

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

October 2023



Meet our New President and CEO Jason Kunzman

Jason Kunzman, the JCC's new President and CEO, started at the JCC in 2017 as the Chief Program Officer. He succeeds past-president, Brian Schriber who is moving to a new role as the JCC's Chief External Affairs Officer.

Jason brings wealth of experience to his new role—he has held previous positions as a police officer, a forensic accountant, and CFO of the Jewish Healthcare Foundation before coming to the JCC.

As those of you who have seen him working (and working out) here in the South Hills know, he also brings boundless energy and enthusiasm to his work.

At the last JCC Board Meeting, Jason recounted the reasons he came to, and continues to work at the JCC. "I joined the JCC in 2017 for two primary reasons—first to give back to the same Jewish community that wrapped me and

my wife in a cocoon of care when we arrived on the scene in 2001 without a job or a place to live, and second, for the opportunity to learn and work alongside of someone with Brian's expertise, wisdom, and stellar reputation both within the JCC movement and across the Pittsburgh region.

Very soon into my tenure, though, countless other moments reaffirmed my decision—first bus rides to J&R Day Camp, Jewish and non-Jewish teens gathering together in our Second Floor space to learn about Israel, older adults celebrating Shabbat each week with early childhood, countless personal wellness journeys curated by the JCC's fitness instructors and personal trainers, Color War at EKC and of course the creation of Pittsburgh's resiliency center, the 10.27 Healing Partnership. The breadth and depth of the agency's reach is both overwhelming and inspiring and through it all we seek to impact thousands while counting by ones."

When asked specifically about the South Hills older adult programs, Jason could not be more enthusiastic about the increased activity seen every day within the branch.

"Our renewed focus on meeting the diverse needs of our older adult members has brought palpable energy and excitement to the South Hills JCC," Jason recently shared. "We could not have predicted the pent-up demand for activities targeting overall wellness and socialization nor the overall level of engagement from this important segment of our community's fabric.

We look forward to further expanding our suite of member-driven experiences as part of our relentless approach to keeping our seniors independent and vibrant for many years to come."

Fall FEST
JCC PITTSBURGH SOUTH HILLS

FREE!
REGISTER BY
OCTOBER 15

Sunday, October 22 · 11 am-3 pm
JCC South Hills, 345 Kane Boulevard

Come celebrate the season at the JCC!
There will be activities for everyone in the family, so bring your family, your grandchildren and friends because the Fall Fest is open to everyone.

There will be special older adult fitness classes, AgeWell activities, group exercise class launches, a DEKA competition, kids' activities, a pool party, and food + drink to purchase.

October Clubs

MahJohng

Tuesdays • 1 pm

Theater Club

Monday, October 16 • 12:15 pm

Book Club

Tuesday, October 17 • 1:30 pm

Intergenerational Dynamics Club

Wednesday, October 18 • 12:30 pm

Remember When Club

Thursday, October 19 • 1 pm

Garden Club

Field trip to the Botanical Garden
See Kathy for details

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Member Spotlight: Gloria Iovino

Most mornings if you look into the Social Hall during a Silver Sneakers class, you will find Gloria Iovino smiling and moving in the front row of class. Gloria has been coming to the JCC for about 10 years, joining just after she retired from teaching 3rd grade at Brookline Regional Catholic School. She joined to keep busy and keep moving during her retirement. As Gloria says, “it’s just a good way to meet people and have fun and get away from sitting around at home during my retirement. The JCC is the nicest and cleanest place I have ever exercised.” But exercise isn’t new to her. Years ago, Gloria actually taught group exercises classes at a fitness center in Mt. Lebanon.

At the JCC, Gloria enjoys the Silver Sneaker Circuit and Classic classes, and she is a member of the Garden Club. Over her years here she has taken the Show Tunes dance class and has attended many AgeWell events. At home she likes to garden and read. Gloria is married and while her husband is a member, he comes less often since he still works full-time. She has two adult children and four grandchildren. Her son owns Café IO in Mt. Lebanon and her daughter works in the Early Childhood Development Center here at the JCC, making the JCC a bit of a family place for her!

October Programs

Contact Hayley Maher for information or to register.

Seniors for Safe Driving Class Wednesday, October 4 • 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.

Tech Tutoring with CCAC Thursdays October 5-26 • 10:30-12:30 pm

Bring your device and come with questions for this tutoring session! Registration is required and space is limited. Contact Hayley to register for a session.

Violins of Hope Monday, October 9 Temple Emanuel • 4 pm

Experience the amazing true stories from James Grymes’ acclaimed book *Violins of Hope* in this one-of-a-kind program, specially curated by the Pittsburgh Jewish Music Festival. In conjunction with Pittsburgh’s current Violins of Hope exhibit, this program showcases the role of Jewish musicians during the Holocaust. A chamber orchestra of string players from the Pittsburgh Symphony Orchestra will join local narrators to bring to life the inspirational messages of these instruments and their remarkable owners through words and music. This program is free, but registration is required. Stop by the AgeWell office to register.

Flu and COVID-19 Vaccination Clinic

Tuesday, October 10 • 9-11 am

Appointments for this clinic are fully booked but stop by the AgeWell office if you’d like to be added to the wait list. This clinic is open to anyone over the age of 60.

Venture Outdoors Again Presentation

Thursday, October 12 • 1:30 pm

Venture Outdoors Again is an initiative to help older adults be active outdoors. Venture Outdoors would like to hear your perspectives, ideas, and challenges to help you age well in the outdoors!

Conversations with Amy Wednesday, October 25 • 1:30 pm

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



October is Fire Prevention Month

- Check the batteries in your smoke and carbon monoxide detectors
- Have your furnace checked
- Keep a fire extinguisher handy
- Have a fire escape plan
- Don’t leave burning candles unattended