

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

December 2023



Staff Spotlight: Abdi Kater

Abdi Kater started as the JCC's Facility and Operations Manager in South Hills in November. Abdi originally came to the JCC from London to work as a camp counselor 22 years ago. After relocating to the US, he worked with the JCC from 2018 to 2022. He took a year off and worked in corporate America, but he is happy to be back at the JCC. Abdi values being part of an organization that makes a meaningful impact on our community and the camaraderie found at the JCC.

In his new role, Abdi's time will be split between working in the membership office, managing facility operations, and assisting with overseeing personal training and customer service at the front desk. As Abdi gets reacquainted with the JCC, he wants to get to know our members. If you see him in the membership office, stop by and say hello!

Outside of work, Abdi enjoys fantasy football and watching soccer, and he has two young kids who keep him busy. While Abdi used to be a sports enthusiast, these days he is a reigning champion of competitive toy pickup. Abdi says, "I love it, but let's be real- nap times and bedtimes are like winning the lottery!"

Featured Program: CheckMates

Have you heard of CheckMates? This volunteer peer-led telephone reassurance program offers a connection between volunteers and members of our community who may be homebound, isolated, or lonely. Volunteers over the age of 60 make weekly phone calls at their convenience from their home. Volunteers are trained to recognize individual needs and are supported by AgeWell's Information and Referral Specialist, Amy Gold, who coordinates this program.

If you are interested in becoming a caller, or if you know someone who would benefit from receiving weekly calls, contact Amy at (412) 697-3528.

Staff Updates

In November, Elaine Cappucci transitioned to a part-time role at the JCC. She will maintain many of the same responsibilities, including teaching SilverSneakers classes, but she will be in the building fewer hours each week. If you see Elaine around the JCC, wish her well as she enjoys more time with her family!

Call for New Clubs

If you have a hobby or special skill, consider sharing your talents! Starting a new club is a wonderful way to make new friends with shared interests. All current AgeWell clubs are led by AgeWell members, and most groups meet once each month. If you have a skill you'd like to share, contact Hayley at 412-697-3552 or Kathy at 412-339-5414.

A few ideas for new clubs include:

- Crochet or knitting
- Travel
- Current Events

December Clubs

See Kathy Wayne for details

Mah Jong

Tuesdays • 1 pm

Theater Club

No meeting in December

Remember When Club

Wednesday, December 6 • 1 pm

Garden Club

Friday, December 15 • 12 pm

Book Club

Tuesday, December 19 • 1:30 pm

Intergenerational Family Dynamics Club

Wednesday, December 20 • 12:30 pm

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Contact Hayley Maher for information or to register.

Conversation with Handy Andy

Monday, December 4
11 am
Conference Room

Andy Amrhein from Evey True Value will be discussing preparing your home for the winter months and holiday gift ideas. This presentation can also be viewed virtually on Virtual Senior Academy.

Live to 100: Secrets of the Blue Zones

Tuesdays in December
11 am
Conference Room

The Blue Zones are areas of the world where people regularly live to be 100. In this documentary series, author Dan Buettner travels around the world to explore 5 unique communities in which people live extraordinarily long and vibrant lives.

American Sign Language Lessons

Wednesdays
10 am
Conference Room

Join us on Wednesday mornings to view video lessons created by Oklahoma School for the Deaf.

Dementia Friends Information Session

Monday, December 11
1 pm
Conference Room

This one-hour information session will cover five key messages about dementia and touch on what it is like to live with dementia. You do not need to have prior knowledge of dementia or know someone living with dementia to become a Dementia Friend!

Investing Wisely Part 2,

Thursday, December 14
1:30 pm
Social Hall

In the first part of this series, the group discussed reading financial reports, making assessments, & developing questions to ask financial advisors. This session will focus on how to read an income statement & other SEC reports. Join this discussion to gain confidence in your ability to make smart financial investments.

Photography 101

Thursday, December 28
11:15 am
Conference Room

Learn the basics of photography and how to share your personal perspective. This session will cover some history and some basic techniques. This class will also be available on Virtual Senior Academy.

Smartphone Photography 101

Thursday, December 21
11:15 am
Conference Room

Want to take beautiful pictures with your phone? Come learn the basics of smartphone photography.

Conversations with Amy

Wednesday, December 27
1:30 pm

Each month, AgeWell's Information and Referral Specialist, Amy Gold, will host a conversation about a different topic of interest to older adults and provide related resources.

Ongoing Programs

Bereavement Group

Wednesdays • 11am
Registration required

Blood pressure screenings

Tuesdays
December 12 and 26
10-11 am

10.27

Drop-in Counseling Hours

Monday, December 11
11 am-1 pm

Please note: The AgeWell office will be closed on Monday, December 25. The lunch line will still be available at (412) 446-4776 to make lunch reservations for December 26, 27, and 28.