

# Older Adult Programs

Agewell Pittsburgh • JCC South Hills

February 2023



## Featured Club of the Month: Intergenerational Family Dynamics Discussion Group

This club is geared toward anyone who has children, grandchildren, a spouse, siblings, or parents – in other words, anyone who is part of a family. Family dynamics is a fascinating topic, and whether you have family harmony or family strife, these discussions are certainly going to be thought-provoking. The group has met twice, and the volunteer leader, Audree Schall says that she has been inspired by the JCC members who have attended and shown their kindness and dedication to their families.

Audree is a retired child development and intergenerational specialist and educator who has worked with youth, young adults and seniors and their families in schools, before/after care programs, and senior living facilities. She has also presented seminars and

discussions in subject matters relating to history, culture, religion, and training techniques for teachers.

The first meeting of this group was held in November, where Audree presented information and led a discussion called “How to Talk to Your Grandchildren.” In December, the topic was “Building Harmony with your Adult Children.” February’s meeting (Wed., Feb 15th at 12:30 pm) will expand on December’s family dynamics discussion. Anyone who wants a bit of professional advice and tips from other members with similar family situations is welcome to attend. Audree is open to suggestions from the group – so if there is a family dynamic that you are interested in talking about, and hearing professional tips on making your family stronger, just come to the meeting and let her know.

## Featured Class of the Month: SilverSneakers Circuit

SilverSneakers Circuit is the perfect class to keep you heart healthy! The circuit in the class name refers to a style of training where different exercises are performed one after the other – in our case we alternate strength training with weights or resistance tools with low-impact aerobics segments for heart health. In this class we work on both upper and lower body strength, flexibility, range of motion, balance, and cardio endurance. Participants are standing throughout most of the class (except for the final stretch and relaxation) but chairs are available for standing support. This class is fun – the instructors get you moving during the aerobics sections and find new ways to challenge you during the strength sections. Everything can be done at your own intensity level. Try it out –Circuit is offered every day except Friday. Check the schedule online or pick one up in the lobby for class times.

### February Events and Activities

#### Theater Club –

Monday, February 20 at 12:15 pm

#### Book Club –

Tuesday, February 21 at 1:30 pm

#### Garden Club –

Thursday, February 23 at 12 pm

#### Mahjong Club –

Weekly meeting on Tuesdays at 1pm

#### Intergenerational Family Dynamics Discussion Group –

Wednesday, February 15 at 12:30 pm

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## Staff Spotlight: Brian McElwain

If you come into the JCC in the mornings, chances are good you are greeted by name by Security Coordinating Officer, Brian McElwain. Brian started working at the Squirrel Hill JCC part time in 2005 and then full time in 2010. During the many changes caused by the pandemic, staffing needs led to Brian's transition to the South Hills, where he has remained and taken on new responsibilities. His job entails ensuring all aspects of safety and security of the South Hills branch. But, as we have gotten busy here, Brian has jumped in to help member services, including assisting with onboarding new members, checking members in to classes, and providing information on programs. Brian says he "enjoys being part of the JCC community. I enjoy conversing with those coming into South Hills and catching up with them if there's been a noticeable absence." Outside of work, he "spends time with my wife, Christina, and our 1.5-year-old daughter, Ruby. We like to go on walks around our neighborhood, watch lots of Bluey and plan major home renovations."



## Member Spotlight: June Varley

Member June Varley, who needed open heart surgery in 2013 knows that that to stay well, the "key is to do the exercises." After her bypass surgery, she needed physical therapy and cardio rehab, and after that, she came to the JCC. She has done SilverSneakers classic and the Balance class, and recently tried out a SilverSneakers Circuit class. While a short winter break in Florida with her siblings will slightly disrupt her schedule, she plans on walking while there and then coming back for classes because, as she says: "I love coming here. It's close to my home, I like the workouts and it's fun meeting people." She does what she can, and says when she finishes a class, she "feels good and has less joint pain." With her commitment to exercise, she has, since her surgery, continued to be well.



February is  
**AMERICAN  
HEART  
MONTH**

To help keep your heart in great shape, follow a healthy lifestyle, including not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, and **getting at least 150 minutes of moderate-intensity physical activity a week.**

## 10 Unexpected Heart Health Hints

- **Make a new friend**  
(maybe at a JCC class or club)
- **Let the music move you**  
(Show Tunes and Zumba Gold are good for that)
- **Stretch**  
(its calming, try a Silver Sneaker Yoga class)
- **Find your happy place**  
(and lower your blood pressure)
- **Take the scenic route**  
(especially when on a walk)
- **Eat chocolate**  
(a little dark chocolate, that is)
- **Quiet your mind**  
(maybe try our Tai Chi classes)
- **Ride a bike**  
(look for the Peloton in the fitness center)
- **Laugh more**  
(it really is the best medicine)
- **Have an 'exercise snack'**  
(get up and move for a minute each hour)