

# Older Adult Programs

Agewell Pittsburgh • JCC South Hills

November 2023

## Senior Center News

### November AgeWell Programs

(contact Hayley Maher for information or to register)

#### American Sign Language Video Lessons, Wednesdays at 10 am

Join AgeWell for video lessons on American Sign Language. This 8-lesson introductory video course is published by Oklahoma School for the Deaf.

#### Haiku Wordshop, November 30 at 11 am

Learn more about haikus and write some of your own! This "wordshop" will be offered by local author Dave Borland, who has adapted the traditional haiku form to his very own Pittsburgh version, 'Burgh Ku.

#### Investing Wisely, November 9 at 1:30 pm

Join this discussion to gain confidence in your ability to make smart financial investments. Learn more about reading financial reports, making assessments, and developing questions to ask financial advisors.

#### Art Class, November 15 at 2 pm

This month, local artist Jude Ernest will lead the class in creating 3D felted candles. The cost for this class is \$25.

#### Flu and Covid-19 Vaccination Clinic, November 21, 9-11 am

Registration is required. You will receive a \$25 Giant Eagle gift card after getting vaccinated and filling out a survey.

#### November Service Project, November 10, 11:00 am

Make lanyards to send to members of the military and first responders through Operation Gratitude.

#### Reach Out and Play, November 17, 10 am-12 pm

Join AgeWell at the JCC for an afternoon of play! Ageless Innovation's Reach Out & Play initiative, sponsored by AARP, is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play. The newest offerings from Ageless Innovation's Joy for All™ Games are reimagined classic board games designed to meet the needs & interests of older adults, including The Game of Life Generations, Scrabble Bingo, & Trivial Pursuit Generations.

#### Conversations with Amy, November 29, 1:30-2:30 pm

Join AgeWell's Information and Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion.

#### Ongoing Programs: Bereavement Group, Wednesdays at 11 am. (registration required), Blood pressure screenings

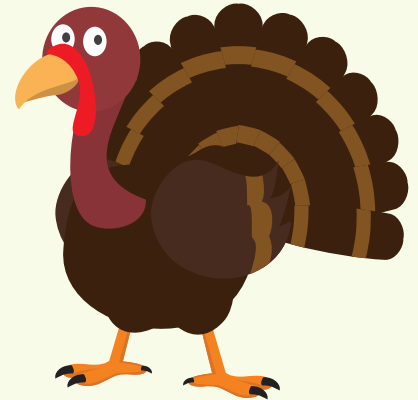
November 14 and 28, 10-11 am.

#### 10.27 Counseling

November 13 and 27, 11 am-1 pm.

**The AgeWell office will be closed on Thanksgiving Day as well as Friday, November 24.**

**There will be no Silver Sneakers classes on Thanksgiving.**



#### Five Thanksgiving Fun Facts

- In 1924, the first Macy's Thanksgiving Day Parade featured animals borrowed from the Central Park Zoo, including elephants, bears, camels, and monkeys.
- Sarah Hale wrote "Mary Had a Little Lamb", but she is also responsible for making Thanksgiving an official holiday after petitioning the government and convincing Abraham Lincoln in 1863 to make it a national holiday.
- In 1942, during the war, London's legendary Westminster Abbey held Thanksgiving for U.S. troops stationed in the city.
- The first frozen dinner was created in 1953 after C.A. Swanson & Sons overestimated how much turkey it was going to sell for Thanksgiving and ended up with 260 tons of leftover frozen turkey.
- Pittsburgh's first Thanksgiving was declared in 1758 by General John Forbes on Sunday, November 26, 1758, following the Battle of Fort Duquesne.

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## New Class - BOOM Muscle with Kathy. Wednesdays at 9 am in the Dance Studio

For our members who are looking for something just a little more intensive than a SilverSneakers Circuit class, we are adding SilverSneakers BOOM Muscle to our class lineup. This class mixes cardio movement blocks with strength training blocks using light weights, done standing without the SilverSneakers chairs. Kathy will lead you through a fun, athletic workout that is designed to use movements to enhance your athletic and everyday movements.



## Member Spotlight: Dorothy Voith

Dorothy stepped right up when BOOM Muscle was introduced to our schedule. She's been a JCC member for almost 4 years. She loves to dance and was looking for a good tap class when she found Kathy Wayne's Intermediate Tap class on our JCC website. While she's been line dancing for many years, she started taking tap lessons at age 60 because she thought it would be fun. Now at the JCC Dorothy has added Show Tunes and Line Dance to her dance class attendance.

Dorothy also attends Silver Sneaker Classic and Circuit classes, though she likes Circuit better. So of course, she was game to try the BOOM class. She enjoyed the class and noted that "it takes it up a notch with more cardio, but still includes the weights for the training that I need." She found it easy to follow as "Kathy explains everything that she is doing during the class."

Even with all that she has done here, Dorothy is thinking about more, adding in an aquatics class and the Group Ex Centergy class are next on her list. She enjoys the "beautiful, clean facilities and

the welcoming staff here" adding that she likes "getting to know the staff who greet her when she comes in." Dorothy retired about three years ago from her position as an administrator in the Pitt Department of Medicine. Retirement meant she had more time to explore the classes at the JCC and give her time to her quilting, knitting, crocheting, and serving as treasurer of the Greentree Garden Club.

## November Challenge

Participate in one of each of the five activity categories listed below for your chance to win a prize. Challenge cards are available at the Front Desk and in the AgeWell office.

- Attend a fitness class
- Have lunch at the Jcafe
- Attend an AgeWell program
- Go to a club meeting
- Give a testimonial about your experience at the JCC!

## November Club Meetings (contact Kathy Wayne for information or to join)

### Garden Club

Friday, November 17th at 12 pm

### Remember When Club

Wednesday, November 8th at 1:00 pm

### Theater Club

Monday, November 20th at 12:15 pm

### Book Club

Tuesday, November 21st at 1:30 pm

### Intergenerational Family Dynamics Group

Wednesday, November 15th at 12:30 pm

### Mahjong Club

Weekly meeting on Tuesdays at 1 pm