

JCC SQUIRREL HILL PROGRAM GUIDE

WINTER-SPRING

2024



JCC PROGRAM GUIDE SQUIRREL HILL

TO REGISTER FOR CLASSES
& PROGRAMS:

jccpgh.force.com

[“JCC Pittsburgh” app. Learn more HERE](#)

Questions:

registration@jccpgh.org or 412-339-5432

Operating Hours

Monday through Thursday • 6 am-9:30 pm

Friday • 6 am-6 pm

Saturday and Sunday • 8 am-5 pm

Holiday Hours

Sunday, December 24: Christmas Eve Close at 5 pm

Monday, December 25: Christmas 2023 8 am-5 pm

Sunday, December 31: New Year's Eve Close at 5 pm

Monday, January 1: New Year's Day Closed except
for Fitness Center 8 am-2 pm

Monday, April 22: Passover Eve Close at 5 pm

Tuesday, April 23: Passover Closed

Sunday, April 28: Passover Close at 5 pm

Monday, April 29: Passover Closed

Friday, May 24: Staff Care and In Service Day
Closed

Monday, May 27: Memorial Day Closed except for
Fitness Center 8 am-2 pm and Family Park 11 am-7 pm

Tuesday, June 11: Shavuot Eve Close at 5 pm

Wednesday, June 12: Shavuot Closed

Facility operations and programming
are subject to change in accordance with
national, state and local health and safety
guidelines.

CONTENTS

<u>AGEWELL AT THE JCC</u>	<u>32</u>
<u>AGEWELL FITNESS</u>	<u>29</u>
<u>AMERICAN JEWISH MUSEUM</u>	<u>54</u>
<u>AQUATICS</u>	<u>6</u>
<u>CAMPS</u>	<u>43</u>
<u>CENTER FOR LOVING KINDNESS</u>	<u>56</u>
<u>CENTERFIT PLATINUM</u>	<u>26</u>
<u>CHILDREN'S PROGRAMS</u>	<u>40</u>
<u>DANCE</u>	<u>16</u>
<u>EARLY CHILDHOOD</u>	<u>38</u>
<u>FACILITIES RENTAL</u>	<u>62</u>
<u>FITNESS</u>	<u>19</u>
<u>INCLUSION</u>	<u>53</u>
<u>MEMBERSHIP</u>	<u>4</u>
<u>MUSICALS</u>	<u>47</u>
<u>PERSONAL TRAINING</u>	<u>25</u>
<u>PJ LIBRARY</u>	<u>55</u>
<u>SOFA SPIRITUALITY</u>	<u>59</u>
<u>SPORTS</u>	<u>12</u>
<u>TEENS</u>	<u>47</u>
<u>YOUTH FITNESS</u>	<u>24</u>
<u>YOUTH SPORTS</u>	<u>13</u>
<u>10.27 HEALING PARTNERSHIP</u>	<u>60</u>

MEMBERSHIP



JCC Members enjoy the use of our great facilities:

- Two heated indoor pools: 25-yard lap pool and training pool
- Interactive cardio equipment, including Precor and Peloton
- Weight training rooms with upgraded functional and Olympic lifting equipment including Free Motion, Rogue and Hammer Strength
- Adults only spa style locker rooms with lounge, sauna and whirlpool, towel service, hair dryers and toiletries
- 2 full court gymnasiums
- Indoor walking and running track
- Free WiFi
- Recovery Room suite of restorative equipment

Use of JCC facilities at other locations:

- JCC South Hills branch with **ON YOUR MARK FITNESS DEKA** classes, indoor pool, fitness center, gym and programs for all ages.
- **SUMMER:** Outdoor Olympic-size pool and zero-entry baby pool at 100-acre Family Park in Monroeville.

MEMBERSHIP



JCC MEMBERS HAVE ACCESS TO A VARIETY OF PROGRAMS AND CLASSES:

- Robust schedule of varied modality MOSSA licensed classes as well as Pilates, Spinning, HIIT and Boot Camp.
- Virtual schedule of live and on demand group exercise classes
- Personal Training
- Children's sports, dance, swimming, fitness classes
- Early Childhood Development Center
- Day and overnight camps
- After school programs
- Teen Center programs and lounge
- Gesher Young Adult Inclusion Program
- AgeWell at the JCC, a nationally accredited Senior Center program

For more information, call 412-697-3522 or email membership@jccpgh.org

*Scholarship program supported in part by the
Linda and Stuart Nord Family Foundation*

AQUATICS



JCC SAILFISH SWIM SCHOOL

For more info, contact Anna Watterson,
awatterson@jccpgh.org or 412-697-3546

Register for swim lessons

CLASS TYPES

Guppy and Me: ages 6 months-2 years

(Parent in the water). Parent and child explore the water and learn safe behaviors in the water through songs and play.

Tadpoles: ages 2-3

Children learn to become comfortable in the water through songs and games.

Minnows: ages 3-5

Children become comfortable in the water by blowing bubbles, digging arms and splashy feet.

Jellyfish: ages 3-5

Children begin to explore the water more independently, learn to push off unassisted and do back floats.

Catfish: ages 3-5

Children begin to explore the water more independently; with front and back arm strokes.

Starfish: ages 6-12

Build confidence in the water, and learn body positioning, floating and kicking.

Goldfish: ages 6-12

Freestyle, backstroke and rotary breathing are the main focus in this class.

Dolphins: ages 6-12

Bilateral breathing and elementary backstroke are the primary focus of this class, taught in the large pool.

AQUATICS

For more info, contact Anna Watterson at awatterson@jccpgh.org or 412-697-3546

Register for swim lessons

CHILDREN'S CLASS DAYS AND TIMES

Guppy and Me: ages 6 months-2 years

Sundays	9-9:30 am
---------	-----------

Tadpoles: ages 2-3

Sundays	9-9:30 am
Mondays	10-10:30 am
Wednesdays	10-10:30 am

Minnows: ages 3-5

Sundays	9:30-10 am
Tuesdays	5-5:30 pm
Wednesdays	10:30-11 am
Thursdays	10-10:30 am

Jellyfish: ages 3-5

Sundays	10-10:30 am
Mondays	2:15-2:45 pm
Tuesdays	5:30-6 pm
Thursdays	10:30-11 am

Catfish: ages 3-5

Sundays	10:30-11 am
Mondays	10:30-11 am
Tuesdays	6-6:30 pm
Wednesdays	2:15-2:45 pm

Starfish: ages 6-12

Sundays	11-11:30 am
Thursdays	4-4:30 pm

Goldfish: ages 6-12

Sundays	11:30 am-Noon
Thursdays	4:30-5 pm
Thursdays	5-5:30 pm

Dolphins: ages 6-12

Sundays	Noon-12:30 pm
Thursdays	5:30-6 pm

AQUATICS

For more info, contact Anna Watterson at awatterson@jccpgh.org or 412-697-3546

CLASS DATES

Sunday classes	Fee
Jan. 7-Feb.25	\$120
March 3-April 21 (no class on March 31)	\$105

Monday classes	Fee
Jan. 8-Feb. 26	\$120
March 4-April 15	\$105

Tuesday classes	Fee
Jan. 9-Feb. 27	\$120
March 5-April 16	\$105

Wednesday classes	Fee
Jan. 10-Feb. 28	\$120
March 6-April 17	\$105

Thursday classes	Fee
Jan.11-Feb. 29	\$120
March 7-April 18	\$105

Aquadults: ages 13+

Aquadults classes are designed to help beginner swimmers regardless of their starting point. Aquadults group lessons are ideal for adults who have never learned to swim, have a fear or hesitation of the water or want to perfect their swimming stroke.

Beginner	Tuesdays	6:30-7 pm	\$120
Intermediate	Tuesdays	7-7:30 pm	\$105
Jan. 9-Feb. 27, March 5-April 16			

Private Swim Lessons

30 minutes	\$42
Six 30-minute sessions	\$210
Ten 30-minute sessions	\$320

[Register for Private Swim Lessons HERE](#)

[Check our pool schedule HERE](#)

AQUATICS

JCC SAILFISH SWIM TEAMS

For more info, contact Anna Watterson at awatterson@jccpgh.org or 412-697-3546

● Squirrel Hill Sailfish: ages 6-12 Introduction to Competitive Swimming

Children practice all four competitive swim strokes. Emphasis is on competitive techniques such as streamlined turns, finishes and endurance training. Children must try out to participate.

Mondays and Wednesdays 4:15-5 pm • \$300
Jan. 8-April 17

Tryouts at the JCC Squirrel Hill

Monday, January 8 • 4:15-5 pm

Wednesday, January 10 • 4:15-5 pm

● Chipmunk Swim Team: ages 5-6

Children will practice swimming skills in the small pool. Emphasis on technique and building endurance.

Tuesdays 4:15-5 pm • \$150
Jan. 9-April 16

Jimmy Goldman Masters Swim Team Program JCC Squirrel Hill

Swimming with a friend is more fun!
Join others for lunchtime workouts coached by
Anna Rose Watterson.

Tues.-Thurs. 11:30 am-12:30 pm; Sun. 1:30-2:30 pm
\$5 drop in/ included in Centerfit Platinum membership

Contact Anna Rose Watterson, awatterson@jccpgh.org

Anna Rose has had the privilege of working alongside national level coaches and swimmers from all different types of aquatic programming. Before moving back to Pittsburgh, she was a full-time coach with Waterloo Swimming, ranked in the top 100 fastest teams in the nation.



AQUATICS

JCC COMPETITIVE SWIM TEAMS

For more information about requirements, practice times, days and locations for the following teams, contact Coach Al Rose, 412-906-2583 or al@jccsailfish.org

The JCC Sailfish Swim Team is a coach-governed USA Swimming program that is part of Allegheny Mountain Swimming. Our team is a year-round competitive swim team offering high-quality professional coaching for all ages and abilities. Our goal is to provide a safe and supportive environment and motivate and assist swimmers by providing the preparation and training needed to achieve swimming performance beyond the boundary of their talents and physical gifts in the belief that this experience will prove invaluable to them as they grow and develop.

JACK MORRIS INVITATIONAL SWIM MEET

Sunday, April 21, 1 pm

Join us for the annual swim meet honoring the memory of beloved swim teacher and coach Jack Morris, held every spring. Participants include Squirrel Hill and South Hills Swim Team members, and approved private and group lesson participants.

Registration: Sarah Grimm sgrimm@jccpgh.org

To contribute to the Jack Morris Endowment Fund for JCC Aquatics, call the JCC at 412-697-3510 or donate online at Donate.jccpgh.org/donate

The Jack Morris Endowment Fund provides scholarships for children to participate in JCC programs.

Single Gender Swim

Male only Sun. 4-5 pm & Tues. 8:30-9:30 pm

Female only Sun. 3-4 pm & Thurs. 8:30-9:30 pm

[Check our pool schedule HERE](#)

[Register on the "JCC Pittsburgh" app.](#)
[Learn more HERE](#)

AQUATICS

For more info, contact Anna Watterson at awatterson@jccpgh.org or 412-697-3546

Aqua Fit*: High-intensity aerobic exercise that uses the water's natural resistance to build strength and endurance.

Aqua HIIT*: Circuit training to increase stability and overall strength. A total body workout for all ages.

Aqua Arthritis: Gentle stretching and movement exercise to improve range of motion and relieve arthritis symptoms. *Included with AgeWell membership.*

Shake and Splash: Bursts of full-body aerobic exercise combined with strength, flexibility, and balance exercise.

Included with Silver Sneakers membership.

Aqua Chi*: A graceful class that improves blood circulation, releases tension, corrects posture and provides a sense of active relaxation.

Aqua Flow*: Focuses on balance and coordination with yoga adaptations and light movement.

Water Walking: Enjoy gentle, slow movements in the warm water. Walk forward, backward, and sideways as arms assist your movements; working on strength, flexibility and balance.

Included with AgeWell membership.

Monday:

Aqua Fit*	9-9:45 am	Christine
Shake & Splash	11-11:45 am	Annie
Arthritis	12-12:45 pm	MaryBeth

Tuesday:

Water Walking	8-8:45 am	Carla
Aqua Flow	9-9:45 am	Cathy
Shake & Splash	11-11:45 am	Cathy

Wednesday:

Aqua Fit*	9-9:45 am	Jane
Shake & Splash	11-11:45 am	Jane
Arthritis	12-12:45 pm	MaryBeth

Thursday:

Water Walking	8-8:45 am	Carla
Aqua Flow	9-9:45 am	Cathy
Shake & Splash	11-11:45 am	Cathy

Friday:

Aqua Fit*	9-9:45 am	Christine
Shake & Splash	11-11:45 am	Christine
Aqua Arthritis	12-12:45 pm	MaryBeth

***\$5/class. Included with Centerfit Platinum**

SPORTS

BASKETBALL

• Men's Pickup Basketball Ages 21+

Saturdays	10 am-12 pm
-----------	-------------

Sundays	8-10 am
---------	---------

Tuesdays	6-8 pm
----------	--------

Kaufmann Gym

Members only; no registration required.

BASKETBALL BREAKFAST CLUB

Have fun doing cardio and fitness training while improving your basketball skills with the legendary Dante Calabria.

Fridays, 7:45-8:45 am • Robinson Gym

\$50/each class • \$55/non-member

More info: Laurie Wood, lwood@jccpgh.org

PICKLEBALL

A fun sport that combines many elements of tennis, badminton and ping-pong.

Tuesdays	11:30 am- 1 pm
----------	----------------

Beginner lesson on one court 11:30 am-12:15 pm

Open play on the second court.

Fridays	8:45 am -12:45 pm
---------	-------------------

OPEN play for all levels

Kaufmann Gym

No equipment needed - If you are age 60+ please register at AgeWell in Room 201.

More info: Marsha Mullen, mmullen@jccpgh.org,
412-339-5415

PICKLEBALL LEAGUE

10-week league for intermediate/advanced pickleball players. Submit a team of up to 3 players to play each week. In the end, there will be playoffs and a championship game! Winners will receive T-shirts.

Jan. 17-March 27 \$100/team

Wednesdays	9-11 am
------------	---------

Robinson Gym

Contact Brandi Tedesco, btedesco@jccpgh.org
412-697-3532

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpgh.org or 412-697-3532

• Super Shooters Soccer: Ages 3-5

This preschool soccer class will enhance children's eye-foot coordination and gross motor skills through soccer-themed activities!

Mondays • January 22-March 4

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

Thursdays • March 28-May 9

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• Little Penguins Hockey: Ages 3-5

This preschool hockey class will teach children basic hockey fundamentals and enhance hand-eye coordination through hockey games and activities.

Tuesdays • Jan. 23-March 5

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

Wednesdays • March 27-May 8

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• Tiny T-Ballers: Ages 3-5

This preschool t-ball class will enhance gross motor skills and hand-eye coordination through t-ball themed activities.

Wednesdays • Jan. 24-March 6

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpgh.org or 412-697-3532

• **Net Sports Newbies!: Ages 3-5**

NEW! This brand new preschool class will teach children the basics of various net sports (tennis, volleyball, badminton, etc) while enhancing their hand-eye coordination.

Thursdays • Jan. 25-March 7

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• **Games Galore!: Ages 3-5**

NEW! Love PE class? Get more at Games Galore! Children will enhance their coordination, flexibility, balance, and cooperative skills through various PE-type games, including, parachute, scooters, obstacle courses, and more!

Tuesdays • March 26-May 7

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

• **Tiny Hoopers: Ages 3-5**

This preschool basketball class will enhance hand-eye coordination and teamwork skills through basketball-themed games and activities.

Wednesdays • March 27-May 8

\$100

Pre-K, ages 4-5 1:30-2 pm

Preschool, ages 3-4 3:30-4 pm

Kaufmann Gym

CECILE GOLDBERG LEVINE

FAMILY OPEN GYM

Enjoy family gym time!

Ages 1 to 5

Sundays 10-11:30 am

No fee; no registration required.

YOUTH SPORTS

For more info, contact Brandi Tedesco,
btedesco@jccpgh.org or 412-697-3532

• Little Champs Super Hoopers: K-grade 2

This 14-week developmental clinic & league will teach young players the basics of basketball. Players will learn dribbling, passing, shooting, defense, and gameplay strategy. After weeks of clinic learning the skills, players will be split into teams and play games each week with a focus on learning the game and sportsmanship.

Sundays • Continues to Feb. 25, 2024

Member: \$250/ Non-member: \$300

Kindergarten	12:30-1:30 pm
Grade 1	1:45-2:45 pm
Grade 2	3-4 pm

Robinson Gym

• NBA (No Boys Allowed) Clinic & League: Grades 3-8

NBA is a basketball clinic and league designed to help girls build confidence on and off the court. Players will learn the basics of basketball and gameplay with an emphasis on sportsmanship, team building, and communication.

Sundays • Continues to Feb. 25, 2024

Member: \$175/ Non-member: \$225

Grade 3-5	4:15-5 pm
Grade 6-8	5:15-6 pm

Robinson Gym



DANCE

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM



For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

EARLY CHILDHOOD DANCE CLASSES

• Creative Movement-Toddlers: Ages 2.5-3

Tuesdays	2:45-3:15 pm	KDS	\$279
Jan. 9-May 14			

• Creative Movement-Preschool: Ages 3-4

Tuesdays	3:30-4 pm	KDS	\$279
Jan. 9-May 14			

• Pre-Ballet/Tap: Ages 4-5

Tuesdays	1:30-2:15 pm	KDS	\$315
Jan. 9-May 14			

SCHOOL AGE DANCE CLASSES

• Ballet/Tap 1: Kindergarten Ages 5-6

Mondays	4:30-5:30 pm	RDS	\$366
Jan. 8-May 13			

• Ballet/Tap/Jazz 3: Ages 7-8

Mondays	5:30-7 pm	RDS	\$434
Jan. 8-May 13			

• Ballet/Tap/Jazz 4: Ages 8-10

Wednesdays	5:30-7 pm	RDS	\$459
Jan. 10-May 15			

DANCE

For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

• Ballet/Tap/Jazz 5: Ages 9-12

Tuesdays 4:30-6 pm & Thursdays 4:30-6:30 pm	RDS	\$639
Jan.9- May16		

• Ballet/Tap/Jazz Advanced: Ages 13-18

Tuesdays 6:15-8:45 pm & Thursdays 6:30-9 pm	RDS	\$873
Jan. 9-May 16		

Must be approved by the dance director if you haven't been in this class previously.

• Hip Hop 1: Ages 5-8

Fridays 4:15-5 pm	RDS	\$315
Jan.12-May 17		

• Hip Hop 2: Ages 9-12

Fridays 5-6 pm	RDS	\$387
Jan.12-May 17		

• Hip Hop 3: Ages 12-18

Wednesdays 4:30-5:30 pm	RDS	\$387
Jan.10-May 15		

• Acro Dance: Ages 9-18

Fridays 5-6 pm	KDS	\$387
Jan. 12-May 17		

• Lyrical Dance: Ages 9-13

Wednesdays 7-8 pm	RDS	\$387
Jan. 10- May 15		

• Pointe: Ages 13-18

Fridays 4-5 pm	KDS	\$387
Jan.12-May 17		

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

JCC DANCE RECITALS

Preschool Recital: Tuesday, May 21, 4:30 pm

School Age Recital: Thursday, May 23, 6:30 pm

DANCE



For more info, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414

K&M DANCE COMPANY

Ages 9-12	Sun.	12:30-1:30 pm	RDS	\$315
-----------	------	---------------	-----	-------

Ages 13-18	Sun.	1:30-2:30 pm	KDS	\$315
------------	------	--------------	-----	-------

January 14-May 19

Participants must be approved by Kathy Wayne.

Dance Company Solo	\$325
Dance Company Duet	\$300
Dance Company Trio	\$300

Dance Company Small Group: ages 8-18

Max capacity: 7

RDS	\$250
-----	-------

Dance Company Large Group: ages 9-13

RDS	\$200
-----	-------

ADULT DANCE CLASSES

• Adult Ballet

Sundays	12:30-1:30 pm	KDS	\$40
---------	---------------	-----	------

January 21-February 11

• Adult Hip Hop

Sundays	11:30 am-12:30 pm	KDS	\$40
---------	-------------------	-----	------

February 4-25

FITNESS

LEATRICE AND JOHN M. WOLF CENTERFIT

For more info, contact

Laurie Wood, lwood@jccpgh.org or 412-697-3509
Evan Aiello, esaiello@jccpgh.org or 412-697-3523

• Group Ex Classes

- | | |
|------------------|---------------|
| • Group Active | • Group Blast |
| • Group Centergy | • Yoga |
| • Group Core | • Spinning |
| • Group Fight | • Group Power |

\$10/class; Free for Centerfit Platinum members

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

In-Person Group Ex schedule

GROUP EXERCISE LAUNCHES

New music and new and innovative exercises and training methods.

Winter 2024

Group Power	Sunday, January 7	8:15 am
Group Fight	Sunday, January 7	9:30 am
Group Core	Tuesday, January 16	7:30 am
Group Centergy	Wednesday, January 24	8 am
Group Blast	Wednesday, January 24	9 am
Group Active	Monday, February 5	9:15 am

Spring 2024

Group Power	Sunday, March 24	8:15 am
Group Fight	Sunday, March 24	10 am
Group Core	Tuesday, April 2	7:30 am
Group Blast	Saturday, April 13	8:45 am
Group Centergy	Saturday, April 13	10 am
Group Active	Monday, May 6	9:15 am

Kaufmann Dance Studio

\$10/class; free for Centerfit Platinum members

FITNESS

For more info, contact Annie Kostovny,
akostovny@jccpgh.org

• ON YOUR MARK FITNESS HIIT classes (ongoing)

Now included in Centerfit Platinum Membership

Mondays	8 am
Mondays	4 pm
Tuesdays	8:30 am
Tuesdays	6 pm
Thursdays	6:30 am
Thursdays	9 am
Fridays	8:30 am
Saturdays	8:30 am
Sundays	9 am

\$10/class; free for Centerfit Platinum members
Racquetball Court, Kaufmann Gym

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

• Walk with a Doc

Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You'll take a few minutes to learn about a current health topic from a healthcare provider, then spend the rest of the hour enjoying a healthy walk and a fun conversation. It's a great way to get out, get active, and enjoy all the benefits that come from walking. Walk your own pace and distance.

Tuesdays at 9:30 am

Meet at the indoor walking track at the JCC Kaufmann Gym.

Dec. 12, Jan. 9, Feb. 13 and March 12

No registration. No fee.

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-697-3238



FITNESS

- **Boot Camp (ongoing)**

Now included in Centerfit Platinum Membership
Structured, high-intensity workout modeled after Military-style training. For the exerciser who needs additional motivation and a huge calorie burn.

Mondays & Wednesdays 6 am

\$10/class; free for Centerfit Platinum members

[Register on the "JCC Pittsburgh" app.](#)

[Learn more HERE](#)

- **Beginners Tai Chi - All Ages**

This class will focus on the most widely practiced form in the world, the 24-posture Simplified Taiji Form. The soft, circular movements give the beginner an easy-to-learn introduction to the essential elements of Taiji while minimizing the risk of pain or injury.

Saturdays, 12:15-1 pm

January 6-May 18. No class on Feb. 10 or March 9

Kaufmann Dance Studio

\$90. Registration required

- **Machine Orientation**

Contact Jeff Purcell, jpurcell@jccpgh.org

Learn how to use the weight and cardio machines with a certified personal trainer.

Wednesdays 9-9:45 am

Sundays 9-9:45 am

No registration required, no fee.

Meet on the couches in the Weight Room

- **Styku 3D Body Composition Scan**

Contact Elie Golin, egolin@jccpgh.org

The Styku body scan, given by one of our fitness professionals, is a state-of-the-art full body scan that delivers readings ranging from body fat percentage and BMI to bicep circumference and customized calorie recommendations for your goals.

\$30 for 1 scan; \$100 for 4 scans

Complimentary with personal training packages

FITNESS



RECOVERY ROOM

Now included in Centerfit Platinum Membership

For more info, contact Annie Kostovny,
akostovny@jccpgh.org

Dedicated room with equipment to aid in active and passive recovery for total body wellness. Use a variety of Hyperice, Normatec and meditation equipment in addition to stretching and relaxation spaces.

CLASSES

• Recovery Room Classes

Pilates	Mondays	9-9:45 am
	Tuesdays	8:30-9:15 am
	Thursdays	10:45-11:30 am
Yoga Stretch	Wednesdays	8:30-9:15 am
Active Recovery	Wednesdays	10-10:45 am
Vinyasa Flow	Wednesdays	5-6:15 pm
Stretch and Roll	Thursdays	8:30-9:15 am

\$10/ class, free for Centerfit Platinum Members

[Register on the "JCC Pittsburgh" app.](#)
[Learn more HERE](#)

FITNESS

For more info, contact Annie Kostovny,
akostovny@jccpgh.org

PRIVATE CLASSES

One on One Assisted Stretch and Recovery

Work with a recovery specialist who will guide you through a customized stretch and Hypervolt session to help you meet your body's wellness and recovery goals: increasing flexibility, reducing muscle and joint discomfort, and improving athletic performance.

General member: \$270; Platinum member: \$240
6 sessions, 30 minutes each

One on One Pilates

A private, low-impact reformer and mat-based workout focused on building strength, stability, and flexibility throughout the body with a focus on the core.

6 sessions, 60 minutes each
General member: \$420; Platinum member: \$390

10 sessions, 60 minutes each
General member: \$700; Platinum member: \$650

One on One Yoga

An individual program that is tailored specifically for your needs. Your instructor will help you to work towards even your loftiest yoga goals and take your yoga practice to the next level.

6 sessions, 60 minutes each
General member: \$420; Platinum member: \$390

10 sessions, 60 minutes each
General member: \$700; Platinum member: \$650

Reiki

Reiki sessions involve practitioners focusing their energy on the sources of specific conditions by placing their hands over various parts of a person's body and transferring healing energy. Sessions are 30 or 60 minutes. *Takes place in the Massage Room.*

General member: \$70/hour, \$40/half hour
Platinum member: \$60/hour, \$30/half hour

[Register on the "JCC Pittsburgh" app.](#)
[Learn more HERE](#)

YOUTH FITNESS

For more info, contact Annie Kostovny,
akostovny@jccpgh.org 412-697-3238

- **Deck Time** Ages 10-13

Have fun training with your friends while doing a workout of the day with a JCC trainer.

Mondays & Wednesdays 4:30- 5:30 pm

January 3-June 5

\$65 per 10 sessions or \$10 drop-in

- **Teen Fitness Certification**

This one-hour orientation must be completed by teens ages 13-15 prior to using the facility.

\$60/by appointment only



PERSONAL TRAINING

For more info, contact Bill Herman,
wherman@jccpgh.org or 412-697-3238

Work out with confidence! Let us help you feel great. Your personal trainer will design a program just for you, tailored to add years to your life and life to your years. Get started today!

- **Complimentary Fitness Assessment**

Meet with one of our certified personal trainers to go over the following:

- An assessment of your current fitness level, including endurance, flexibility, and strength.
- An optional full body composition test with Styku technology, including BMI, body fat, measurements, and more.
- A personalized and realistic timeline to achieve your goals.
- A customized analysis of your strengths and weaknesses.
- An overview of cardio and weight equipment.

JCC HEALTH AND WELLNESS COACHING PROGRAM

The JCC is pleased to be able to offer members one-on-one online health and wellness coaching with Steve Manns, a Certified Health and Wellness Coach.

**One on One Health and Wellness Coaching:
\$1,200**

12 weekly coaching sessions by phone or video conference

Contact Steve Manns, smanns@jccpgh.org



CENTERFIT PLATINUM



Join Today for These Benefits

- Adults-only spa-style locker rooms with sauna, steam room and whirlpool
- FREE: All Group Exercise, Small Group Training, Recovery Room, Yoga and Spinning classes and use of Recovery Room.
- Discount of up to 10% off Personal Training Contracts
- Discount on Massage
- Towel service, hair dryers and toiletries
- Free Starbucks coffee

**To join, contact the Membership Office,
412-697-3522 or membership@jccpgh.org**

MASSAGE

Contact Evan Aiello, esaiello@jccpgh.org or 412-697-3523

Contact Jen Goldston, jgoldston@jccpgh.org

or 412-246-2033 to schedule.

- Swedish
- Trigger Point
- Deep Tissue
- Sports
- Restorative
- Chair

Massage Fees

	Centerfit Platinum members	General members
Half Hour	\$37.50	\$45
Hour	\$75	\$90
10 half-hour sessions	\$350	(Just for Platinum)

ON YOUR MARK FITNESS

AT THE JCC SOUTH HILLS



J C C P G H
DEKA AFFILIATE

DEKA IS FOR YOU

The DEKA Training System is a form of functional fitness that supports everyday life through the basic movements of lifting, carrying, pushing, pulling, kneeling, jumping, climbing and getting down on the ground and standing back up.

Certified coaches provide a curated experience where specific modifications to each exercise are made to accommodate every level of fitness - from beginner to elite athlete. DEKA's unique approach in gamifying fitness through competitions and challenges emphasizes training with purpose and fosters community both within and across fitness centers all over the region.

DEKA CLASSES

FORGE

DEKA Forge (Strength and Power):

A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

BURN

DEKA Burn (Anaerobic Conditioning):

This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

GRIT

DEKA Grit (Endurance/Stamina):

Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

Learn more [HERE](#)

ON YOUR MARK FITNESS

For more info, contact Elaine Cappucci, ecappucci@jccpgh.org



DEKA MILE COMPETITION

Celebrate fitness and earn your mark by competing in the DEKA Mile, a 10-zone fitness challenge for ages 10+.

DEKA Mile has a 160 meter preceding each zone to equal one full mile of running.

SATURDAY, APRIL 20 • 8 AM- 1 PM

JCC SOUTH HILLS GYMNASIUM

**OPEN TO ALL MEMBERS
AND NON-MEMBERS**

**REGISTRATION WILL BE AVAILABLE AT THE
BEGINNING OF MARCH**

**ON YOUR MARK FITNESS at the
JCC South Hills, Pittsburgh's
DEKA affiliate, hosts daily
classes, challenges and quarterly
competitions.**



THE **WILSON** GROUP

[More info HERE](#)

AGEWELL FITNESS

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-339-5415

• SilverSneakers®

SilverSneakers® is free for adults ages 65+ who use Highmark, Gateway, Humana, UPMC for Life and other plans. Participants receive a general membership to the JCC.

For those not registered with SilverSneakers®, Renew Active® or Silver&Fit®: Participants need to be age 60 or older, Allegheny County residents and registered with AgeWell at the JCC. SilverSneakers® classes (except for Splash) are open to everyone if space permits.

Pick up the most recent Senior Adult Group Exercise schedule in Room 201 or [click here](#).

Classes

- Classic
- Classic/Balance
- Yoga
 - Gentle Chair Yoga
- Circuit
- Boom Move (high-intensity dance workout)
- Boom Muscle (tone muscles, build strength)

• PWR!Moves® Parkinson's Exercise Program

PWR!Moves is an evidence-based exercise program geared to people with Parkinson's.

Mondays & Thursdays, 11:45 am-12:45 pm
Kaufmann Dance Studio

Session 1	Jan. 22-Feb. 29	12 sessions	\$60
Session 2	March 11-April 11	12 sessions	\$60
Session 3	April 18 - May 23	10 sessions	\$50

• Beginners Tai Chi - All Ages

This class will focus on the most widely practiced form in the world, the 24-posture Simplified Taiji Form. The soft, circular movements give the beginner an easy to-learn introduction to the essential elements of Taiji while minimizing the risk of pain or injury.

Saturdays 12:15-1 pm
January 6-May 18 (No class Feb. 10, March 9)
\$ 90 - Registration required
Kaufmann Dance Studio

AGEWELL FITNESS

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-339-5415

• AgeWell Tai Chi

Learn and practice basic stances, postures & breathing methods from traditional Tai Chi and Qi Gong techniques to enhance your wellness and fitness.

**Tuesdays, 12:30-1:15 pm • Kaufmann Dance Studio
January 9 - May 28
(No Class on April 23)**

\$70

Registration required

• On the Move: Group Exercise for Improved Mobility in Older Adults®

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

**Thursdays, 10 am
Levinson Hall**

Free

• Arthritis Foundation Exercise Program

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength and balance.

Endorsed by Silver&Fit®.

**Wednesdays, 11:15 am
Levinson Hall**



AGEWELL FITNESS

For more info, contact Marsha Mullen,
mmullen@jccpgh.org or 412-339-5415

Free

• Pickleball

A fun sport that combines many elements of tennis, badminton and ping-pong.

Tuesdays 11:30 am-1 pm

Beginner lesson on one court.

Open play on the second court.

Fridays 8:45 am-12:45 pm

OPEN play for all levels

Kaufmann Gym

No equipment needed - if you are 60+ years old you need to register at AgeWell in Room 201.

• Israeli Folk Dance

Come learn traditional and new Israeli Folk dances!

Sundays 2:30-5 pm

ALL ages are welcome.

\$5 per session. No registration is needed.



AGEWELL AT THE JCC



*Our office is in Room 201.
We are open 9 am-5 pm Monday-Friday.
Walk-ins welcome, appointments preferred.*

AgeWell at the JCC, a nationally accredited Senior Center program, is part of a unique partnership with AgeWell Pittsburgh. AgeWell Pittsburgh, a collaborative program of the JCC, the Jewish Association on Aging and Jewish Family & Community Services, offers a one-stop resource that links older adults, their family members, friends and caregivers. Call 412-422-0400 or visit AgeWellpgh.org

SERVICES:

• In-Person Lunches

Delicious Kosher lunch for Allegheny County residents age 60+ who are registered with AgeWell at the JCC.

Mondays- Fridays 11 am-1 pm

Contact Michelle Hunter, LSW, 412-697-3515 or mhunter@jccpgh.org for details on how to sign up and get more information.

Menus can be found [HERE](#)

• Information & Assistance

Questions? We have answers!

Contact Amy Gold, MSW, agold@jccpgh.org or 412-697-3528

• Transportation Services

OPT, ACCESS, and Elder Express transportation.

For information contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• Voter Registration

Registration forms are available through AgeWell at the JCC. Contact Darlene Cridlin, LCSW, at 412-697-3517 or dcridlin@jccpgh.org for information

AGEWELL AT THE JCC



• Legal Services

For information, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• CheckMates

CheckMates is a telephone reassurance program consisting of older adult volunteers making weekly phone calls to other older adults who may be isolated, homebound or lonely. Through our trained volunteers and social workers, we can connect those CheckMate recipients with additional support and community resources to help them remain independent and in their own homes. If you would like to volunteer to make calls or are interested in receiving calls, contact Amy Gold, MSW, agold@jccpgh.org or 412-697-3528

OTHER VOLUNTEER OPPORTUNITIES

If you are interested in volunteering to support our other AgeWell programs, please contact Michelle Hunter, LSW, mhunter@jccpgh.org or 412-697-3515

ONGOING PROGRAMS

• Chess

Mondays, 11 am-12 pm in Room 202. For info, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• Choral Group

Fridays, 12 pm in Levinson Hall B. For info, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

AGEWELL AT THE JCC

• Center for Loving Kindness & Civic Engagement Neighbor's Circle Discussion

Mondays, 12:15-12:45 pm in Room 202 or online at Virtual Senior Academy.

Join Rabbi Ron Symons in a discussion around the most important issues of our day. More than a current events class, these gatherings allow us to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. Your voice matters if you choose to share. Your presence makes a difference if you choose to show up. People of all types of faith and hope, backgrounds and traditions are welcome. For more information, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407

• Discussion Group

Tuesdays, 10-11 am in Room 202. For info, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• Weekly Movies

Wednesdays, 1 pm in Room 202. Weekly movie screenings at the JCC. A mix of new releases and older classics will be shown. For more information, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407

• Art & Quarantine Stories: Exploring Iconic Artworks Throughout History that Relate to Our Current Moment

Thursdays, 12:15-12:45 pm in Room 202 or online at Virtual Senior Academy.

Join Melissa Hiller, Director of the American Jewish Museum at the JCC, for conversations about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions. For more information, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407

• Blood Pressure Screenings

Second and fourth Wednesdays of the month, 11 am-12 pm in the Palm Court. For info, contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

AGEWELL AT THE JCC



• HomeMeds

HomeMeds Medication Assurance, Partners in Care Foundation, is a consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. Medication errors can be serious, costly, common and preventable. *For more information, contact Maddie Barnes, mbarnes@jccpgh.org or 412-697-1186*

• One-On-One Tech Tutoring

Need help with your tablet or laptop? Got questions about your cell phone? We have volunteer tech tutors who are here to help. These sessions are one-on-one and by appointment only. *For more information or to make an appointment, contact Maddie Barnes, mbarnes@jccpgh.org or 412-697-1186*

• Ethics of our Fathers with Rabbi Altein

Mondays, 12 pm in the J Cafe. Questions? Contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517

• Scrabble Club

Mondays, 1:30 pm in Room 202

For more information, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407

• Rescuing Photos and Preserving Memories

Second Tuesday of every month from 1-2 pm in Room 202.

Join professional organizer Shelley Murray to learn how to save and digitize your old family photos, memorabilia, slides, and documents. These sessions will also provide tips on how to tell your family's story and preserve memories for generations to come. *For more information, contact Maddie Barnes, mbarnes@jccpgh.org or 412-697-1186*

AGEWELL AT THE JCC

• Coffee & Conversations with Amy

Monthly on Thursdays: January 25, February 29, March 28, April 18 and May 30 at 1 pm in Room 202. Join AgeWell staff member Amy Gold, MSW for monthly coffee and conversation! Amy will start the conversation centered around different topics that impact older adults across our community and then we will have an open discussion where we can share different points of view and offer local resources related to that month's topic. *For more info, contact Amy Gold, MSW, agold@jccpgh.org or 412-697-3528*

• Jewish History

Fridays, 10-11 am in Room 202. Presented by Alex Orbach, Associate Professor Emeritus, University of Pittsburgh. Questions? *Contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517*

• Weekly Torah Readings with Rabbi Teitelbaum

Fridays at 12 pm in the J Cafe. Questions? *Contact Darlene Cridlin, LCSW, dcridlin@jccpgh.org or 412-697-3517*

• Handy Andy

Monthly on Thursdays at 10 am on Jan. 16, Feb. 15, March 14, April 18 and May 9 in Room 202 or online at the Virtual Senior Academy. Join local radio personality, 'Mr. True Value'- Andy Amrhein from Evey True Value. Handy Andy covers a variety of topics important to you and recommends his favorite products to do the jobs around your home that you have questions about. *For more information, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407*

• Page Turners Book Club

Monthly on Mondays: Jan. 29, Feb. 26, March 25, April 22 and May 20 at 11 am in Room 310 or online on the VSA. The facilitator, Randy Detweiler, is a book enthusiast and AgeWell volunteer.

For book titles, *contact Maddie Barnes at mbarnes@jccpgh.org or 412-697-1186*

• Doc Talk

Monthly at 1:30 pm, dates vary. Join local doctors for a monthly "Doc'Talk". Rotating medical professionals will cover a variety of topics important to older adults and their health and well-being. For exact dates and guest speaker information, *contact Maddie Barnes, mbarnes@jccpgh.org or 412-697-1186*

AGEWELL AT THE JCC

VIRTUAL SENIOR ACADEMY (VSA)

For more info, contact Darlene Cridlin
dcridlin@jccpgh.org or 412-697-3517.

The VSA offers classes Monday-Friday online on virtualsenioracademy.org. Some classes are in a hybrid format and also take place in person at the JCC. Go to the website for more information.

Classes Include:

- JCC Center for Loving Kindness discussion groups
- Rounding the Bases
- Nutrition 101
- Coffee Chats
- Bingo
- Medicare 101
- Intergenerational conversations
- Health education series

To see the full list of classes and sign up, go to www.virtualsenioracademy.org



Registration for Senior Center activities and services must be completed in Room 201 by appointment. Bring a photo ID with your date of birth and proof of Allegheny County residency.

For more info, contact Darlene Cridlin
dcridlin@jccpgh.org or 412-697-3517.

EARLY CHILDHOOD



ANNABELLE RUBINSTEIN EARLY CHILDHOOD DEVELOPMENT CENTER

Children grow and thrive in a program enriched with language, reading, math, science, art, music and fun. We believe that discovery and play are young children's most important "work," preparing them for the academic and life challenges ahead.

Our Approach

ECDC's approach to early learning is inspired by the ideas and practices developed in Reggio Emilia, Italy, for the education of young children. This program—based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment—resonates with the JCC mission. ECDC's curriculum recognizes each child's voice and strives to provide a beautiful environment, small groups for children to do their work, and access to a wide variety of learning materials.

Our Core Beliefs and Values

- Children are constructivist learners
- Early Childhood educators are professionals
- Our families are our partners
- Our environment is an inspiration for inquiry

[Learn more HERE](#)

Spaces are limited for the 2023/2024 school year. Waitlist applications are always welcome. Visits must be scheduled in advance. For more information, please contact Director Liza Baron at lbaron@jccpgh.org or 412-697-3530.

****Director Endowed by Rose and Ed Berman***

EARLY CHILDHOOD

For more info, Contact Liza Baron, lbaron@jccpgh.org

Our Educators Make the Difference

Our talented and dedicated teaching team is committed to ensuring each child's happiness, safety and development. It is our priority to employ experienced and creative educators who meet our high standards and reflect our value of lifelong learning. Our educators work together as a team to ensure children are engaged in daily, meaningful exploration with one another.

Physical education, music, the arts, Jewish culture and nature are integrated into a child's day. Skilled JCC specialists offer additional enrichment opportunities for children to develop new skills in aquatics, sports and dance.

A few more things that make ECDC special

- Values-based exploration of Jewish holidays and customs through an age and culturally appropriate lens in every classroom
- A dedicated studio space for the creative arts
- Daily gross motor play in our double-court gymnasium

Marci Lynn Bernstein outdoor playground

- Neighborhood and community-based outdoor exploration
- Enrichment classes available, taught by skilled JCC specialists throughout the school day in dance, sports and aquatics
- Booken Family Kabbalat Shabbat celebrated every Friday during the school year. Everyone is welcome!

Justin Mark Library

Age Groups and Schedules

ECDC is a year-round early learning center. We operate from 8 am-5:30 pm every weekday.

Infants	6 weeks+
Tots	1 & 2-year-olds
Toddlers	2 & 3-year-olds
Preschoolers	3 & 4-year-olds
Pre-Kindergarten	4 & 5-year-olds

CHILDREN'S PROGRAMS

For more info, contact Abbey Plumb aplumb@jccpgh.org

CLUBHOUSE AFTER SCHOOL PROGRAM

Grades K-6 • Monday-Friday • 3-6 pm

Through June 11, 2024

1 day	\$1,390
2 days	\$2,370
3 days	\$3,150
4 days	\$3,790
5 days	\$4,270

*Pricing is based on the number of days per week

The Clubhouse After School Program provides care for children grades K-6 through fun and engaging activities and homework support after a day of school.

Our program is focused on ensuring the mental, physical and emotional well-being of children by providing meaningful opportunities to engage with peers and choose activities based on their own interests.

Activities include sports, STEM, arts & crafts, science, cooking, woodworking and more.

KIDS NITE OUT PreK- Grade 6 /Saturdays 6-9 pm

Enjoy a Saturday night out while your child has fun with us! Programs are held monthly from October through April, with dinner and swimming provided.

- December 16
- January 13
- February 3
- March 2
- April 20

\$30/child per session

For more information on Clubhouse, J Days, and all Children's programming, contact Abbey Plumb at aplumb@jccpgh.org or 412-339-5409.

CHILDREN'S PROGRAMS



BIRTHDAY PARTIES: ages 4-11

Our staff enthusiastically leads birthday parties from beginning to end!

Birthday party themes include swimming, creative cooking, arts & crafts, games galore, private movie screenings, STEM, Sports and more.

Birthday parties are offered **through June 2, 2024.**

More information:

Abbey Plumb aplumb@jccpgh.org or 412-339-5409

Birthday Party Packages

Blue: \$349 - up to 15 guests -\$15/additional guest
Party room (2 hours)

Staff to lead activities, set up and clean up.

Swim and Sports parties

Silver: \$419 -up to 15 guests -\$15/additional guest
Party room (2 hours)

Staff to lead activities, set up and clean up

Decorations for the party theme.

Swim, Sports, Arts and Crafts, STEM and Cooking parties

Gold: \$499 -up to 20 guests -\$15/additional guest
Party room (2 hours)

Staff to lead activities, set up and clean up

Decorations for the party theme

Snack and birthday cake provided.

Swim, Sports, Arts and Crafts, STEM, Cooking and custom parties

For more information on Clubhouse, J Days, and all Children's programming, contact Abbey Plumb at aplumb@jccpgh.org or 412-339-5409.

CHILDREN'S PROGRAMS



For more info, contact Abbey Plumb aplumb@jccpgh.org or 412-339-5409

J DAYS: PreK-Grade 6 **9 am-4 pm**

J Days are held when school is not in session and are primarily scheduled based on the Pittsburgh Public Schools Calendar. J Days are programmed with field trips and in-house activities such as swimming, gym time, arts & crafts, and other fun activities.

\$75 per day per child

- December 20, 21, 22, 26-29
- January 2, 3, 15, 25 & 26
- February 19
- March 25-29
- April 1 & 10

Before-Care: 8-9 am. No cost.

After-Care: 4-6 pm. \$15 per day per child
(no charge for Clubhouse members)

KIDS KLUB Grades 3-6

Kids Klub is a program for children in grades 3-6 that allows them to explore their favorite hobbies with other children who have similar interests. Clubs will meet over six Sundays. More information coming in late December!

Sundays, 1-3 pm

Member: \$150

Nonmember: \$250

J&R DAY CAMP



For more information, contact Camp Director Rachael Speck, rspeck@jccpgh.org or 412-697-3537

J&R DAY CAMP

J&R Day Camp, located in Monroeville, PA, is an inclusive camp environment that offers premier programming and activities for school-aged children in kindergarten through 8th grade. Our child-centered environment focuses on creating community and enriching the lives of our campers, families and staff. We serve children through meaningful experiences that focus on building connections, instilling Jewish values, fostering growth and having fun.

- 320 campers per week, 1:7 staff to camper ratio
- Transportation and food provided
- Daily swim lessons
- Aftercare offered daily 3-6 pm for an additional fee
- Accredited by the American Camp Association

2024 DATES

Registration for Summer 2024 is full, please contact Rachael Speck to join the waitlist: rspeck@jccpgh.org

Week 1	June 24- 28
Week 2	July 1-5, closed July 4
Week 3	July 8-12
Week 4	July 15-19
Week 5	July 22-26
Week 6	July 29-August 2
Week 7	August 5-9
Week 8	August 12-16

\$500/member per week

\$550/non-member per week

5% sibling discount if siblings register for 4 weeks or more

Learn more: [JCCPGHDAYCAMPS.COM](https://www.jccpghdaycamps.com)

SPECIALTY CAMPS



For more information, contact Jamie Ridgeway,
jridgeway@jccpgh.org or 412-697-3520.

SPECIALTY CAMPS

At JCC Specialty Camps, kids get the chance to focus on the things they love to learn and do. Led by expert instructors and enthusiastic staff, Specialty Camps provide campers opportunities to explore interests and gain knowledge, skills and proficiency. Choose from a variety of exciting one-week options, and customize the summer based on your child's interests and your family's schedule.

Specialty Camps are held at the JCC in Squirrel Hill and at the Family Park in Monroeville (transportation provided.)

Summer 2024 registration opens in January 2024.

For more information visit jccpghdaycamps.com

PERFORMING ARTS CAMP



For more information, contact Kathy Wayne,
kwayne@jccpgh.org or 412-339-5414.

Rising Stars: Grades 4-10 **Pre-professional program for young performers**

Hone your craft with theater professionals! Theater classes as well as drama and vocal exercises help campers learn to express themselves. Through the study of dance technique and choreography, campers learn how to break down a complicated routine into manageable steps. Campers work on music skills and musical theater repertoire, which are showcased in a final production. JCC's Performing Arts Camp provides students with a substantial musical theater experience with expert instruction and training in all aspects of musical theater— acting, voice and dance.

4-week day camp for summer 2024

June 17 to July 12, 2024

Monday to Friday

9 am- 3:30 pm

MEMBER PRICE: \$1,680

NONMEMBER PRICE: \$1,880

Registration opens in January 2024.

JCCPGHDAYCAMPS.COM

EMMA KAUFMANN CAMP



EKC, the JCC's premier overnight camp, nestled along Cheat Lake near Morgantown, West Virginia, provides countless opportunities for sports and recreational activities on land and water.

EKC programs, with an emphasis on Jewish values, are for children entering grades 2 through 10. Activities include swimming, climbing towers, sports, waterskiing, cooking, theatre, music, canoeing, water sports, ceramics, arts & crafts, mountain biking, camping, horseback riding, dance, archery and more!

Our program is designed to promote connections, values, growth and fun for everyone involved!

For campers in grades 2-7, we offer 2-week options and for first-time campers in grades 2-6, we offer 1-week options in addition to full session programs.

***Registration for summer 2024 is available.
Space is limited, ask us about the waitlist!***

2024 Dates and Rates

Be sure to ask about special pricing for first-time campers.

To learn more, contact Camp Director Aaron Cantor, acantor@jccpgh.org or 412-339-5412

EMMAKAUFMANNCAMP.COM

TEENS



PHILIP CHOSKY PERFORMING ARTS PROGRAM PRESENTS: RICHARD E. RAUH SENIOR HIGH MUSICAL Grades 9-12

For more info, contact Maria Carson, mcarson@jccpgh.org

High School students sing, act, and dance in a full-length musical number! This is the place for budding actors, dancers, and/or singers to hone their skills and shine on stage. Participants are welcome to audition even if they prefer to only dance or only act. Everyone is welcome!

Returns Fall 2024!

PHILIP CHOSKY PERFORM ARTS PROGRAM MIDDLE SCHOOL MUSICAL PRESENTS:

MEAN GIRLS JR.

Grades 4-8

Contact Maria Carson, mcarson@jccpgh.org

Middle School students sing, act, and dance in a full-length musical number! This is the place for budding actors, dancers, and/or singers to hone their skills and shine on stage.

The show will run February 22, 24 and 25.

[Request more information HERE](#)

TEENS



THE SECOND FLOOR TEEN MEMBERSHIP Grades 6-12

[Facebook](#) [Instagram](#)

For more info, contact Maria Carson, mcarson@jccpgh.org

The Second Floor Teen Center is open Monday-Thursday from 2-5:30 pm and Friday from 2-5 pm. We have FREE coffee, snacks, food, video games, art supplies, and community! Come hang out after school, enjoy one of our pop-up programs, or just swing by to grab a snack to go! The Teen Center is staffed by professional educators and a dedicated staff of teenage Peer Engagement Interns.

You do not need to be a member of the JCC to become a Teen Member of The Second Floor Teen Center. This membership enables you to access the Teen Center when we are open.

Hours may be adjusted due to staffing and community need. Come talk to a staff member during open hours and we will register you for a free membership!

Meet & Learn with Israeli Shinshinim! Grades 6-12

Contact Maria Carson, mcarson@jccpgh.org

At various times throughout the Winter, the Shinshinim (Israeli community engagement volunteers) will be meeting with teens at The Second Floor and will be leading experiences about Israeli culture, Hebrew language and more! Want a free coffee gift card to meet and grab coffee with a Shinshin? You can do that too!

Day and time TBD, The Second Floor

Open to all Teen Members of The Second Floor!

[Want more info? Fill out this form HERE!](#)

TEENS



For more info, contact Maria Carson, mcarson@jccpgh.org

Nazun: Challah for Hunger Grades 6-10

Shape challah dough into beautiful braids while learning about tikkun olam, food insecurity, and raising money for local food access organizations!

Nazun: Challah for Hunger will meet quarterly over the academic year. **Join us on Thursdays, Jan. 18, March 14 and May 16, 3:30-4:30 pm**

Open to all Teen Members of The Second Floor!
Teens can sign up for a free teen membership!

To sign up or request more information, please fill out the following form [HERE!](#)

The She'elot Fellowship Grades 9-12

Contact Maria Carson, mcarson@jccpgh.org

The She'elot Fellowship is a 13-week learning Fellowship for high school students. The She'elot — or Question – Fellowship is focused on asking and attempting to answer deep questions about life, society, and Jewish identity.

Because learning and participating in the Fellowship takes a significant amount of time, we are pleased to be able to pay Fellows for successfully completing the Fellowship. Fellows will earn \$250 after completing the Fellowship.

More info on how to apply coming soon!

Antisemitism Awareness and Education

Concerned about the rise in antisemitism? Want to learn more about the history of antisemitism and how to combat it? Email Dr. Maria Carson for more information about our pop-up and programs being developed at mcarson@jccpgh.org.

TEENS

For more info, contact Maria Carson, mcarson@jccpgh.org

Shabbat Experiences Club Grades 6-8

A new club for middle school (grades 6-8) students at the JCC! It's after school on Friday, but before Shabbat -- what is there to do? Come down to the JCC to have a "pre-Shabbat" experience that will be relaxing, rejuvenating, and FUN - all while learning something about Shabbat. Field trips, thrifting, movies, games, cooking, and more -- and best of all, it's FREE! No knowledge of the background of Judaism or Jewish culture is required for this new program!

The club will meet on the following dates from 3:30 pm-5 pm

Friday, January 12

Friday, February 9

Friday, March 8

Friday, April 5

Friday, May 3

[Register – or request more information – HERE!](#)

Half-Day Lunch and Learns Grades 6-12

When Pittsburgh Public Schools has a half day on a Friday, teens can come on over to The Second Floor Teen Center for FREE pizza, snacks, and a discussion and activity on a Jewish theme or concept.

All participants will need to be either a JCC member or a free member of The Second Floor Teen Center.

February 2 and 16

March 1 and 15

11 am-3 pm

Preparing for College

Join us for discussion(s) about college life, anti-Semitism on college campuses, and more. Programs are being developed, but if you are interested in learning more about our offerings as we finalize them, please email Dr. Maria Carson at mcarson@jccpgh.org for more information!

TEENS



2024 JCC MACCABI GAMES IN DETROIT

July 28-August 2, 2024 • Ages 12-16*

The JCC Maccabi Games are an international athletic competition for Jewish teenagers that runs much like the Olympics. Join 3,000 Jewish teen athletes from around the globe at the world's largest Jewish youth sporting event.

Learn more about Maccabi!

**Join us for a Virtual Information Session
Wednesday, January 10, at 7:30 pm**

RSVP to Rachael Speck rspeck@jccpgh.org

Registration is now open and spots are filling fast!

A non-refundable deposit of \$250 is required.

Total registration fee is \$2,000.

The deposit will be applied to the registration fee.

**Must be between the ages of 12-16 by July 31, 2024*

**All athletes must be Jewish*

More info: Rachael Speck rspeck@jccpgh.org

Register [HERE](#)

TEENS



For more info, contact Rebecca Kahn, rkahn@jccpgh.org

Pittsburgh Diller Teen Fellows Grades 10-11

[Facebook](#) [Instagram](#)

The Pittsburgh Diller Teen Fellows program is a premiere leadership cohort experience for a select group of Jewish participants from across Pittsburgh.

Applications for the 2024-2025 Cohort will open in the Spring of 2024

Samuel M. Goldston Teen Engagement Project Grades 7-9

Rebecca Kahn, rkahn@jccpgh.org

The Samuel M Goldston Teen Engagement Project is a no-cost/free program for 7th-9th graders to gain real-world leadership skills by practicing Tikkun Olam (Repairing the World). During this 5-week course, teens will learn why giving money is one important way to practice Tikkun Olam, use their exploration of Jewish values and social justice causes to assess our community's needs to make a real-world impact and gain the tools to exercise Jewish and personal values in their everyday lives.

The program will meet on the following Wednesdays from 5-7 pm

January 10 and 24

February 14 and 28

March 13

Second Floor Teen Center Workshop

Option for an extra meeting volunteering/ touring the organization of choice after the allocation process is complete.

[**Register HERE**](#)

Registration closes on Monday, January 8

INCLUSION



GESHER YOUNG ADULT PROGRAM

For more information, contact Rachael Speck, rspeck@jccpgh.org or 412-697-3537.

The Gesher Young Adult Program provides afternoon activities for young adults with varying physical, intellectual, and developmental disabilities. We provide focused attention to each participant with an emphasis on socialization skills, physical fitness and gross motor development and life skills. Participants learn the importance of teamwork, independence and relationship building while enjoying the JCC's fully equipped meeting rooms, dance studio, gym and swimming pool.

We also provide an afternoon specialty on Thursdays focused on technology skill building. Participants will learn how to use devices to communicate online, access information, word processing functions and use software and applications for art projects, pictures, digital images and games. If there is a skill or interest your participant is interested in learning, we encourage you to share that with us. This program is open to all participants, regardless of ability level. Devices will be provided but participants are also welcome to bring their own phone, tablet and/or laptop computer.

**Mondays, Wednesdays, Thursdays
and Fridays 3-6 pm
JCC Squirrel Hill**

Limited spaces available

AMERICAN JEWISH MUSEUM



*Being Good exhibition, photo of artist
Vanessa German by Lynn Johnson*

AMERICAN JEWISH MUSEUM IS SUPPORTED IN PART BY THE ANNA L. CAPLAN & IRENE V. CAPLAN FUND OF THE JEWISH FEDERATION OF GREATER PITTSBURGH, THE ROBERT C. AND GENE B. DICKMAN FUND, IRA AND NANETTE GORDON CURATOR ENRICHMENT FUND, EDWARD N. AND JANE HASKELL ENDOWMENT CREATIVE PROJECTS FUND, THE NANCY BERNSTEIN AND ROBERT SCHOEN FUND, AND INDIVIDUAL SUPPORT.

• Art and Quarantine Stories: Exploring Artworks and Topics That Relate To Our Current Moment.

Thursdays, 12:15-12:45 pm in Room 202 in Squirrel Hill or attend online through [Virtual Senior Academy](#)

Join Melissa Hiller, Director of the American Jewish Museum at the JCC, for conversations about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

For more info, contact Beth Rudel, brudel@jccpgh.org or 412-339-5407

PJ LIBRARY



For more info, Contact Ron Symons at rsymons@jccpgh.org

PJ Library

PJ Library sends free Jewish children's books to families across the world every month. We know that something magical happens when parents sit down together to read with their children. PJ Library shares Jewish stories that can help your family talk together about values and traditions that are important to you.

A program of the Harold Grinspoon Foundation, PJ Library is made possible through partnerships with philanthropists and local Jewish organizations. Families raising kids from birth through 9 years old with Judaism as part of their lives are welcome to sign up. PJ Library welcomes all Jewish families, whatever your background, knowledge, family make-up, or observance may be.

In addition to books, PJ Library in Pittsburgh provides family programming to strengthen connections to Judaism and build relationships with other Jewish families.

[PJ Library Website](#)

CENTER FOR LOVING KINDNESS

Become a Project UPstander Volunteer

An UPstander is a person who could be a bystander, yet when the opportunity presents itself, decides to stand UP for a neighbor. UPstanders are community members who provide acknowledgment, understanding and support for neighbors facing challenges as a result of hateful acts, natural disasters, violence, or intolerance that threaten the integrity of their community.

The way it works:

- When a need presents itself, JCC's Center for Loving Kindness sends out an email alert announcing the UPstander volunteer opportunity.
- Each opportunity is stand-alone— we are grateful for the role you play at any time, with no commitment to volunteer on a regular basis.

UPstanders have:

- Registered Hill District neighbors for COVID vaccines
- Hosted COVID vaccine clinics
- Planted vegetable gardens in East Liberty
- Distributed non-partisan voting information
- Cooked for new Afghan neighbors
- Supported a Christmas Open House gathering in Wilkinsburg

Become an UPstander

Working Together to Become a Better Me

In this ongoing 6 session journey, we will be using the wisdom of Mussar, the Jewish spiritual practice that gives practical instructions and reflections on how to live an ethical and meaningful life. Our goal is to journey towards becoming an "extra-ordinary ordinary person", a mensch.

People of all backgrounds are welcome to join us. No experience is necessary. Please be open to conversation and reflection.

Rabbi Ron Symons will be the facilitator.

Tuesdays	7-8 pm	On Zoom
----------	--------	---------

January 30-March 5

To sign up or to get more information, contact Rabbi Ron Symons, rsymons@jccpgh.org

For more information, contact:

Rabbi Ron Symons, rsymons@jccpgh.org

Melissa Hiller, mhiller@jccpgh.org

Linda McCullough, lmccullough@jccpgh.org



CENTER FOR LOVING KINDNESS

For more information, contact Linda McCullough,
lmccullough@jccpgh.org



• Virtual Senior Academy (VSA)

The Center for Loving Kindness and Civic Engagement Neighbors' Circle

Mondays 12:15-12:45 pm Room 202,
JCC Squirrel Hill

Or virtually on [Virtual Senior Academy HERE](#)

Join Rabbi Ron Symons in a discussion around the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today.

Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment

Thursdays 12:15-12:45 pm Room 202,
JCC Squirrel Hill

Or virtually on [Virtual Senior Academy HERE](#)

Join Melissa Hiller, American Jewish Museum Director at the JCC, for a lunchtime conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture.

To sign up for online VSA programs: Go to the
[Virtual Senior Academy website](#)

FAMILY SHABBAT DROP IN DINNER CELEBRATING TU B'SHVAT AND ISRAEL

Enjoy a family-friendly kosher Shabbat buffet dinner surrounded by friends and family. All are welcome. Come when you can, leave when you need.

Friday, January 26 • 5:30-7 pm

JCC Squirrel Hill, Levinson Hall

\$15/person; Children under 2 eat free.

\$50 for a family of 4;

\$10 / each additional person.

For more information, contact:

Linda McCullough, lmccullough@jccpgh.org

EXCERPTS WE SHOULD READ, TALK ABOUT AND ACT ON

Join us for a Zoom conversation based on book excerpts that can impact how we move past the hurt toward reconciliation as a community and as individuals. No need to read the books beforehand; we will share excerpts – that lead to discussion and understanding.

Thursday, January 4, 7-8 pm

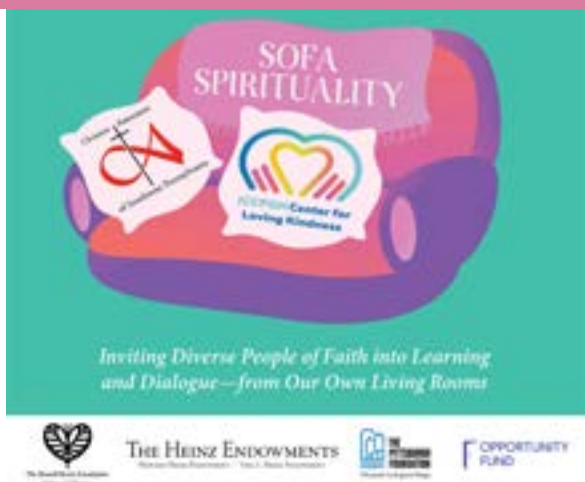
Year of the Tiger: An Activist Life • Alice Wong

This groundbreaking memoir offers a glimpse into an activist's journey to finding and cultivating community and the continued fight for disability justice, from the founder and director of the Disability Visibility Project.

For more information, contact

Linda McCullough, lmccullough@jccpgh.org

SOFA SPIRITUALITY



SOFA SPIRITUALITY

For more information, contact Linda McCullough,
lmccullough@jccpugh.org

We invite you to join us for one or more 45-minute Zoom sessions from the comfort of your own home, on your sofa or in an easy chair, with neighbors of different faiths and backgrounds for interfaith and spiritual dialogue. Join us at sofaspirituality.org.

Watch interviews with diverse interfaith leaders from across the country and the world discussing distinctive ideas, objects, rituals, and practices. The interview is a WINDOW into the spiritual life of a neighbor.

Engage in Dialogue. Participate in a real-time small group Zoom conversation to explore the themes of each interview. The dialogue is a MIRROR in which you can reflect on your own spirituality.

Discover Shared Values. Each dialogue is filled with curiosity, openness, respect and self-reflection. The DISCOVERY affirms the particularities of our diverse faith traditions while celebrating all we hold in common.

Mondays & Wednesdays 5:30-6:15 pm

Levinson Hall, JCC Squirrel Hill and on Zoom

January 8, 10, 17, 22, 24, 29 & 31

February 5, 7 & 12

[Join a dialogue – click here](#)



10.27 HEALING PARTNERSHIP



For more information call 412-697-3534 or email info@1027healingpartnership.org

We provide support, connection, and opportunities for reflection for individuals and their loved ones impacted by the October 2018 attack and others who experience hate-induced trauma.

Trauma-informed Yoga:

Participate in gentle yoga with a skilled and caring yoga instructor experienced in trauma-informed care. Experience an hour of gentle and calming yoga, and learn yoga you can do at home and in stressful situations, including while seated.

Wednesdays

4-5 pm

Jan. 3-April 24

Wellness Wednesdays:

Join wellness practitioners and other community members to experiment with new ways to relax and connect with others.

First Wednesday
of the month

6:30-8 pm

Jan. 3-March 6

For more information call 412-697-3534 or email info@1027healingpartnership.org

KAUFMANN BUILDING, JCC SQUIRREL HILL

More information and scheduling for all of our programs can be found at 1027healingpartnership.org

10.27 HEALING PARTNERSHIP

Winter Forest Bathing: Meditative Walks in Nature

Immersing ourselves deeply in nature has positive effects on mental, emotional, and physical health. If you feel disconnected from nature, yourself, or others, consider joining our community and participating in this forest bathing series. We will take slow, gentle walks in nature with frequent invitations to meditate or connect.

The first walk in this series will be to celebrate Tu b'Shvat, the Jewish New Year for the fruit trees. It is a day to celebrate the new fruits of the season and to remember our connection to the earth and to nature. All are welcome and invited to participate in this event. This program is a collaboration between the 10.27 Healing Partnership and the Pittsburgh Parks Conservancy.

Thursdays	1-2:30 pm
-----------	-----------

Jan. 25-Feb. 8

KAUFMANN BUILDING, JCC SQUIRREL HILL

More information and scheduling for all of our programs can be found at 1027healingpartnership.org



FACILITIES RENTAL

For more information, contact Chris Herman at cherman@jccpgh.org or 412-339-5395

THE JCC IS THE PERFECT PLACE TO...

Are you looking for the perfect space for an upcoming event? Need a gym for your team to practice? Or a place to throw the best B'nai Mitzvah party in town!?!

JCC facilities are available to rent during and after business hours for members and non-members! The JCC will customize your rental experience to meet your vision. From sophisticated brilliance to casual fun, the possibilities are limited only by your imagination.

Events We Host

- Bat, Bar and B'nai Mitzvot
 - Birthday Parties
 - Team Practices
 - Corporate Gatherings
 - Pool Parties
 - End of Year Banquets
- ...and more!



You're invited

JCC

BIG NIGHT

Shining a light on
COMMUNITY

Saturday • March 9, 2024
Honoring Brian Schreiber

Chairs:

Nancy & Woody Ostrow
Lori & Jimmy Ruttenberg
Dory & David Levine

Please join us to honor
Brian Schreiber and support
the JCC mission

THANKS TO OUR BIG NIGHT SPONSORS

***As of 12/15/23**

Megastar

PNC Bank

Nancy and James Wolf

Aurora Borealis

Highmark® Blue Cross Blue Shield

CJ and Bob Liss

Rita and Andrew Rabin

Andrea and Brian Ruttenberg

Nancy Bernstein and Rocky Schoen

Stacey and Scott Seewald

Sandra Block and John Suhrie

Lighthouse

Anonymous (2)

Betsy Levine-Brown and Marc Brown

Erica and Billy Goodman

Paula Garrick Klein

Dory and David Levine

NuGo Nutrition

Nancy and Woody Ostrow

Hilary Tyson and Charles Porter

Louisa and James Rudolph

Lori and Jimmy Ruttenberg

Suzanne and Brian Schreiber

Lori and Bob Shure

UPMC and UPMC Health Plan

Spotlight

Aladdin Food Management Services, LLC

Ceeva, Inc.

Debbie and Bill Demchak

Ellen and Jack Kessler

Lamar Advertising

Jeffrey Markel and Carol Robinson

Oxford Development Company

Diana and Saul (z"l) Spodek

TABLE Magazine

THANKS TO OUR BIG NIGHT SPONSORS

***As of 12/15/23**

Sunbeam

Anonymous (2)
Lauren and Scott Americus
Deborah and David Baron
Deborah and Sam Berkovitz
BNY Mellon
Nancy and David Brent
Clark Hill, PLC
Dickie, McCamey & Chilcote
Elyse and Martin Eichner
F.N.B. Wealth Management
Jan and Mitchell Hoffman
Carole and Jerry Katz
Dana and Jason Kunzman
Kerry Bron and Robert Levin
Marsha and Bernie Marcus
Nikol and Stanley Marks
Pittsburgh City Paper
Pittsburgh Jewish Chronicle
S&T Bank
Marcie and Matthew Weinstein
Weisman and Shapiro Family
Rachel and Steve Zoffer

Sparkler

Anonymous (2)
Meryl and David Ainsman
Cheryl Gerson Americus
B&R Pools & Swim Shop
big Burrito Restaurant Group
Rachel Firestone and Jason Binder
Cheryl Gerson – Realtor 412-401-4693 or 412-521-2222
Common Plea Catering
Entertainment Unlimited
Event Source
Exceptional Exteriors and Renovations, Inc.
Stefani Pashman and Jeremy Feinstein
Mary Pat and Eric Friedlander
Eva and Gary Friedman
Karen and Jack Friedman

Giant Eagle
Ina and Larry Gumberg
Sue Berman-Kress and Doug Kress
MediaQuest
Mosaic Linens
Pittsburgh Roots
Endodontics/Laura and Jeffrey Parker
Rothschild Doyno
Collaborative
ServiceMaster
Elizabeth Goldberg and Michael Weisberg

Moonglow

Anonymous
Baker Tilly
Gail and Norman Childs
Andrea and Andrew Eller
Fragasso Financial Advisors
Caryle Glosser
Beth Goldstein and Jeremy Goldman/ Goldstein Tax Prep
Deborah and Matthew Graver
Mary and Skip Grinberg
Susan and Louis Leff
Marcie Mitre and Ken Levin
Larry and Claire (z"l) Levine
Patty and Stanley Levine
Lobos Management
Lisa Zeidner and Jon Marcus
Amy Jaffe Mason and Grant Mason
PJ Dick Incorporated / Trumbull Corporation / Lindy Paving
Karen and Tony Ross
The Rubinoff Company and Rubinoff Realty Services
Darlene Cridlin and Robert Shreve
Julie and Bob Silverman
Vigliotti Landscape and Construction, Inc.
Walnut Capital Management, Inc.

THANKS TO OUR BIG NIGHT SPONSORS

***As of 12/15/23**

Firefly

Anonymous	Jennifer and Larry Honig
Allegheny Roofing and Sheet Metal	Teddi and David Horvitz
Company, Inc.	The Huntington National Bank
Baird	Lynne and Blair Jacobson
Sharon Dilworth and Dr. David Baker	Karndean DesignFlooring
Bank of America	Kline, Keppel & Koryak, CPAs
Baptist Senior Family	In Memory of Elaine Belle Krasik (z"l)
Laurie Moser and Stewart Barmen	Julie and Jason Lichtenstein
Liza and Adam Baron	Lieber Hammer Huber & Paul PC
Arlene and William Brandeis	Catherine and Mark (z"l) Loevner
Barbara and David Burstin	Michelle and Martin Lubetsky
Dean Damick	Marbury Group
Marion Damick	Fara and Andy Marcus
Sarah and Michael Della Vecchia	New Light Congregation
Neil DiBiase and Chris Smith	Bhavini Patel
Dipcraft Fiberglass Panels	Ellen Olshansky and Rich Pattis
Donner Family	Pittsburgh Oral Surgery, P.C.
Dodi Walker Gross and Daniel Edelstone	Melissa and Peter Rackoff
Reverend Janet Edwards	Nancy and William Rackoff
Julie and Josh Farber	Rex Glass & Mirror
Federated Investors Foundation, Inc.	Cathy Green Samuels and Michael Samuels
Barb Murock and Carl Fertman	Steve and Carol Smith in honor of David and Dory Levine
Fireman Creative	Marcia and Melvin Solomon
Fort Pitt Capital Group	Rachael and Alex Speck
Rosalind Chow and Jeff Galak	Jackie and Evan H. Stein
Ruth and Alan Garfinkel	Isabel Chernoff and Marc Tobias
Glickman Family	Natalie and Brian Valen
Amy and Bob Gold	Stephanie Weinstein and Amit Patel
Green Leaf Landscaping & Lawncare, Inc.	Weiss Provision/ Smallman Street Deli
Susie and Don Gross	David and Sue Werner
Cynthia and John Halicky	Winchester Thurston School
Jenn and Matt Harinstein	Carol and Michael Yahr
Harry S. Cohen & Associates, P.C.	Carrie and Doran Young
Vicky and Steve Hoffman	
In Memory of Gertrude Hollander (z"l)	

THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

AgeWell Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh and the United Way of Southwestern Pennsylvania. Additional funding is provided by The Jack Buncher Foundation, The Fine Foundation, Henry Hillman Foundation, National Council on the Aging, and an anonymous donor. Government support is provided by the Area Agency on Aging, Department of Human Services, Allegheny County. AgeWell Pittsburgh is a collaborative program of the Jewish Association on Aging, the Jewish Community Center of Greater Pittsburgh and Jewish Family and Community Services.

American Jewish Museum is supported in part by the Anna L. Caplan & Irene V. Caplan Fund of the Jewish Federation of Greater Pittsburgh, the Robert C. and Gene B. Dickman Fund Ira and Nanette Gordon Curator Enrichment Fund, Edward N. and Jane Haskell Endowment Creative Projects Fund, the Nancy Bernstein and Robert Schoen Fund, and individual support.

Basketball programs are supported in part by the Allen "Ace" Aizenberg Basketball Fund, the Jock Rosenberg Fund, the Larry Ruttenberg Fund, the Shapera Endowment Fund, and Jewish Women's Foundation.

Center for Loving Kindness and Civic Engagement programs are supported in part by Buhl Foundation, Heinz Endowments, Opportunity Fund, Russell Berrie Foundation, and individual donors.

Clubhouse After-School Program is supported in part by the Massey Charitable Trust. Additional support is provided by the Krasik Family After School Care Fund. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants and the Lucille Katz Educational Enrichment Fund.

Early Childhood Development Centers are supported in part by the Pittsburgh Jewish Pre-Kindergarten Educational Improvement Foundation of the Jewish Federation of Greater Pittsburgh. Additional support is provided by Massey Charitable Trust, the Ginsberg Family Fund for Children's Programs, the Miriam and Paul Kossis Early Childhood Equipment Endowment Fund, the Mark Allen Robinson Day Care Center Endowment Fund, the James H. and Nancy H. Wolf Philanthropic Fund, and Child Care Quality Fund. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants.

Fitness and Wellness Department is supported in part by the Jack and Esther Berqman Fund.

THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

Gesher Program at Emma Kaufmann Camp is supported in part by The Edith L. Trees Charitable Trust.

JCC Camps are supported in part by The Philip Chosky Charitable and Educational Foundation, Massey Charitable Trust, the Morris and Fannie Skilken Foundation and The Edith L. Trees Charitable Trust.

Jewish Teen Programming in the Department of Jewish Life is supported in part by The Jewish Federation of Greater Pittsburgh and the Samuel M. Goldston Teen Engagement Endowment Fund

Maccabi Games, South Hills Day Camp, James and Rachel Levinson Day Camp, Emma Kaufmann Camp, the Early Childhood Development Center/Squirrel Hill, Children and Family programming, basketball, aquatics and fitness activities/Squirrel Hill, and physical education in South Hills are supported in part by The Jewish Sports Hall of Fame.

South Hills Jewish Pittsburgh is supported in part by the Jewish Federation of Greater Pittsburgh. Additional support provided by American Rescue Plan Act (ARPA) Stabilization Grants.

Special Needs Department is supported in part by the Herman and Rebecca Fineberg Fund for People with Special Needs. Additional funding is provided by the Edna and Larry Abelson Fund for Special Needs, the Ralph Davidson Special Needs Fund, the Zola Hirsch Fund for Special Needs, the Robert Spiegel Memorial Endowment Fund, and W.I. Patterson Fund.

Youth programming is supported in part by Massey Charitable Trust.

The Marstine Family Foundation and Benter Foundation provide additional agency support.

A special thank you to our partner agencies: The Jewish Federation of Greater Pittsburgh, United Way of Southwestern Pennsylvania and the Jewish Healthcare Foundation.

