

February 9, 2023

AgeWell at the JCC expands to South Hills location.

WHAT: Through the support of the Jack Buncher Family Foundation, the Jewish Community Center of Greater Pittsburgh will pilot a new Senior Center in the JCC South Hills facility. The expanded services will greatly enhance the already robust fitness and wellness programming for older adults at the JCC South Hills. AgeWell at the JCC – South Hills, based in a newly renovated space at the South Hills JCC, will offer low-cost kosher style Grab-and-Go lunches and a wide variety of services, classes and socialization activities.

The pilot is modeled and adapted from the Allegheny County supported Senior Center, AgeWell at the JCC, established more than four decades ago at the JCC in Squirrel Hill.

“With the growing number of seniors we’ve seen from community data, we believe this expansion of AgeWell at the JCC South Hills will provide vital and life changing resources for our seniors and improve their overall well-being.”

– Sharon Feinman, Division Director, AgeWell at the JCC

“We want to thank the Buncher Foundation for their long-standing support of work the JCC has done for seniors throughout the years. Because of their partnership and support we will be able to better serve the South Hills aging population.”

– Brian Schreiber, JCC President and CEO

AgeWell at the JCC-South Hills will operate Tuesdays, Wednesdays & Thursdays from 9 am to 2 pm. Offerings will include:

- Low cost kosher style Grab-and-Go lunch, 12:30-1:30 pm Tuesdays, Wednesdays & Thursdays. Seating options are available for participants to enjoy their meal with friends. **\$3. Must be registered to participate.**
- Information and Referral services
- Wellness Programming
- Evidence-based and evidence-informed programs such as HomeMeds, Chronic Disease Management and Aging Mastery series.
- Education opportunities in person and hybrid with virtual programming through Virtual Senior Academy
- In addition to already existing Clubs, AgeWell at the JCC-South Hills will offer social programs and get togethers
- Volunteer opportunities

WHEN: A soft opening period begins Tuesday, February 14, when individuals ages 60 and older can register to participate. **Lunches and programming will begin on Tuesday, February 21.**

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership of AgeWell Pittsburgh. The goal of AgeWell Pittsburgh, a collaborative program of the Jewish Association on Aging, the JCC and Jewish Family & Community Services, is to provide seamless delivery of services to Pittsburgh’s older adults, providing support to live as independently as possible.

The JCC-South Hills, built in 1999, houses comprehensive fitness and wellness facilities, 25-yard six-lane heated indoor swimming pool, double-court gymnasium, and accessible outdoor playground. Programming for all ages and interests includes one of the largest SilverSneakers® senior fitness programs in Western Pennsylvania.

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