

# Older Adult Programs

Agewell Pittsburgh • JCC South Hills

January 2023



## Club of the Month: Mahjong

Mahjong originated in China and is a game of skill, strategy and luck played by four people using tiles based in Chinese characters and symbols. Players compete to form sets, like gin rummy but it requires cooperation and strategy and so is highly social. In the US, there were many variations on the rules until they were standardized in 1937, with the formation of the National Mah Jong League, also referred to as the NMJL. The original members of the League were six Jewish women, and they helped the game spread among Jewish women's networks, and created a philanthropic role, as proceeds from sale of annual rule cards goes to charitable organizations.

Our South Hills Mah Jong club meets each Tuesday at 1 pm. It is led by volunteer members Mary Ann Sember and Kathy Jones. If you know how to play, you can join the group at any time. If you don't know how to play, come on the first Tuesday of the month when our volunteers will teach you the game.

Mary Ann says learning "can be hard. But, if you're ok with embracing the initial confusion, with some practice, you can play." Kathy learned to play as a child. As adults she and her childhood friends reconnected and now play together weekly.

The group's leaders welcome questions and want the play to be relaxed and members to enjoy both playing and socializing. They both love the game because "each new set of tiles challenges us. There is strategy, defensive play, and critical thinking along with a lot of laughter and joy when you can call Mah Jongg and win the game! It is a great way to meet people and to socialize with both old and new friends.



## MAHJ MANIA continues

Tuesdays • 1 pm

## Class of the Month: SilverSneakers Classic

As fitness professionals, our instructors love teaching SilverSneakers Classic. It features both seated and standing exercises that increase muscular strength, endurance, range of motion, flexibility, stability, and activities for daily living – all in a 45-minute class! This class is accessible to anyone, can be done entirely seated or standing with a chair for support. We provide light weights, fitness bands, and SilverSneakers balls to add resistance to our exercises and work every single muscle. Our instructors can provide modifications for exercises, especially those that involve the most likely physical constraints – like shoulder, hip and knee issues or balance concerns, and they each create their own classes, so you never get bored of the routines. Try it out.

Classic is offered Monday- Friday. Check the schedule online or pick one up in the lobby for class times.

# Older Adult Programs

Agewell Pittsburgh

JCC South Hills



## Staff Spotlight: Kelly Hont

Meet Kelly Hont, the Membership and DEKA Director. She's in the membership office (just to the right of the front entrance) and ready to help you with any membership questions. Kelly has lots of responsibilities but mostly she works with new and existing members to make sure they are using their membership for all their fitness and wellness needs. And she helps manage the DEKA program at the South Hills JCC.

Kelly says "I love the JCC for many reasons. I have met so many wonderful people as an employee and as a member. I enjoy the friendships and community, I love helping people and I get to do that through my work, and I feel like I have a second family at the JCC. I enjoy working with the older adults and getting them involved in classes and programs, so they feel engaged and as though they belong. I get a lot of satisfaction from members telling me they tried a new fitness class at the JCC and loved it. I love trying any type of workout, but group exercise classes mixed with some heavier lifting days are how I mix up my week!

Outside of work, Kelly enjoys spending time with her son, Logan, and her dogs – especially taking them hiking or snuggling on the couch with them and a good book or movie. She also really loves snacks!



## Member Spotlight: Mary Ann Sember and Kathy Jones

We love our members and are excited to share their stories about what they like to do at the JCC.

Besides playing Mahjong, Kathy Jones enjoys swimming and Tai Chi classes. She adds, "I cherish the friendships I've made through our JCC Mah Jong club, and I look forward to seeing all of my new friends each Tuesday".

Mary Ann says the JCC "enhances my life in so many ways." She also attends Tai Chi and loves her SilverSneakers Circuit and Yoga classes, but she also likes to dance, and attends both tap and Show Tunes classes. Somehow, she also wants to "get swimming scheduled in again" now that the holidays are over.



## January is National Blood Donor Month

It was created in 1970 as opportunity to recognize the roughly three percent of the U.S. population that donates blood each year. A blood transfusion occurs every two seconds in America and a single donation can save multiple lives.

## January Events and Activities

### Theater Club

Monday, January 16 • 12:15 pm

### Book Club

Tuesday, January 17 • 1:30 pm

### Garden Club

Thursday, January 27 • 12 pm

### Mahjong Club

Weekly meeting on Tuesdays • 1pm

### NEW! Intergenerational Family Dynamics Discussion Group

Led by Intergenerational Specialist Audree Schall. This group meets at 12:30 pm on the third Monday of each month to discuss issues relating to family and extended family dynamics.

### January 18: Building Harmony with Your Adult Children

## Trivia Corner

1. How many pints of blood are in an average human adult body?
2. True or False: Mahjong can improve cognitive function.

### Answers:

1. 10
2. True  
Several research studies have shown that playing mahjong improves executive function which includes memory, planning and organization.