

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

March 2024

Celebrating 20 years of SilverSneakers at the South Hills JCC!

History of SilverSneakers and the JCC

SilverSneakers was founded in 1992 by Mary Swanson, who was inspired to start a fitness program when her father survived a heart attack. Mary recognized the need for a fitness program designed specifically for older adults of all fitness levels. The classes were launched as a chair-based fitness program with 15 locations in Arizona. In 2004, SilverSneakers expanded from Arizona, to then reach 41 partners in 29 states, including Pennsylvania and the JCC. Now it has grown into a nationally recognized program serving 18 million eligible members in all 50 states.

When the JCC announced they would be accepting SilverSneakers memberships, people responded quickly. It wasn't long before the staff was signing up new members at a record pace, says Francine Cicco, who was working in HR at the time, and for a time was posted in the South Hills lobby to help register all of the new members. Several of the fitness staff working here at the time attended the SilverSneakers training for new instructors,

and classes and more instructors were added quickly.

At the time, the area currently used as the Fitness Circuit Room was the Group Ex space and Silver Sneakers classes were held there. With expanding membership and class sizes, they were moved to the Social Hall. Some of you may remember the days of the carpeted room with a grand piano taking up an entire corner of the room. The first class format was called Muscular Strength and Range of Motion (now called Classic) and classes were done mainly seated, until a new class format was added later that year, then called Cardio Circuit, and now just called Circuit. Over time as SilverSneakers added class formats, the JCC added them as well

to help broaden our offerings. Yoga and Boom Move have become as popular as Classic and Circuit.

As we are the JCC, and community is our middle name, we wanted to offer our SilverSneakers more than just SilverSneaker classes, as happens at many gyms. We allowed for use of the fitness center, pool, and Group Exercise classes. Over the years we have hosted countless social events meant to provide fun and to strengthen our bond with members and members' bonds with one another. We look forward to celebrating many more years of our partnership with SilverSneakers and our SilverSneaker members!



Joe and Marty Fabry at the 2010 Beach Party dinner dance. Joe and Marty are two of the original SilverSneaker members in South Hills!



A photo of an early SilverSneaker class, around 2005



Members at the 10 year anniversary of SilverSneakers in South Hills



Water Balloons at Senior Summer Camp in 2014



Harold and Virginia Segal, who were early SilverSneaker members in South Hills

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March AgeWell Programs

(contact Hayley Maher for information or to register)

Art Class: Pop Up Cards, March 6 • 2-4 pm, Social Hall

Create a beautiful multi-medium pop up card. All materials will be provided, and the registration cost is \$15 for registered AgeWell members. Register by calling the AgeWell office at 412-278-1795.

Parkinson's Disease Presentation, March 7 • 11 am, Conference Room

Casey Peluso, Vice President of Programs and Outreach at the Parkinson's Foundation of Western Pennsylvania will give an informational presentation about Parkinson's and ways to manage the disease. Casey will discuss treatments such as medications, exercises, and managing motor symptoms.

Ombudsman Program Information Session, March 11 • 10 am, Conference Room

Do you know what an ombudsman is? Come to this session to learn more about the volunteers who support residents of long-term care facilities in Allegheny County.

RSV Vaccination Clinic, March 14 • 9 am-12 pm, Conference Room

Pharmacists from Giant Eagle will be on site to give RSV vaccinations. Recipients must be age 60+ and have health insurance. Call the AgeWell office at 412-278-1795 to make an appointment.

Hand Knitting Class, March 14 • 1:30, Social Hall

Back by popular demand, Beth will be hosting another hand knitting class! Stop by the AgeWell office to get information about what type of yarn you should purchase for this class. Register by March 21 by calling the AgeWell office at 412-278-1795.

Dementia Friends Information Session, March 20 • 10 am, Conference Room

Join a growing movement of people who are making a positive difference in the lives of people living with dementia! You do not need to have prior knowledge of dementia to become a dementia friend. This information session will cover five key messages about dementia and touch on what it is like to live with dementia.

High Tea with the Garden Club, March 22 • 1 pm, Social Hall

Join the Garden Club for high tea! RSVP and choose a dish to bring by March 15. Register by calling the AgeWell office at 412-278-1795.

Conversations with Amy, March 27 • 1:30 pm, Conference Room

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 with JAA

Tuesday, March 12 and 26 • 10-11 am

• Walk In Counseling Hours

Monday, March 11 and 25 • 10 am-1 pm

• Reiki-Infused Sound Bathing with the 10.27 Healing Partnership

Monday, March 4 and 18 • 10-11 am
Registration is available online; stop by the AgeWell office for more information.

• Puzzle Swap

Available every day during AgeWell office hours.

• HomeMeds Medication Screening

By appointment only.

March Club Meetings

(Contact Kathy Wayne for information or to join)

Mah Jongg Club-

Weekly meeting on Tuesdays • 1 pm

Card Club-

Thursday, March 7 and 21 • 1 pm

On March 7th, join Card Club for Canasta with Colleen! The 21st will be open time to play whichever card game the group prefers.

Remember When Club-

Wednesday, February 13 • 1 pm

Special meeting: Celebrating 20 years of SilverSneakers at the South Hills JCC! This month, Randy will discuss what was going on in the world in 2004, which is the year that SilverSneaker classes started at the South Hills JCC.

Theater Club-

Thursday, March 14 • 12 pm

Special meeting: Theater Club's special guest this month will be Kathy Wayne's son, Davis! Please note the change in time.

Book Club-

Tuesday, March 19 • 1:30 pm

Intergenerational Family Dynamics Group-

Wednesday, March 20th • 12 pm

Please note the change in time.

Garden Club-

Friday, March 22 • 1 pm

Special meeting: Join the Garden Club for a High Tea in March!

Please note the change in time.