

Older Adult Programs

AgeWell Pittsburgh • JCC South Hills

February 2024

Celebrating One Year of AgeWell at the JCC South Hills!



On February 14, 2023, AgeWell at the JCC in South Hills began enrolling members. As many of you know, this pilot program was made possible through the support of the Jack Buncher Foundation and modeled after the nationally accredited and well-established AgeWell at the JCC program in Squirrel Hill. What a year it has been! From February to December 2023, 688 people registered as AgeWell members. Nearly half of these members enjoyed at least one lunch in the J Cafe, and 5,132 meals were served in total. Six social clubs and discussion groups continued to grow, and AgeWell partnered with many organizations to provide programming, including Anna Middleton Waite Learning Center, Chabad of the South Hills, Dementia Friendly Pennsylvania, Jewish Association on Aging, National Council on Aging, Seniors for Safe Driving, Virtual Senior Academy, the 10.27 Healing Partnership, and more!

Consider completing a survey to give feedback on your experiences in the first year of the AgeWell program in South Hills. Printed copies of the survey are available in the AgeWell office, or you can scan the QR code to complete the survey digitally. We are looking forward to hearing what you'd like to see in year 2 of AgeWell at the JCC. South Hills!

Scan the QR code to complete the survey



Celebrate our one year anniversary with us!

On Wednesday, February 14, come to the AgeWell office between 9 am and 12 pm to enjoy a breakfast treat and a warm drink. Staff and volunteers will be available to answer all of your questions about AgeWell at the JCC. On Friday, February 16, join us in the social hall for a potluck lunch. Please register for this event by calling the AgeWell office at (412) 278-1795 and let us know what you'd like to bring to share with the group. Members are welcome to bring dairy or plant-based dishes, but please do not bring meat to maintain a kosher-style environment.

Stay tuned for information about more events celebrating our anniversary!

New in February: Card Club

Calling all card game enthusiasts! Starting in February, join AgeWell members on the 1st and 3rd Thursday of each month from 1-3 in the lobby for an afternoon of play. Whatever game you prefer- bridge, euchre, hearts, and more- you can play them all! Bring your friends and join the club.

Reiki-Infused Sound Bathing by the 10.27 Healing Partnership

Twice each month, immerse yourself in the soothing tones of crystal and Tibetan singing bowls, expertly played by Shawn Fertitta. This mindfulness session will promote healing, alleviate stress, and help you to embrace tranquility. Shawn is a Reiki Master, a certified Forest Therapy Guide, a meditation guide, a mindfulness coach, and a sound therapist. Registration is recommended for these sessions, which will take place on the 1st and 3rd Monday of each month from 10-11 in the South Hills Conference Room.

Enjoy a hot beverage at lunch

Tea and hot chocolate are now available at lunch in the J Cafe! The suggested donation amount is \$1.

Advisory Council

The programs that have been most successful in the first year of AgeWell at the JCC in South Hills have been those led by and requested by members. So, we need your input! The advisory council will meet quarterly each month to discuss current and upcoming programs. If you'd like to help further develop our programming in South Hills, consider joining the advisory council. Stop by the AgeWell office to talk with Hayley or Andrea for more information.

Volunteer opportunity: Book Buddies!

If you enjoy working with kids, this is the volunteer opportunity for you! In partnership with the Early Childhood Development Center at the JCC, AgeWell members will have the opportunity to read books with the preschoolers on site. Volunteer clearances are required to participate in this program. Stop by the AgeWell office and talk with Hayley for more information.

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

Flu and COVID-19 Vaccination Clinic. Wed., Feb. 7 • 10 am-12 pm, AgeWell Office

If you're still considering getting vaccinated this season, make an appointment for this clinic. You will receive a \$25 Giant Eagle gift card after getting vaccinated and filling out a survey. Register by stopping in the AgeWell office or calling (412) 278-1795.

Chunky Knit Scarf Workshop. Thurs., Feb. 8 • 1:30 pm, Social Hall

Learn the basics of hand knitting and make a cozy scarf for the winter season. Participants should bring their own yarn for this class; flyers with details can be picked up in the AgeWell office.

AgeWell Open House. Wed., February 14 9 am-12 pm, AgeWell Office

Stop by the AgeWell office to grab a breakfast treat, talk about upcoming programs, and celebrate our first anniversary in the South Hills!

Spring Cleaning with Handy Andy. Thurs., Feb. 15 • 10 am, Conference Room.

Join Andy Amrhein from Evey True Value to talk about spring cleaning. This program will also be available on virtualsenioracademy.org.

DNA Bingo. Thurs., Feb. 8 • 12 pm

Come to this educational program to play a game of bingo and learn about DNA testing with the All of Us Research program.

AgeWell Anniversary Potluck. Fri., Feb. 16 • 12:30 pm, Social Hall.

Enjoy time with good friends and good food at a potluck lunch! Bring a dish to share and register by stopping in the AgeWell office. Members are welcome to bring dairy or plant-based dishes, but please do not bring meat to maintain a kosher-style environment.

The History of Jazz in Pittsburgh. Wed., Feb. 21 1:30 pm, Social Hall.

Join Thomas Wendt, Adjunct Professor of Jazz Percussion at Duquesne University, for a discussion about Pittsburgh's rich history with jazz music. More details to come.

Wellness with AgeWell Information Session. Wed., Feb. 28 • 10 am, Lobby.

Come to this information session to learn about current wellness programs through AgeWell at the JCC. You will have the opportunity to hear from Amy Gold (AgeWell's Information and Referral Specialist), Cheryl Cohen (AgeWell's Volunteer Licensed Psychologist), Shawn Fertitta (10.27 Healing Partnership, Reiki-Infused Sound Bathing), Audree Schall (AgeWell Intergenerational Family Dynamics Discussion Group Leader), and Stephanie Romero (Awaken Pittsburgh, monthly mediation sessions).

Conversations with Amy. Wed., Feb. 28 • 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.

February Club Meetings

(Contact Kathy Wayne for information or to join)

Mah Jongg Club- Weekly meeting on Tuesdays • 1 pm

Card Club- Thursday, February 1 and 15 • 1 pm

Remember When Club- Wednesday, February 14 • 1 pm

Theater Club- Monday, February 19 • 12 pm

Book Club- Tuesday, February 20 • 1:30 pm

Intergenerational Family Dynamics Group- Wednesday, February 21 • 12:30 pm

Garden Club- Friday, February 23 • 12 pm

Ongoing Programs:

Blood pressure screenings with JAA

Tuesday, February 13 and 27 • 10-11 am

Walk-in Counseling Hours

Monday, February 12 and 26 • 11 am-1 pm

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership

Monday, February 5 and 19 • 10-11 am

Puzzle Swap

Available every day during AgeWell office hours.