

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

March 2023



Featured Club of the Month: Theater Club

The Theater Club was brought to life by theater aficionado and JCC member, Mona Rush. Mona has a deep interest in theater and wanted to pass that along and share it with other JCC members. The group meets the third Monday of every month from 12:15-1:15pm. You don't have to be a theater buff to attend, because Mona has structured each meeting with a learning component, with ample time for lively discussion. Mona has shared the theater experience with her grandchildren over the years, and at the February meeting she led members in a project to express themselves while they read a story (written by her grandsons) wherein one of the main characters is a Ghost Light (if you don't know the Ghost Light, ask Mona!)

Since the club started this fall, Mona has brought in a variety of industry experts to speak to and educate club members. The club's special guest speakers included Matthew Rush, a local actor who discussed the auditioning process and gave a little taste of what an audition is like; Marty Guiles, another

actor who shared how an actor prepares for a role and what it is like to be in a play; Ed Blank, retired film and theater critic, columnist, and interviewer who shared some fascinating stories of his long career with the Pittsburgh Press and Pittsburgh Tribune Review; and Art DeConciliis, an accomplished theater director, who talked about the skills needed to be a director. In March, the featured guest speaker is the JCC's own Delilah Picart. Delilah directs the JCC's Middle School Musical and Summer Performing Arts Camp shows. She has performed as an actress on stage and in movies and commercials and she has done voiceover work.

What's a theater group without some live performances? Some members of this group have ventured out together to see local theater productions of Urinetown at Stage 62 in Carnegie and Actor Steve Valentine do a magic show downtown at Liberty Magic. The group's leader is currently researching local high school musicals so that the group can make plans for some additional theater outings.



Staff Spotlight – Maddie Barnes

Maddie is the current Director of Technology and Evidence-Based Programming for AgeWell at the JCC. She joined the AgeWell at the JCC staff in Squirrel Hill in September of 2018 as a program coordinator, and in her current role, she oversees the expansion of various programs for older adults, including the Virtual Senior Academy, tech tutoring, and the HomeMeds Medication Assurance program. Maddie enjoys working at the JCC because of all the programs it has to offer for folks of all ages. She specifically enjoys working with older adults and wants to make the world a better place to grow old. Aging is inevitable, so why not do it well! Maddie is passionate about health and wellness. In her free time, she enjoys spending time outdoors in nature, listening to true crime podcasts, and hanging out with her friends and family. She also loves cats and is a proud cat person.

March Events and Activities

Theater Club – Monday, March 20th at 12:15 pm

Book Club – Tuesday, March 21st at 1:30 pm

Garden Club – Thursday, March 23rd at 12 pm

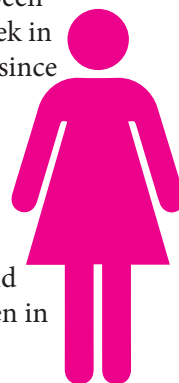
Mahjong Club – Weekly meeting on Tuesdays at 1pm

Intergenerational Family Dynamics Discussion Group –
Wednesday, March 15th at 12:30 pm.

HomeMeds Consultations - Tuesday – Thursday March 28-30 from 10am-2pm

Women's History Week

Since 1981, there has been a Women's History week in the United States, and since 1987, the US Congress and President have proclaimed all of March as Women's History Month to celebrate the many contributions and achievements of women in the United States.



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Member Spotlight:

Carol Wagner has been a JCC member since 2021. Since her retirement she has more time to exercise, and her favorite classes are SilverSneakers Classic and Circuit. She says, “the classes have helped me to be more flexible, so I am able to get on the floor and play with my two grandkids.” In addition to exercising, Carol enjoys the atmosphere of the JCC and being around people her own age and has joined three clubs! She comes in regularly to attend meetings of the Theater, Garden, and Intergenerational Discussion clubs. She also has joined the Agewell Senior Center and looks forward to more activities, including her own interests outside the JCC, which include walking, reading and traveling. Carol enjoys her time here. “The JCC is a wonderful place. The staff is great, and I enjoy the different exercise instructors!”

SENIOR CENTER NEWS!

Have you visited the new AgeWell office and signed up to be a member of the Senior Center? With the support of the Jack Buncher Foundation, the JCC is piloting a senior center Tuesdays through Thursdays from 9 am to 2 pm. Once you register you will have access to \$3 lunches (to take out or dine in), information and referral services, wellness programming, evidence-based and evidence-informed programs, Virtual Senior Academy education opportunities and other social programs.



Featured Class of the Month: SilverSneakers Yoga

SilverSneakers Yoga incorporates a complete series of seated and standing poses (no floor or mat work) to move your whole body and increase flexibility, balance, and range of movement. Both holding poses and moving through yoga flows targets specific muscles to build strength and tone your arms, legs, core and back. The mind/body/breath connection explored in a yoga practice can also improve your mood and reduce stress and joint strain.

Your breath is a key component throughout the sequences and breathwork will help you stay focused and even relaxed after exerting effort—and at the end of class breathwork focus will allow your body and mind rest before you return to your day.

Did You Know? 10 Inventions by American Women

1812- Tabitha Babbitt creates the circular saw.

1887 – Anna Connelly wants to reduce deaths in crowded New York and invents the fire escape.

1899 – Letitia Geer invented the one-handed syringe that is still used today.

1903- Mary Anderson invents the windshield wiper after a trolley ride in the rain.

1919 – Alice Parker patents central heating system for homes to replace wood-burning fireplaces.

1952 - Grace Hopper developed the first computer languages written in English, rather than mathematical notation.

1965 - Stephanie Kwolek develops the stronger than steel material, Kevlar.

1986 – Patricia Bath invented the laserphaco device that allowed for less invasive laser cataract surgery.

1988 - Olga Gonzalez-Sanabria invented long-life nickel hydrogen batteries that power the International Space Station.

1992 - Mary Swanson founded SilverSneakers to help her father recover from a heart attack.

HomeMeds Consultations in March

HomeMeds is a consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. You can make an appointment to get your medications reviewed on Tuesday 3/28, Wednesday 3/29, Thursday 3/30, 10am-2pm in the AgeWell office. For more information or to sign up for an appointment, visit the AgeWell office. You will get a \$5 Giant Eagle gift card for participating.