training and weekly workshops, staff-in-training learn the responsibilities of a day-camp counselor, develop a spirit of volunteerism, and learn the impact that they can have on their community, develop stronger social skills and develop their own strengths and skills while working with children.

Staff-in-training participate in team-building exercises with their fellow SITs, share responsibility for a group of campers with a junior and senior counselor, lead a weekly activity with their group and participate in a community mitzvah project.

A parent/camper interview with the camp director is required. Attendance at the staff orientation week in June is mandatory.

PERFORMING ARTS CAMP

Grades 2-8
9 am-3 pm
4-week program

Campers are part of a complete musical show, from rehearsals to set production to opening night. Training in theater, music and dance culminates with a performance the last week of camp. The musical will be chosen based on registration.

ADVENTURE CAMPS

Grades 4-8
Register by the week: June 15-July 10, 2020

Campers will experience many different adventures in and around the Greater Pittsburgh area. Previous trips have included: Just Ducky Tour, Wave Pools, Kennywood, Sandcastle, Living Treasures Animal Park and many others. There will be occasional late pickup days based on the excursion. An overnight stay at Emma Kaufmann Camp, the JCC's overnight camp in West Virginia, will be offered during one of the weeks.

On days with shorter excursions, campers spend time at the JCC with instructional or free swim, nature walks and arts & crafts.

Parents can choose all 8 weeks or pick and choose which they prefer. Due to bus/staffing/and ticket purchases, all Adventure Camp registrations must be made by May 31.



emma kaufmann camp

▼ For information

Aaron Cantor, acantor@jccpgh.org
412-339-5412

EKC, the JCC's resident overnight camp, is situated along Cheat Lake near Morgantown, West Virginia, providing opportunities for a myriad of sports and recreational activities on land and water. EKC camping programs, with an emphasis on Jewish values, are for kids entering grades 2 through 10.

First Experience: grades 2-5

First Experience is a one-week introduction to the EKC overnight camping experience with a goal of helping campers become comfortable staying away from home.

SIT (Staff-in-Training) Program

SITs travel to Israel for 21 days of their eight-week commitment, participating in *tikkun olam* projects and Shabbat weekends, visiting the Kotel and Yad Vashem, plus much more. Returning to camp, SITs participate in four weeks of program planning and supervision of campers as they complete their training experience.

EKC ACTIVITIES

- Archery • Arts & Crafts • Basketball • The Blob
- Canoeing/Kayaking • Ceramics
- *Chinuch* (Judaics)
- Climbing Tower • Drama • Heated Pool
- Horseback Riding • Israeli Culture
- Lacrosse • Maccabi Color War
- Mountain & BMX Biking
- The Rave • Robotics • Shabbat • Singing
- Soccer • Tennis • *Teva* (Nature)
- Tubing • Water Skiing • Zip Line

Session Dates 2020

- For campers entering grades 2-10
4 weeks (Session I)
Sunday-Friday, June 21-July 17
- For campers entering grades 2-10
3 weeks (Session II)
Sunday-Tuesday, July 19-August 11
- For campers entering grades 2-6
2 weeks (*Sabra/Kineret Aleph*)
Sunday-Friday, June 21-July 3
- 2 weeks (*Sabra/Kineret Bet*)
Sunday-Sunday, July 19-August 2
- For campers entering grades 2-5
1 week (First Experience)
Wednesday-Tuesday, August 5-11



south hills jewish pittsburgh

Rob Goodman, 412-446-4461
shjpinfo@jccpgh.org

South Hills Jewish Pittsburgh (SHJP) is the community engagement division of the JCC South Hills. Now in its 6th year, SHJP strives to create a vibrant, interconnected, inspired and engaged South Hills Jewish Community.

Through innovative programming, community grants, social media and other communication platforms, SHJP creates opportunities for South Hills Jews to become more engaged and to do "more Jewish together."

SHJP connects the more than 10,000 South Hills Jews with each other, the JCC, synagogues and other community agencies, through cultural, educational, social, political and Jewish holiday activities across all denominational, age and demographic groups.

For a complete list of events, activities and programs, not only at the JCC but throughout the South Hills, visit southhillsjewishpittsburgh.org

COMING EVENTS

Nosh & Know with Rabbi Danny Schiff

Wednesday, September 11
Tuesday, September 17
Wednesday, September 25
11:30 am-1 pm

The Artsmiths of Pittsburgh
1635 McFarland Road, Mt. Lebanon, 15216
\$36 for all 3 sessions
Registration: southhillsjewishpittsburgh.org

South Hills Community Seventh Night of Chanukah Celebration

Saturday, December 28
5:30-8:30 pm
JCC South Hills
No fee
Registration: southhillsjewishpittsburgh.org

AgeWell at the JCC

At the JCC South Hills, we are here to help seniors stay fit—physically, mentally and socially. We encourage seniors to try any and all of our many fitness and wellness program offerings. Classes are held daily; please see the schedule posted at JCCPGH.org or at the Front Desk. In addition to our fitness classes, we offer a range of evidence-based health and wellness programs throughout the year to help you be your best you. We are here to provide a space for people to come together, meet new friends, learn new skills and grow in mind, body and spirit.





agewell at the jcc

Elaine Cappucci, Health and Wellness Director
ecappucci@jccpgh.org
 412-446-4773

FITNESS

SilverSneakers® Classic

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.

SilverSneakers® Yoga

Move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option. No swimming ability is required, and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

BOOM® Muscle

30 minutes of athletic-based exercises that improve upper body conditioning, designed for active adults age 50+. You'll move through several blocks of exercises that focus on toning and strengthening different muscle groups.

Arthritis Exercise Program

Led by an Arthritis Foundation-trained instructor, this class covers a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs.

Mondays, 2-3 pm
 \$3/class/member; \$5/community

Arthritis Foundation Tai Chi

This body-mind exercise enhances balance, concentration and agility and is effective for arthritis and fall prevention. A structured warm-up is followed by a traditional tai chi sequence. The class is done standing; however, all the exercises can be done using chairs. Beginners welcome.

Tuesdays,
 Beginner: 11 am-noon
 Advanced: Noon-1 pm
 \$3/class/member; \$5/community

Arthritis Foundation Aquatic Program

Our heated pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. Must have a physician's referral to participate in this certified program.

Mondays and Fridays, 10-11 am
 Tuesdays, Wednesdays, Thursdays
 Noon-1 pm
 No fee for members
 \$5/class/community
 \$90/20 classes/community

PWR!Moves Parkinson's Wellness and Recovery

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's, designed to counteract its major symptoms, restore function and improve quality of life.

Tuesdays and Thursdays, 1 pm
 Social Hall
 \$5/member; \$7/community

Balance

A half-hour, low-impact class designed to improve balance and increase core strength. The combination of core work and balance training for older adults is crucial for fall prevention, improved posture and coordination.

Thursdays, 11-11:30 am
 Social Hall

Zumba Gold

Zumba Gold recreates the Zumba experience for active older adults with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Thursdays, Noon-1 pm
 Gym

Zumba Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered!

Mondays, noon-1 pm
 Gym



HEALTH AND WELLNESS

Flu Shot Clinic

Get your annual flu and pneumonia vaccines at the JCC; most insurance accepted.

Friday, September 20
 Noon-3 pm
 Lobby

RECREATION AND LIFE SKILLS

Line Dance

Learn all the popular line dances and a few more in this lively class.

Fridays, 1-2 pm
 September 13-November 1
 \$35/member; \$48/community
 Drop in: \$6/member; \$8/community

Adult Tap

It's never too late to learn to tap dance! Get a fun cardio workout while you tap your troubles away!

Beginner: Wednesdays, 6-7 pm
 Intermediate: Wednesdays, 5-6 pm
 September 11-November 27
 Dance Studio
 \$99; \$110/community
 Drop-in fee: \$10/member; \$14/community



Silver Show Tunes

Learn some new moves and sing to your heart's content. Silver Show Tunes is part dance class, part fitness class, part performing arts class and all fun!

Fridays, 2-2:50 pm
September 13-October 18
October 25-December 6
No class November 29
Dance Studio

\$30/session/members; \$42 session/community

Book Discussion Group

Once a month we will get together to talk books: What's new, what's good. All readers welcome!

Third Tuesday of each month
1-2 pm, Conference Room

AARP Smart Driver Refresher Class

The AARP Smart Driver course is specifically designed for drivers age 50 and older who have taken the Smart Driver 8-hour course within the past three years. The course will help you receive a multi-year discount on your auto insurance; refresh your driving skills and your knowledge of the rules — and hazards — of the road; and reduce your chances of receiving a traffic violation or getting into an accident. Register at the Front Desk, but payment is made to the instructor on the first day of the course.

Thursday, November 7
Noon - 4 pm
Social Hall
\$15/AARP members; \$20/others

CHECKMATES

CheckMates recruits volunteers age 60+ and welcomes referrals of loved ones and friends who could benefit from a weekly phone call. If you know of an older adult who would appreciate a weekly, friendly phone call or would like to volunteer for this special peer-led telephone reassurance program, please call Amy Gold, MSW, 412-697-3528.

AgeWell Pittsburgh

AgeWell Pittsburgh offers a one-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging. AgeWell Pittsburgh is a collaboration of the Jewish Association on Aging, the JCC of Greater Pittsburgh and JFCS Jewish Family and Community Services.

Call 412-422-0400 or visit AgeWellpgh.org

Thanks 2019 Big Night Sponsors

Summa Cum Laude \$100,000

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South Hills**
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THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

AgeWell Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Fine Foundation, The Pittsburgh Foundation, and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County. AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family and Community Services.

American Jewish Museum is supported in part by the Allegheny Regional Asset Board, the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund, Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, the Speyer Family Foundation Endowment Fund, Pennsylvania Partners in the Arts, and individual support.

Basketball programs are supported in part by the Allen "Ace" Aizenberg Basketball Fund, the Jock Rosenberg Fund, the Larry Ruttenberg Fund and the Shapera Endowment Fund.

Center for Loving Kindness and Civic Engagement programs are supported in part by Heinz Endowments, The Pittsburgh Foundation, the Opportunity Fund and an anonymous donor.

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JCC Camps are supported in part by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation and The Edith L. Trees Charitable Trust.

Jewish Teen Programming in the Department of Jewish Life is supported in part by The Jewish Federation of Greater Pittsburgh.

Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball, aquatics and fitness activities/Squirrel Hill, and physical education in South Hills are supported in part by The Jewish Sports Hall of Fame.

South Hills Jewish Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh.

Special Needs Department is supported in part by the Herman and Rebecca Fineberg Fund for People with Special Needs. Additional funding is provided by the Edna and Larry Abelson Fund for Special Needs, the Raymond and Elizabeth Bloch Educational and Charitable Foundation, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs and the Robert Spiegel Memorial Endowment Fund.

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