

Older Adult Programs

AgeWell Pittsburgh • JCC South Hills

September 2023

Senior Center News

Foster Grandparents Program Info session, September 5, 1:15 pm

If you are 55+, living on a limited income, and would like to help children in your community while having the opportunity to earn extra cash, come learn about becoming a Classroom Grandparent.

A Taste of the High Holidays, September 6, 2 pm

Chabad of the South Hills and AgeWell at the JCC present *A Taste of the High Holidays* with holiday stories and songs, honey cake tasting, and a shofar demonstration.

Neighbors' Circle, September 11, 12:15-12:45 pm

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

Grandparents Day Celebration, September 11, 5-7 pm

Bring your grandchild for a fun Line Dance class and stay afterward for ice cream, games, and crafts! Sign up by contacting Hayley at (412) 697-3552 by Friday, September 8.

Falls Prevention and Home Safety Presentation, September 19, 10 am

Join Janet Begg, an OT from Seniors Helping Seniors, for a presentation about fall prevention and home safety.

Community Listening Session, September 20, 2 pm

This listening session is to gather insights to shape the Pittsburgh digital equity plan, to better understand the needs and challenges of digitally vulnerable populations, and to develop a plan that will ensure equitable access to technology and digital resources for all members of our community.

Art Class, September 21, 2-4 pm

Local artist Jude Ernest will teach the class how to create alcohol ink ceramic tiles. Registration is required.

Conversations with Amy, September 27, 1:30 pm

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

Express Your Thoughts on Life in Three Lines, September 28, 11 am

Local author and fellow AgeWell member Dave Borland will share his experiences of writing 'Burgh Ku, an adaptation of the traditional Japanese form of poetry, haiku.

September is the time to celebrate National Grandparents Day!

In 1978 Congress passed legislation to mark the first Sunday after Labor Day as Grandparents Day, and President Jimmy Carter signed the proclamation on August 3, 1978.

While this year's annual celebration falls on Sunday, September 10th, we are going to extend the celebration at the JCC to Monday, September 11th with a special Line Dance class and Grandparents Day activities starting at 5 pm.



New! Our JCC Pittsburgh app

We've moved to a new reservation app called, appropriately enough, JCC Pittsburgh. The easy-to-use app is available on the App Store or Google Play. Schedule your AgeWell lunches, and register for your aquatics classes, group ex classes, and personal training in advance to make sure your spot is saved. Questions? Stop by the Membership office.



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Check out our new fall programs: All Class descriptions and pricing are available in our online program guide.

Aquatics – Classes in the pool have been a hit, and our aquatics team is expanding the possibilities for you in the pool. Can't swim? Adult swim lessons are starting in September.

Aqua Arthritis (Tuesdays and Thursdays)
Aqua Fit (Mondays and Fridays)
Aqua HIIT (Mondays)
Aqua Walkout (Fridays)
Shake Splash and Roll (Wednesdays)

Dance – This fall there are several options to get your exercise through dance. As always, private tap dance lessons are available and the popular tap, show tunes and line dance classes are back.

Beginner Tap (Wednesdays)
Intermediate Tap (Thursdays)
Line Dance (Mondays)
Show Tunes (Fridays)

Sports and Recreation – By now, everyone has played, seen, or heard about pickleball, right? If you haven't played, join one of our beginner clinics (1st Wednesday of each month), or schedule a private lesson. This fall we are offering more times to practice and play.

Daytime Play
(Tuesdays, Thursdays, Fridays and Saturdays, one court)

Evening Play
(Mondays and Thursdays, two courts)



Member Spotlight: Nancy Brown

Nancy Brown has been a JCC member for years, and she's about to enter her second stint as a JCC employee teaching line dancing. Over the years here she has taken advantage of many JCC programs, including aquatic aerobic classes, Silver Sneakers classes, weekly balance classes and the Matter of Balance course, Zumba Gold, and Show Tunes.

Prior to her retirement, Nancy enjoyed a successful and interesting career as an elementary education teacher, teaching first in Delaware and then going overseas to teach the children of American military personnel stationed overseas. But she has also always loved singing and social dancing. "I have always belonged to a choir, chorus or singing group. Currently, I am a member of the Harmony Singers of Pittsburgh. I also enjoy all kinds of social dancing, such as square dancing, round dancing, and line dancing. Lately I've been taking classes in English Country Dancing (think Pride and Prejudice!)."

Other interests include swimming, photography and editing her community's monthly newsletter.

She became a line dance teacher after joining a class in the development where she lives, learning the dances, and eventually when "the teacher needed to retire, she tutored me until she considered me ready to take over and I've been teaching the weekly class ever since. In 2018, I started teaching a class at the JCC until the closure due to Covid." But now, she'll be back to teaching line dance for our JCC members with an 8-week session beginning Monday, September 18th. Nancy combines her skill and love of dancing and teaching to create a class that anyone can follow and enjoy.

September Club Meetings

Mahjong Club

Weekly, Tuesdays at 1 pm

Remember When

Wednesday, September 13 at 1 pm

Theater Club

Monday, September 18 at 12:15 pm

Family Dynamics Discussion Group

Wednesday, September 20 at 12:30 pm

Book Club

Tuesday, September 19 at 1:30 pm

Garden Club

Friday, September 22 at 12:00 pm