

Older Adult Programs

AgeWell Pittsburgh • JCC South Hills

January 2024

Senior Center News

January AgeWell Programs (contact Hayley Maher for information or to register)

Radon Presentation, Thursday, January 11 • 11 am

John Mallon, President and CEO of Radon Detection and Control LLC, Inc. will discuss what radon is and why it is important to monitor the levels in your home. He will share what levels are considered safe, and what to look for in a monitoring system.

Memory Screenings, Tuesday, January 16 10 am-12 pm

Stop by the AgeWell office to complete a brief memory screening assessment. This is not a diagnostic test but is an assessment of cognitive function that helps to determine if a comprehensive evaluation is needed. Results from this brief assessment can be taken to your PCP for further discussion.

Virtual Museum Tours, Thursdays, January 18 & 25 10:30 am

Did you know that you can view collections from many famous museums virtually? On January 18th, we'll view collections from the Natural History Museum in London. This museum is a leading science research center with unique natural history experiences. On January 25th, we'll view pieces from the Van Gogh Museum in Amsterdam. This museum houses the largest van Gogh collection in the world. Come to the conference room to explore these collections together virtually.

Reach Out and Play, Friday, January 19 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.

Seniors for Safe Driving, Wednesday, January 24 2-6 pm

Seniors for Safe Driving has been presenting the PennDot approved Mature Drive Improvement Course since 1994. During the course, information is provided on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, and more. AgeWell at the JCC will be hosting this one-day course in South Hills on January 24, April 10, July 10, and September 18, 2024, and drivers over the age of 55 who complete the course are eligible for a discount on car insurance. Stop by the AgeWell office for a registration form, or visit seniorsforsafedriving.com.

Paracord Service Project, Wednesday, January 31 10 am

Stop by the conference room to make paracord lanyards to send to members of the military and first responders through Operation Gratitude. These multipurpose lanyards can be used in many emergency situations, including making a sling or splint or helping create a makeshift shelter. We will follow a video tutorial to make lanyards to send to Operation Gratitude.

Conversations with Amy, Wednesday, January 31 1:30 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:

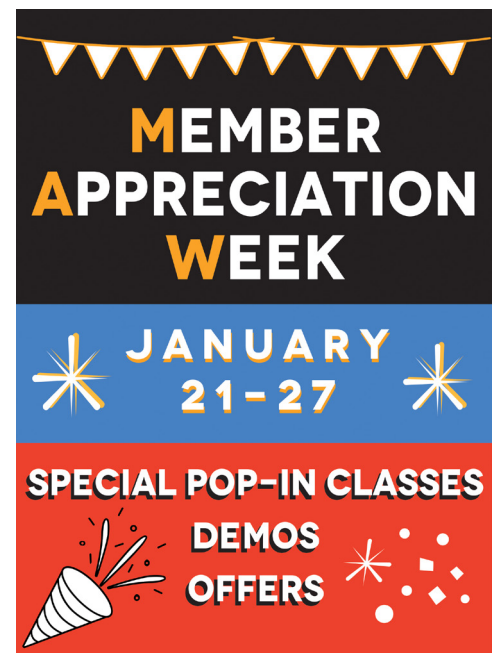
Blood pressure screenings

Tuesdays, January 9 and 23 • 10-11 am.

Drop-in Counseling Hours

Mondays, January 8 and 22 • 11 am-1 pm.

The AgeWell office will be closed on January 1



MEMBER APPRECIATION WEEK

JANUARY 21-27

SPECIAL POP-IN CLASSES

DEMOS OFFERS

The banner features a black background with a yellow and white pennant border at the top. Below the title, there are two blue starburst icons flanking the date. The bottom section has a red background with a white starburst icon and a white party horn icon.

Stay tuned for more information about this week of gratitude.

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Member Spotlight: Linda Fink

Linda Fink has been a regular at the JCC in the Tuesday and Wednesday Classic SilverSneakers classes for more than 8 years. She couldn't wait to turn 65 so she could join the JCC as a SilverSneakers member! Over the years, Linda has recovered from several surgeries at the JCC. The fitness classes have helped her build up muscles and maintain her stamina so she can stay active. She also enjoys the social aspect of coming to class at the JCC. Since AgeWell at the JCC opened in South Hills in 2023, Linda has gotten even more involved in all that the JCC has to offer.

If you've met Linda, she's probably invited you to join her at an activity or club meeting. Linda is an active member of AgeWell's Garden Club, Theater Club, and Intergenerational Family Dynamics Discussion Group, and she is always encouraging friends to come to activities and events. Linda occasionally has lunch in the J Cafe and recently completed the Google Chromebook class offered by the Anna Middleton Waite Learning Center in partnership with AgeWell in South Hills.

Linda says, "everyone is here to help each other", whether it's in the gym, in a class, or just around the building. She loves the great conversations in all of the club meetings and the positive energy that everyone brings. Linda said, "I love to be here!" She is so happy to have found so much support and friendship at the JCC, as well as ways to stay active and engaged.

Soon, Linda will be starting as a volunteer in the CheckMates program. This program involves making phone calls to seniors who may be homebound or just need a friendly call. Linda is looking forward to getting started- she will be a great fit with her friendly personality! Outside of the JCC, Linda enjoys gardening, baking, and making crafts. She has kids and grandkids nearby, and she enjoys thrift shopping with her granddaughters.

If you enjoy the Classic SilverSneakers class, you'll probably see Linda next time you're at the JCC!

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

Remember When Club

Wednesday, January 10 at 1 pm

Theater Club

Monday, January 15th at 12:15 pm

Book Club

Tuesday, January 16th at 1:30 pm

Intergenerational Family Dynamics Group

Wednesday, January 17th at 12:30 pm

Garden Club

Friday, January 26th at 12 pm

Mah Jongg Club

Weekly meeting on Tuesdays at 1 pm

***Beginner Mah Jongg classes will return in March!**



New Year's Resolutions

Will you be setting a goal or resolution for 2024?

Luckily, you can work towards many of the most popular resolutions at the JCC!

- Eat healthier- have lunch at the J Cafe on Tuesdays, Wednesdays, and Thursdays
- Exercise more- try a new fitness class! Have you tried DEKA? Or Tai Chi? There's a class for everyone!
- Learn a new skill- join an AgeWell club, or start a new one!
- Read more books- join Book Club to get new reading recommendations each month
- Spend time with loved ones- make new friends at the JCC in class, at lunch, or in a club
- Reduce stress- Take advantage of wellness programs at the JCC, including mediation, counseling, and information or referrals from our social workers