

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

April 2023



Staff Spotlight Andrea Watson-Lindsey

You may have met Andrea when she was at the front desk on Wednesdays earlier this year, but as of March, Andrea has moved to a new role in the South Hills AgeWell program, so you will be seeing much more of her smiling face. Andrea started working in the Squirrel Hill JCC as a Customer Service Representative in October 2021. While she liked that job, she is excited to begin her new position as a part-time AgeWell Program coordinator, helping to register new members, and assist with program planning and lunches, and she will be staffing the office to help answer your questions. Andrea wanted to move to her new role to find purpose in helping JCC AgeWell members, “Being a senior myself, I know the difficulties in being able to find information and programs that can help us in our day to day lives.” Outside of work Andrea has diverse interests that keep her busy. She loves to travel, attend jazz concerts, make candles, and take long walks.

Featured Club of the Month: Garden Club

We are fortunate to have two certified Master Gardeners - Arlene Weintraub and Mary Elabarger - leading our Garden Club meetings. These ladies have completed intensive horticultural training through the Master Gardener program and now share their knowledge and information from the Penn State extension by volunteering in their community. Mary and Arlene are both former nurses turned gardeners, and as Arlene says they have gone from “nurturing people to plants.”

Since last July they have taught us about herbs, tomatoes, gourds, flowering bulbs, the winter solstice (ironically the only class we have had to reschedule due to snow!), bees and pollinators, and spring planting. And they make it fun. The herbs, tomatoes and gourds classes included some tasty treats that matched the class theme. And the bulbs class

included a Netherlands-inspired wooden shoe planter!

April’s discussion will be about the bounty of plants, both edible and not and will include information about starting seeds. Arlene and Mary stress that they provide carefully researched scientific information from Penn State. Arlene’s goal is to “inspire members and arouse their curiosity and interest in plants they see every day.” Mary “is doing this for Mother Earth. We are all dependent on the natural world for everything we do, and I want to help other people be good stewards of the earth too!” The garden club is growing (pardon the pun!) and the leaders encourage member participation in the discussions and input into the topics to be discussed. Also welcomed at the meeting is your take-out AgeWell lunch.

April Events and Activities

Theater Club – Monday, April 17th at 12:15 pm

Nancy Zionts, a producer of Front Porch Theatricals will be speaking

Book Club – Tuesday, April 18th at 1:30 pm

Garden Club – Thursday, April 27th at 12 pm. April Topic: The Bounty of Plants, Edible and Otherwise

Mahjong Club – Weekly meeting on Tuesdays at 1pm

Intergenerational Family Dynamics Group – Wednesday, April 26th at 12:30 pm.
April Topic: Finding More Happiness for Yourself through Life, Friends & Family

SENIOR CENTER NEWS!

Need help registering for lunch or programs? Visit the AgeWell Senior Center. Office hours are 9-12 Monday and Friday and 9-2 Tuesday – Thursday.

Take a class online through the Virtual Senior Academy. Classes cover a wide range of topics, including health and wellness, arts and entertainment, music, books, technology, history, religion and current events. For more information email helpvsa@jccpgh.org or sign up at www.virtualsenioracademy.org.

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Member Spotlight: Irving Weinberger

Member Irv Weinberger has been working out at the JCC for over a decade now. Since joining in 2012, he can be found in the fitness center working out on the circuit machines for strength or a treadmill or stationary bike for his cardio work. Irv says, “I believe that working out is beneficial for both my physical and mental health and the South Hills JCC is a friendly and convenient place for me to work out.”

Irv is also a busy volunteer in the community. You may have spotted or donated eyeglasses in the Lions Club box on our trainer’s desk. What happens when you donate? Irv, a Lions Club (motto: We Serve) member for many years, comes by to pick them up. Eyeglasses collected in the Lions Eyeglasses collection box are sorted and usable glasses are distributed to those who would otherwise not be able to obtain them. “Being a Lion has enabled me to serve people with vision difficulties/disabilities outside of my medical (Ophthalmology) practice.”

Irv and his wife Joan also volunteer weekly at Global Links packing medical supplies. Global Links is a nonprofit that rescues usable medical supplies and equipment from hospitals and individual donors that would otherwise be discarded in landfills and shares them with partners supporting public health internationally (primarily in Latin America) and locally. Speaking for him and his wife, he says, “We both get great satisfaction in helping people with medical needs while also helping the environment and since I am retired, I get the opportunity to continue to help people with medical needs.” Given that this is National Volunteer month, we applaud Irv for his volunteerism.

Featured Class of the Month: Water Aerobics

The pool is the place to be weekdays at noon! Our team of water aerobics teachers have created some awesome classes that are so popular they have taken over the pool during the noon hour. The water provides gentle resistance for each exercise, while also providing support that makes a water workout easier on the joints than a land-based class. And the movement provides a cardio workout that you can adjust to your level of comfort.

Our pool is beautiful – and warm – and our instructors make each class a fun workout. Monday and Friday we offer the higher-intensity Aqua Aerobics with Sarah or Mary. Tuesday and Thursday’s Aqua Arthritis class with Mary features gentle stretching and movements to improve range of motion and relieve arthritis symptoms. And on Wednesday it is Shake, Splash and Roll, with Joan, mixing intervals of cardio training with strength, flexibility, and balance exercises. Take your pick or mix and match, you’re sure to get a good workout and some needed social time all in one splash-filled hour.

National Volunteer Month

April is National Volunteer Month, when we recognize the people who give their time and expertise to make the world a better place.



Volunteering – Did You Know?

- According to the US Bureau of Labor Statistics, individuals ages 65 and over make up the largest group of volunteers.
- The United Nations estimates that 70 percent of global volunteer activity occurs through direct person-to-person engagement, while 30 percent takes place formally through organizations.
- Independent Sector (a coalition of nonprofits, foundations and corporate giving programs) found that for 2022, the estimated national value of each volunteer hour was \$29.95.
- Interested in volunteering at the JCC? Contact Michelle Hunter (mhunter@jccpgh.org).

NEW CLUB! Decades History Club • Thursday, April 13th at 1:30 pm.

Each month the group leader will conduct a fun and informational presentation about a decade in history, with time for questions and conversation about shared experiences during those decades. Beginning in May, this club will meet on the first Wednesday of each month at 1:30 pm.

Who Knew? Interesting, Odd and Curious Places in Pittsburgh.

Wednesday, April 19th at 1:30 pm.

Interested in roaming around Pittsburgh, in search of something new? Come hear about some little-known, but fascinating places and landmarks in and around the city

Learn CPR, Save a Life • Tuesday, April 11th at 1:30 pm.

No cost, please register in advance at the Front Desk.

Schedule Alert:

The JCC will **close at 5 pm** on April 5 and April 11 and **will be closed** on April 6 and April 12 for Passover.

