

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

August 2023

Senior Center News

Creative Writing Class August 1 3, 8 and 10, 2-3 pm

Dr. Jennifer Mann, Ed.D. will join us virtually to teach literary techniques and give constructive feedback on your writing.

Dementia Friends Information Session August 3, 1:30 pm

Join us to better understand what it's like to live with dementia and discuss five key messages related to dementia. This information session is designed for everyone- you do not need to have prior knowledge or know someone who is living with dementia to become a Dementia Friend.

Seniors for Safe Driving August 10, 2-6 pm

Attend this session to refresh your driving techniques and develop a positive driving attitude. Registration is required. The cost is \$16, and attendees will receive a 5% discount on auto insurance for 3 years.

Neighbors' Circle August 14 and 28, 12:15 -12:45 pm

The JCC's Rabbi Ron discusses the most important issues of our day each Monday on the Virtual Senior Academy. These conversations will be streamed live in South Hills on the 2nd and 4th Monday of each month.

Art Class August 24, 2-4 pm in the social hall

Local artist Jude Ernest will teach the class how to create Sharpie tie-dye projects. Registration is required. The cost is \$15 for registered AgeWell members and \$20 for non-AgeWell members.

Conversations with Amy August 30, 1:30-2:30

Join AgeWell's Information and Referral Specialist, Amy Gold, for a discussion about local resources for older adults.

Summer Walking Group Wednesdays 10-11 am

Join Hayley and Andrea for a morning walk around the JCC.



It's August, a month for dogs!

According to the Old Farmer's Almanac, the hot and humid Dog Days of summer span from mid-July to mid-August, and since 2020 the month of August has been celebrated as National Dog Month to recognize all the ways dogs make our lives better.

Senior adult pet owners report that dogs help them enjoy life, feel loved, make connections with others, feel less stressed, and remain physically active. So go ahead and pet a dog today!

August Club Meetings

(contact Kathy Wayne for information or to join)

Mahjong Club

Weekly meeting on Tuesdays
at 1pm

Decades History Club

Wednesday, August 9th at
1:00 pm (New Time)

Theater Club

Monday, August 21st at 12:15 pm

Book Club

Tuesday, August 22 at 1:30 pm

Intergenerational Family Dynamics Discussion Group

Wednesday August 16th at 12:30
pm

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Featured Class of the Month: DEKA 55 +

It's been almost a year since we launched On Your Mark Fitness and DEKA at the JCC. While it might look a little intimidating, it really isn't. DEKA classes aren't about lifting the most weight or running the fastest mile; they are about working on the functional movements that we need all day long—things like lifting, carrying, squatting, getting up and down and walking. For older adults, practicing these movements is especially important in maintaining mobility and independence. We have 55+ classes that are specially designed to bring DEKA benefits to our JCC older adult population. If you're interested, stop by the trainer's desk to talk to Blake Stewart or the membership office to talk to Kelly Hont and they can set you up for 5 free trial classes.



Member Spotlight: Jan and Jon Rutter

Jan and Jon have been regulars in the fitness center and pool for the last several years. They joined the JCC after church members told them about it and they've been coming ever since. But, years ago they lived in the city and used the Squirrel Hill JCC, mainly for the pool.

Being lap swimmers, they use the South Hills pool now, but they have also ventured into other areas of the building as well. They work out in the fitness center where Jan most enjoys using the bikes and treadmills and Jon likes the Cybex machines and the elliptical which is easier on his knees. Jon says that his routine

in the JCC has made him stronger and helped him improve his balance. It has also helped him with his post-physical therapy recovery from a shoulder injury he sustained while playing tennis.

The Rutters also appreciate the AgeWell lunches. Jon is here most weeks all three days, while Jan volunteers elsewhere one day, so she is here twice. "The food is delicious and then we don't have to make much for dinner on those nights, and we enjoy staying to each lunch and meeting new people." But one of their favorite parts of lunch is the Question of the Day that is posted at the check-in table – it's a little brain teaser each day that gets people thinking and talking.

Outside of the JCC, the Rutters enjoy living only three blocks from their daughter and three grandchildren. The JCC after-hours Sunday Family Swim was a hit with the Rutters and their grandchildren last winter. With a son in Colorado, the Rutters also spend some traveling out west and hiking in the mountains.

Personal Training, Fitness Assessments and Equipment Orientations

Our certified Personal Trainers, TreVaughn Brown, Blake Stewart, Medardo Lomeli and Kenn McKenzie all have experience working with older adults and are here to help you if you've got questions about how to approach your workout. Whether you need just a little help learning the equipment, want an assessment to determine your fitness strengths and weaknesses, or one-on-one training to meet your fitness goals, these guys can help you. Stop by the trainer's desk for a chat or sign up for a free assessment or fitness equipment orientation at the Front Desk.