

# Older Adult Programs

Agewell Pittsburgh

JCC South Hills

## 2022 Year in Review

### Fitness

*"If you don't do what's best for your body, you're the one who comes up on the short end."*

Who wrote the quotes that begin each section? Test yourself.

(Answers on page 4)

Older Adult exercise classes have been busy this year! In January, we were offering 14 classes per week, with no classes on Fridays or Sundays. As more and more members came back as the pandemic eased, we added classes and staff. We are now up to 20 classes per week, with at least one class every day of the week.

Did you know that 94 percent of SilverSneakers members rate their health as excellent, very good, or good? And 88 percent say SilverSneakers has improved their quality of life?

You don't have to be a SilverSneakers member to take one of our classes; they are free and open to all adults. SilverSneakers Classic and Circuit work on strength, mobility, range of motion and balance. By popular demand, SilverSneakers Yoga is now offered twice a week, as is the always popular Zumba Gold. Our beginner and intermediate Tai Chi classes meet on Tuesdays and PWR!Moves meets on Thursdays.



You can't miss our other big news in the fitness center—surely you have seen the signs for On Your Mark Fitness around the building and on your social media feeds. If you haven't been to the upstairs fitness

center, check it out. There is some new equipment, a personal training area, and a cool space where we are now offering DEKA classes—which are based on fundamental everyday movements like pushing,

pulling, lifting, and carrying. Anyone who can move can do these classes, and we have some classes designated just for members age 55+. DEKA workouts will keep you heart healthy, improve your movement ability, and since it involves a lot of light lifting it can increase bone density, which is super important as we age. If you're interested, talk to our membership director, Kelly.

If you haven't been to one of our older adult classes—you are missing out on fun, fitness, and friendship.



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## Clubs

*"The cultivation of a hobby and new forms of interest is a policy of first importance to a public man."*

With the years-long success of our Book Club, we decided to ask for volunteers to start new clubs this year, and what a fantastic response we got! New members are welcome to all of the clubs at any time, so don't be shy.

The Theater Club (3rd Monday of the month at 12:15 pm) is led by member Mona Rush who encourages lively discussion and learning.

This fall the club was treated to special guest speakers including: Matthew Rush, a local actor who discussed the auditioning process; Marty Guiles, an actor who shared his experience preparing for and acting in a play; and Ed Blank, retired newspaper film and theater critic, columnist, and interviewer who shared some fascinating stories from his career. The Theater club also explored beyond

the walls of the JCC by attending a performance of "Urinetown" at Stage 62 on November 20th.

The Garden Club (4th Thursday of the month at noon) is headed by members and Master Gardeners Arlene Weintraub and Mary Elabarger, who bring a wealth of knowledge as well as fun and excitement to the meetings. The meetings always cover a seasonal topic and are lively with tastes and treats, prizes, and recipes. So far, we have learned about Tomatoes (fruit or vegetable?), Gourds (featuring the ubiquitous summer zucchini), Bulbs (all things tulips and the Netherlands) and the Winter Solstice (myths and facts).

While most of our clubs meet monthly, the Mahjong Club meets every Tuesday from 1-3 pm with leaders



Kathy Jones and Mary Ann Sember. They welcome and teach new members on the first Tuesday of the month and the group meets to play on the remaining Tuesdays.

The Book Club meets every 3rd Tuesday of the month 1:30-2:30 pm, led by our avid reader and gracious front-desk customer service rep, Gail Counihan. The group shares their love and recommendations of books. No pressure and no assigned reading. Members tell about the books they have read and get great reading suggestions from the other members.

## Dance

*"Nobody cares if you can't dance well. Just get up and dance."*

This fall South Hills members who love to dance enjoyed all the benefits that dance has to offer. Our classes include Private Dance Lessons, Intermediate Tap and Show Tunes, and in January we will be offering a beginner tap class for adults-Wednesdays 1:30-2:20 pm.

You don't need any dance experience. Kathy has been teaching adult dance for years, and can get anyone moving to a beat. Take a class where you are getting great exercise, improved balance, mindfulness and socialization, all while listening to great music. Our dance class members feel like Broadway stars during every single class!





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## Sports

*"Age is no barrier. It's a limitation you put on your mind."*

There is a sport for everyone, at every age, you just have to find yours!

Why is pickleball so popular? Well, it's easy to learn, fun to play, and there is that great popping noise when you do hit the ball! This year we signed on a certified pickleball pro to teach beginner group lessons and private 1,2,3 or 4 person lessons. Give it a try – its socializing, exercising, and it's a game you can play with your kids and grandkids!

Also back this year is the Sunday morning men's pickup basketball. There are a mix of ages among the guys who play, so yes, there are some young folks there who might run circles around you, but if you've played before, you can play

with this group. No cost for members, but it's also open to non-members, so feel free to bring a friend!

## Aquatics

*"I actually love swimming, but I just hate jumping in the water."*

At the South Hills we have been able to increase the availability of aquatics classes to every weekday! Aqua Aerobics is offered three days a week (MWF), while Aqua Arthritis is offered two days (T, TR). With each class, no matter your skill level, you are able to tailor the workout to your needs and abilities. The bonus of being in the water allows you to move more freely, with less joint stress than if you were on land and enjoy a workout in a whole new way!

## Social Events

*"If you live to be 100, I hope I live to be 100 minus 1 day, so I never have to live without you."*

You might have joined the JCC for fitness or aquatics, but we hope you took some time to meet other members at one of our many social or educational events. We strive to have a variety of events so that there is something for everyone. We cooked, we ate, we talked, we learned, and we kept ourselves healthy this year.

We started the year off with an entire week devoted to Senior Health and Fitness, with events like a tropical pool party-themed aquatics class, oldies-themed Zumba Gold and Show Tunes dance parties, a nature walk in the woods, a cooking demo, and visits from our partners Tivity Health and UPMC and AgeWell at the JCC. The cooking demo

led to a full cooking class where members learned how to make Israeli orange chicken and enjoyed a meal together afterwards. We took advantage of beautiful summer weather and our big back yard to have a summer garden lunch with some friends from Providence Point.

Leading into the fall flu season, we hosted a flu clinic for members. And we are finished the year up with lunch and a talk from a local expert in intergenerational programming that will help members talk to and bond with their grandchildren. We are already working on special events for each month of 2023, so stay tuned!



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## AgeWell Health and Wellness

*"Your health account, your bank account, they're the same thing. The more you put in, the more you can take out."*

This fall the JCC partnered with the University of Pittsburgh Department of Physical Therapy to offer two 12-week sessions of On The Move.

Pitt physical therapists developed this class with proven results in increasing walking ability and mobility for older adults and asked us to participate in the research to see if those same results occur when led by fitness professionals or adult program staff. Did it? We don't know yet, but we had fun practicing all sorts of walking patterns!

Staff from AgeWell at the JCC in Squirrel Hill extended their outreach efforts to South Hills members this year across

a variety of different programs. Members were able to meet with staffed trained to conduct HomeMeds Medication Assurance Program screens that look for adverse medication effects due to duplication of medications.

The Virtual Senior Academy platform allowed members to participate in interactive classes from the comfort of their own home. Classes cover a variety of topics, including weekly nutrition classes, a social justice discussion group, and intergenerational conversations led by University of Pittsburgh students.

## Older Adult Staff

*"Do not let what you cannot do interfere with what you can do."*



Elaine Cappucci



Steve Manns



Kathy Wayne



Sara Grimm



Mary Benedetti



Joanne Bradshaw



Soad Clark



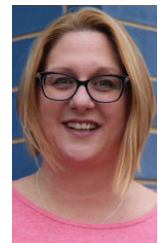
Joan Fazio



Sandy Fiori



Bonnie Livingston



Carla Hartley

Our team of Older Adult staff are here to support you however we can! We genuinely enjoy teaching classes and motivating our members to achieve their best health. Together we have hundreds of years of experience in leading older adult fitness, and we look forward to hundreds more!

### Quotes that begin each section

*Fitness: Julius Erving*

*Clubs: Winston Churchill*

*Dance: Martha Graham*

*Sports: Jackie Joyner-Kersey*

*Social Events: Winnie the Pooh*

*Aquatics: Natalie Coughlin*

*AgeWell: Jack LaLanne*

*Staff: John Wooden*



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