

JCC SOUTH HILLS

PROGRAM GUIDE

SPRING

2024



JCC PROGRAM GUIDE

SOUTH HILLS

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-8 pm

Friday • 6 am-6 pm

Saturday and Sunday • 8 am-3 pm

Holiday Hours

Monday, April 22: Passover Eve Close at 5 pm

Tuesday, April 23: Passover Closed

Sunday, April 28: Passover Close at 3 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.**

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MEMBERSHIP

JCC: IT'S ALL HERE!

JCC members enjoy great facilities

- Heated indoor 25-yard lap pool
- On Your Mark Fitness DEKA Affiliate
- Interactive cardio equipment including Precor and Peloton
- Fitness Center equipped with new functional training equipment, free weights and selectorized Cybex circuit.
- Full court gymnasium, dance studio, locker rooms
- Free WiFi

Variety of Classes and Programs

- In person group exercise classes
- Virtual schedule of live and on demand group exercise classes

Your membership also includes:

- JCC Squirrel Hill branch with indoor pools, 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

JCC Members have access to variety of programs and classes:

- Personal training
- Sports, dance and fitness classes
- Early Childhood Development Center
- Day and overnight camps
- Older adult fitness classes and activities
- Programs for children, teens and families

membershipsouthhills@jccpqh.org • 412-278-1975

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



AQUATICS



For information and to register email Sarah Grimm, sgrimm@jccpqh.org or 412-278-1790

JCC SAILFISH SWIM SCHOOL

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

(Parent not in the water). 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 their 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; learn 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 beginner breathing are the main focus in this class.

Dolphins: ages 6-12

Bilateral breathing and elementary backstroke are the primary focus of this class.

Aquadults: ages 13+

Ideal for teens and adults who have never learned to swim, a fear or hesitation of water or want to perfect their style.

AQUATICS

For information and to register email Sarah Grimm, sg Grimm@jccpgh.org or 412-278-1790

CLASS DAYS AND TIMES

Guppy and Me: ages 6 months-2 years

Sundays 9-9:30 am

Tadpoles: age 2-3

Sundays 9:30-10 am

Minnows: ages 3-5

Sundays 10-10:30 am

Tuesdays 5-5:30 pm

Jellyfish: ages 3-5

Sundays 10:30-11 am

Tuesdays 5-5:30 pm

Catfish: ages 3-5

Sundays 11-11:30 am

Tuesdays 5:30-6 pm

Starfish: ages 6-12

Sundays 11:30 am-12 pm

Thursdays 5-5:30 pm

Goldfish: ages 6-12

Sundays 12-12:30 pm

Thursdays 5-5:30 pm

Dolphins: ages 6-12

Sundays 12:30-1 pm

Thursdays 5:30-6 pm

Aquadults: ages 13+

Beginner Sunday 8:30-9 am

Get comfortable in the water, learn breathing and buoyancy techniques, floating, gliding, and kicking. The class will introduce freestyle and backstroke.

Intermediate Tuesday 7-7:30 pm

Learn breaststroke and refine freestyle and backstroke skills. Rotary breathing is introduced.

PRIVATE LESSONS

30 minutes \$42/member
\$50/community member

6 30-minute-sessions \$210*

10 30-minute-sessions \$320*

[Click here to register for Private Swim Lessons](#)

*Only JCC members may purchase private lesson packages

AQUATICS

For information and to register email Sarah Grimm, sgrimm@jccpgh.org or 412-278-1790

CLASS DAYS AND TIMES

CLASS DATES

Sunday classes	Member
March 3-Apr. 21 (No class on March 31)	\$105
May 5-June 30 (No class on May 26)	\$120

Tuesday classes	Member
March 5-April 16	\$105
May 7-June 4	\$75

Thursday classes	Member
March 7-April 18	\$105
May 9-June 6	\$75

ECDC ENRICHMENT CLASS DAYS AND TIMES

Open only to children currently registered in the Early Childhood Development Center.

ECDC Pre-K A	Member
Tuesdays	3-3:30 pm
ECDC Pre-K B	Member
Tuesdays	3:30-4 pm
ECDC Preschool	Member
Wednesdays	9:30-10 am
ECDC Older Toddlers	Member
Thursdays	3-4 pm
ECDC Young Toddlers	Member
Wednesdays	10-11 am



AQUATICS

For information and to register email Sarah Grimm, sgrimm@jccpqh.org or 412-278-1790

COMMUNITY MEMBER SESSIONS

May register for up to two consecutive sessions of lessons. All sessions (one or two) you would like to participate in must be paid for at the time of registration. There will be no additions allowed after your initial registrations. After your registered session(s) are complete, you must become a member of the JCC to be able to register for any additional lessons.

Sundays

March 3-April 21 \$147
(No class on March 31)

May 5-June 30 \$168
(No class on May 26)

Tuesdays

March 5-April 16 \$147

May 7-June 4 \$105

Thursdays

March 7-April 18 \$147

May 9-June 6 \$105



AQUATICS

POOL EXERCISE CLASSES

For information and to register email Sarah Grimm, sgrimm@jccpgh.org or 412-278-1790

Monday:

Aqua Walkout	11-11:45 am	Carla
Aqua Jog	12-12:45 pm	Carla
Aqua HIIT	6-6:45 pm	Sarah

Tuesday:

Aqua Fit	11:30 am-12:15 pm	Sarah
Aqua Arthritis*	12:15-1 pm	Mary B.

Wednesday:

Aqua Chi	11-11:45 am	Cathy
Aqua Fit	12-12:45 pm	Cathy

Thursday:

Aqua HIIT	11:30 am-12:15 pm	Sarah
Aqua Arthritis*	12:15-1 pm	Mary B.
Aqua Fit	7-7:45 pm	Laura

Friday:

Aqua Walkout	11-11:45 am	Carla
Aqua Fit	12-12:45 pm	Mary J.

All classes \$5/class or included with Fitness Plus.

*** Aqua Arthritis will remain free to AgeWell members. All non-AgeWell members must pay a \$5 fee**

[Check our pool schedule HERE](#)

“JCC PITTSBURGH” APP

The “JCC Pittsburgh” app is available for you on the App Store or Google Play.

Registration opens 72 hours prior to the class.

Questions? Stop by the Membership office.

AQUATICS

\$5/class or included with Fitness Plus
*** Aqua Arthritis is included with AgeWell membership**

Aqua Arthritis*

Gentle stretching and movement exercise to improve range of motion and relieve arthritis symptoms.

Included with AgeWell membership.

Aqua Chi

A light-intensity class that improves blood circulation, relaxes tension, corrects posture, and provides a sense of active relaxation.

Aqua Fit

High-intensity aerobic exercise which 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 Jog

A no impact, challenging, cardiovascular workout that is beneficial for toning and abdominal strength.

Aqua Walkout

A low-impact, light-intensity workout using the natural resistance of the water to strengthen muscles, and increase balance, coordination, and flexibility.

Contact membership to upgrade:

membershipsouthhills@jccpgh.org

[Check our pool schedule HERE](#)



AQUATICS

FAMILY SWIM

For more info, contact Sarah Grimm,
sgrimm@jccpqh.org, 412-278-1709

Bring the whole family to enjoy an afternoon of swimming fun! With no lanes to get in the way, this is a time for fun, floaties and games for kids of all ages. Open to JCC and Community members.

Sundays 1-3 pm

Ends April 14

JCC Members: Free

Non-members: \$20 family/\$10 adult/ \$5 child

POOL BIRTHDAY PARTIES COME SWIM WITH US!

Have the splashiest party in town when you rent out the South Hills pool for your next event! You and your guests will have use of the pool (with two lifeguards) and lounge space for two hours during your event. Additional accommodations can be made upon request.

**Saturday and/or Sunday rentals are available
3-5 pm**

- **\$350 base rental fee for up to 25 swimmers**
 - **A \$50 fee is added for every 5 additional swimmers over 25**
 - **50 swimmers maximum**
 - **Use of pool lounge included with rental.**
- Additional charge for use of Social Hall.**

Discounts available to JCC members

For more information or to schedule your event, contact Sarah Grimm, sgrimm@jccpqh.org

[Check our pool schedule HERE](#)



SPORTS AND RECREATION



For more info, contact Elaine Cappucci,
ecappucci@jccpqh.org or 412-446-4773

BASKETBALL

• Men's Pickup Basketball Ages 18+

Sundays, 8-10 am

Gym

No pre-registration required.

Non-members \$10/session.

PICKLEBALL

• Clinics:

We offer small-group clinics for beginners and intermediate players. Clinics are scheduled on the first Wednesday of each month.

Wednesdays • 5 pm

April 3

May 1

\$35/JCC member; \$40/non-member

SPORTS AND RECREATION

• Pickleball: Private lessons (one hour)

Gym side B.

We offer small group clinics for beginners and intermediate players, and private lessons for groups of 1, 2, 3, or 4. Taught by a certified Pickleball Pro.

Wednesdays	5 pm and 6:30 pm
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1 player: \$60/member; \$65/ non-member

2 players: \$50/member; \$55/ non-member

3 players: \$45/member; \$50/ non-member

4 players: \$40/ member; \$45/non-member

Lesson and clinic fees must be paid in advance. Fees are not refundable if the session is not canceled 48 hours in advance.

• Daytime Pickleball Play

One court is available. All abilities welcome. Gym side B.

Tuesdays	12 pm-2 pm
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Thursdays and Fridays	6 am-7:30 am
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Saturdays	8 am-9:30 am
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\$5/session members/ \$8 non-members

Passes must be purchased in advance and times must be reserved

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

[Learn more HERE](#)

• Evening Pickleball Play

Two courts will be available for play. Up to 16 players will be able to schedule during the same time/session and players will rotate after each game.

Mondays and Thursdays	6-8 pm
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\$5/member; \$8/ non-member

For more pickleball information, contact Gail Counihan at the South Hills Front Desk or gcounihan@jccpgh.org or 412-278-1975

DANCE

THE PHILIP CHOSKY PERFORMING ARTS PROGRAM

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

PRESCHOOL CLASSES

• Creative Movement- Toddlers (ages 2.5-3)

Mondays 3-3:30 pm Dance Studio

Jan. 8-May 13 \$279

• Pre Ballet/Tap 1 (ages 3-4)

Mondays 3:45-4:30 pm Dance Studio

Jan. 8-May 13 \$315

• Pre Ballet/Tap 2 (ages 4-5)

Wednesdays 2:45-3:30 pm Dance Studio

Jan. 10-May 15 \$315

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)

JCC SOUTH HILLS DANCE RECITAL

Monday, May 20, 4:30 pm



DANCE

ADULT CLASSES

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

• Line Dancing (18+)

Mondays	1:30-2:30 pm	Dance Studio
March 4-April 22	\$40	

• Show Tunes (18+)

Fridays	1-2 pm	Dance Studio
April 5-May 10	\$30	

• Adult Tap Beginner

Wednesdays	1:30-2:30pm	Dance Studio
March 6-May 15	Member price: \$10	Non-member price- \$14

* Prices are per class

• Adult Tap Intermediate

Thursdays	1:30-2:30 pm	Dance Studio
March 7-May 16	Member price: \$10	Non-member price- \$14

* Prices are per class

• Private Tap Instruction

Mondays	10:30-1 pm	Dance Studio
	\$55/hour	\$30/half hour

* Prices are per class/ By appointment

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)



ON YOUR MARK FITNESS

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

DEKA RECYCLE AND MOVE CHALLENGE

This is a team challenge with 2 members per team featuring zones 1 & 10 with a dash of 7. There are 4 team options: male, female, Co-ed, and Youth (10-13)

MONDAY, MARCH 25 • 10 AM • MEDARDO
THURSDAY, MARCH 28 • 7 AM • BECKY

REGISTER FOR CLASS ON THE JCCPGH APP

For more info:
Abdi Kater • akater@jccpgh.org or
Elaine Cappucci • ecappucci@jccpgh.org

DEKA MILE

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 run 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**

REGISTER [HERE](#)

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](#)

ON YOUR MARK FITNESS



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

DEKA Forge (Strength and Power):



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

DEKA Burn (Anaerobic Conditioning):



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

DEKA Grit (Endurance/Stamina):



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

Stopover or contact the Membership office and get your 1 week free DEKA:

**Kelly Hont khont@jccpgh.org
or call 412-278-1975**

Learn more [HERE](#)

GROUP EXERCISE

For more info, contact Elaine Cappucci,
ecappucci@jccpgh.org or 412-446-4773

Register on the “JCC Pittsburgh” app.
Learn more HERE

Group Active

One class that gives you all the training you need—cardio, strength, balance and flexibility—in just one hour. Adjustable dumbbells and a customizable step make Active ideal for new and life-long exercisers.

Tuesdays and Thursdays	9-10 am
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Group Power

Group Power is a full-body strength training hour that makes your muscles strong and movement strong! Using an adjustable barbell, plates, and your body weight, you'll experience traditional exercises from the Weight Room, plus three-dimensional, integrated movement training, for results in real life and real sport. Power is for everyone, and we think it's the most fun you can have strength training.

Mon., Wed. & Fri.	8-9 am
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Wednesday	6-7 pm
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Saturdays	9-10 am
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For more info, contact Elaine Cappucci,
ecappucci@jccpgh.org or 412-446-4773

Group Centergy

Improve balance, mobility, and flexibility with a lengthening, strengthening hour of Group Centergy. An emotive playlist will inspire you to move through Pilates and yoga-inspired movements, aimed at reinvigorating your mind and body while building transitional strength and stability.

Tuesdays	5:30 –6:30 pm
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Thursdays	10-11 am
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FITNESS

Cardio HIIT

Cardio HIIT is a high-intensity interval training (HIIT) workout that uses a step, dynamic bodyweight exercises, and light weights to improve power and increase strength and cardio endurance.

Wednesdays	10-11 am
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Core Conditioning

This is a low-impact class to help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own body weight.

Mondays and Wednesdays	5-5:45 pm
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Yoga

Our yoga classes include typical yoga warm-up movements, postures and flow in a gentle, even-paced format with a strong emphasis on stretching, seated poses and breath work. Modifications are available to help people of all fitness levels enjoy the benefits of yoga.

Sundays	10-11 am
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Tuesdays	8-9 am
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\$5/class or free with Fitness Plus

Spring 2024 Launch Events

Group Active	Thursday, April 11	9 am	Elaine
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Group Centergy	Tuesday, April 16	5:30 pm	Laura and Patti
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Group Power	Saturday, April 27	9 am	Jenny and Kris
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FITNESS

PERSONAL TRAINING

For more info, contact Abdi Kater,
akater@jccpgh.org or 412-446-4786

PERSONAL TRAINING

Our trainers are all certified and ready to guide you to better health and wellness. We start with a fitness assessment to help you get to know your trainer, and your trainer to get to know your strengths, weaknesses, goals and training style. After that, you and your trainer can meet once, twice, or three times a week to help you achieve the results you are looking for. Get started today!

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.

Steve aims to empower clients to optimize their health and lifestyle goals shaped by their core values. During your sessions you will learn:

- How to use food to feel great every day
- How to exercise easily and effortlessly
- How to live happy and healthy every day
- How to optimize sleep, combat stress and the benefits of breath work
- How to make your healthy habits sustainable
- The keys to avoiding chronic diseases of modern society

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

12 weekly coaching sessions by phone or video conference

Contact Steve Manns, smanns@jccpgh.org



WellnessWarrior

FITNESS



For more info, contact Abdi Kater,
akater@jccpgh.org or 412-446-4786

• Equipment Orientation Training

Members who want guidance using our fitness equipment can sign up for a free half-hour orientation with a trainer.

Tuesdays	1 pm and 1:30 pm
Wednesdays	10 am and 10:30 am

• 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
- A personalized and realistic timeline to achieve your goals.
- A customized analysis of your strengths and weaknesses.
- An overview of cardio and weight equipment.

• Teen Fitness Certification

This 1-hour orientation with a certified personal trainer MUST be completed by teens ages 13-15 prior to using the fitness center.

\$60

AGEWELL FITNESS

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

Fitness Schedule

OLDER ADULT FITNESS CLASSES

• **SilverSneakers® Classic**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

• **SilverSneakers® Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

• **SilverSneakers® Yoga**

SilverSneakers® Yoga will move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

• **SilverSneakers® Boom Muscle**

Muscle conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness.

• **Balance**

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

• **Zumba Gold**

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

Adult Fitness Schedule

AGEWELL FITNESS

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

• Tai Chi

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

Tuesdays ongoing

Beginner: 11 am-12 pm

Intermediate: 12-1 pm

\$3/class/member; \$5/class/non-member

• Line Dancing

Line dance is fun, social, easy to learn, can be done almost anywhere, and doesn't require a partner.

Mondays	1:30-2:30 pm	Dance Studio
March 4-April 22	\$40	

• GaitBetter

The JCC's Gait, Balance and Fall Prevention Program

Do you want to improve your walking?

Reduce your risk of falls by 70%?

Improve your mobility?

Using a personalized virtual reality simulation and walking on a treadmill with a harness for safety, the GaitBetter system will allow you to train real-life walking patterns and situations including:

- Obstacle negotiation
- Motor planning
- Balance strategies
- Speed and endurance
- Dual tasking
- Decision making
- Working memory
- Attention skills

For more information about the GaitBetter System or to book a Free Trial, contact Elaine Cappucci,
ecappucci@jccpgh.org or 412-446-4773.

To purchase a JCC's GaitBetter Session package contact Abdi Kater akater@jccpgh.org

AGEWELL AT THE JCC SOUTH HILLS

For more info, contact

Hayley Maher, hmaher@jccpgh.org or 412-697-3552
Andrea Watson-Lindsey, awatsonlindsey@jccpgh.org
or 412-278-1795

AgeWell at the JCC South Hills offers low-cost kosher style Grab-and-Go lunches and a wide variety of services, classes and socialization activities.

AgeWell at the JCC South Hills operates:

Mondays and Fridays	9 am-12 pm
Tuesdays, Wednesdays & Thursdays	9 am-2 pm

Individuals age 60 and older can register to participate.

AgeWell Services:

- **JCafe Congregate Lunch**

Lunches are served on Tuesdays, Wednesdays, and Thursdays from 12:30-1:30 pm in the Social Hall. Contact Hayley Maher at 412-697-3552 for details.

- **Information, Referrals, and Assistance**

Questions? We have answers! Contact Amy Gold, agold@jccpgh.org or 412-697-3528

- **Transportation**

OPT and ACCESS registration is available in the AgeWell office.

- **Voter Registration**

Registration forms are available through AgeWell at the JCC.

- **Legal Services**

For info, 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 are able to connect those CheckMate recipients with additional support and community resources in order 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

AGEWELL AT THE JCC SOUTH HILLS



VOLUNTEER OPPORTUNITIES

If you are interested in volunteering to support AgeWell programs, please contact Hayley Maher, hmaher@jccpgh.org or 412-697-3552

SOCIAL CLUBS

Have a hobby you'd like to share? We welcome volunteers to start new clubs! Contact Kathy Wayne, kwayne@jccpgh.org or 412-339-5414

• Book Club

Third Tuesday of the month at 1:30 pm in the Conference Room.

• Card Club

First and Third Thursday of each month at 1 pm in the Lobby.

• Garden Club

Fourth Friday of the month at 12 pm in the Social Hall.

• Intergenerational Family Dynamics Discussion Group

Third Wednesday of the month at 12:30 pm in the Conference Room.

• Mahjong Club

Each Tuesday at 1 pm in the Social Hall.

• Remember When History Club

Second Wednesday of the month at 1 pm in the Social Hall.

• Theater Club

Third Monday of each month at 12 pm in the Conference Room.

For more info, contact Hayley Maher, hmaher@jccpgh.org or 412-697-3552

AGEWELL AT THE JCC SOUTH HILLS

ONGOING PROGRAMS

• **Bereavement Group**

Contact Hayley at 412-697-3552 for more information.

• **Blood Pressure Screening by JAA Staff**

Second and fourth Tuesdays of the month from 10-11 am in the AgeWell office.

• **Conversations with Amy**

Join AgeWell's Information and Referral Specialist, Amy Gold, for a monthly discussion about resources for older adults. This event takes place on the last Wednesday of each month at 1:30 pm in the Conference Room.

• **Counseling Hours**

A volunteer counselor is available from 10 am-1 pm on the second and fourth Monday of each month. Appointments are encouraged, but not required. There is no cost for this service.

• **Seniors for Safe Driving Class**

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 in 2024, and drivers over the age of 55 who complete the course are eligible for a discount on car insurance.

Visit www.seniorsforsafedriving.com to get registered.

• **Active Living with Chronic Conditions**

Tuesdays, May 7 – June 11, 12:30 – 3:00pm, Room 202 in Squirrel Hill or over the phone. Do you have an ongoing health condition, such as arthritis, diabetes, high blood pressure, stroke, asthma, heart disease, chronic pain, cancer, depression, or any other condition that affects your daily life? This program will help you learn how to manage symptoms, how to work with your doctor, and how to set and achieve goals, Contact Amy Gold, MSW, at 412-697-3528 or agold@jccpgh.org to register.

AGEWELL AT THE JCC SOUTH HILLS

VIRTUAL SENIOR ACADEMY (VSA)

Contact Maddie Barnes for more information,
mbarnes@jccpgh.org or call 412-697-1186

The VSA offers online classes Monday-Friday. Some classes will be in hybrid format and also take place at the JCC.

Classes Include:

- JCC Center for Loving Kindness discussion groups
- Nutrition 101
- Coffee Chats
- Baseball discussion group
- Intergenerational conversations
- Health education series

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

J CAFE

For more info, contact Hayley Maher,
hmaher@jccpgh.org or 412-697-3552

Low-cost kosher style Grab-and-Go lunches are available 12:30-1:30 pm Tuesdays, Wednesdays & Thursdays for pickup or to eat together.

Seating options are available for participants to enjoy their meal with friends.

Lunch costs \$3 for registered South Hills AgeWell Members. The fee is paid through a cashless, electronic system called Punch Pass.

Punch Passes can be purchased by visiting the AgeWell Office, calling 412-446-4776, or stopping by the South Hills JCC Front Desk.

Once you have your Punch Pass, you can sign up for lunch up to three days before your visit until 12 pm the day before your lunch pickup.

Register by calling 412-446-4776.

The menu is subject to change.

See the menu [HERE](#)

EARLY CHILDHOOD



For more information, please contact Cierra Bekich, cbekich@jccpgh.org or 412-278-1786.

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](#)

EARLY CHILDHOOD

Spaces are limited. Waitlist applications are always welcome. Visits must be scheduled in advance. For more information, please contact Cierra Bekich cbekich@jccpgh.org or 412-278-1786.

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 opportunities for ECDC children to develop new skills in aquatics, sports and dance.

What makes ECDC special

- Values-based exploration of Jewish holidays and customs through a culturally competent lens in every classroom
- A dedicated studio space for the creative arts
- Daily gross motor play in our double-court gymnasium
- Two fenced-in developmentally appropriate playgrounds
- Backyard access to The Scott Conservancy
- Enrichment classes available, taught by skilled JCC specialists throughout the school day in dance, sports and aquatics

Age Groups and Schedules

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

- **Infants:** ages 6 weeks+
- **Tots:** ages 1- and 2-year-olds
- **Toddlers:** 2- and 3-year-olds
- **Preschoolers:** 3- and 4-year-olds
- **Pre-Kindergarten:** 4- and 5-year-olds

CHILDREN'S PROGRAMS



For more information, contact Emma Litwak,
elitwak@jccpgh.org or 412-278-1782.

SOUTH HILLS

PURIM PALOOZA EXTRAVAGANZA

Sunday, March 24

Two sessions available:

9:15-11:15 am · 10:30 am -12:30 pm

From 10:45-11:15 am:

All families will join together for Megillah reading and Purim Shpiel

Inflatables, Games, Crafts and MORE!

Beth el Congregation:

1900 Cochran Rd, Pittsburgh PA 15220

COSTUMES ENCOURAGED!

NO COST!

• **South Hills Lag B'Omer: Sunday, May 26**

Stay tuned for more details!

SOUTH HILLS DAY CAMP



For more information, contact Camp Director Emma Litwak, elitwak@jccpgh.org or 412-278-1782.

SOUTH HILLS DAY CAMP

South Hills Day Camp 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.

- 130 campers per week, 1:7 staff to camper ratio
- Lunch and snacks provided
- Daily swim lessons
- Before-care is offered from 8-9 am and after-care is offered daily from 3-6 pm for an additional fee

2024 Dates

Week 1	June 17-21
Week 2	June 24-28
Week 3	July 1-5 *no camp July 4
Week 4	July 8-12
Week 5	July 15-19
Week 6	July 22-26
Week 7	July 29-August 2
Week 8	August 5-9
Week 9	August 12-16

\$450/member per week

\$500/non-member per week

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

Registration is full. Ask us about the waitlist!

More info: 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.

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

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

While The Second Floor Teen Center is in Squirrel Hill, we are excited to be able to allow South Hills residents to work on remote projects as part of this internship program!

Pittsburgh Diller Teen Fellows Grades 10-11

Contact Rebecca Kahn, rkahn@jccpgh.org

or 412-339-5395

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

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

Apply by May 20 for 2024-2025 cohort [HERE](#)

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.

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*

For more info, contact Rachael Speck [rspeck@](mailto:rspeck@jccpgh.org)

jccpgh.org

Register [HERE](#)

INCLUSION



GESHER YOUNG ADULT PROGRAM IN SQUIRREL HILL

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@jccpqh.org or 412-339-5407

PJ LIBRARY



PJ Library

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

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, or 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](#)

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



JCCPGH Center for Loving Kindness

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](#)

10.27 HEALING PARTNERSHIP



Located at the JCC Squirrel Hill.

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.

Drop-in Counseling: The 10.27 Healing Partnership will be holding drop-in counseling for several hours every day. These hours are offered for free, do not require insurance or an appointment, and can be for any reason or concern. Those interested can view the drop-in hours on our website, 1027healingpartnership.org

Trauma-informed yoga: Weekly gentle yoga with a skilled and caring yoga instructor experienced in trauma-informed care.

Trauma Support Group: Trauma support group that happens twice a month. This group is designed especially for those who have experienced trauma from hate-based violence, including from October 27, 2018, and the trial.

Wellness Wednesdays: Taking place on the first Wednesday of every month at 6:30 pm. Rotating practitioners support this healing community through diverse modalities, including reiki, sound bathing, acupuncture, and more.

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

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

FACILITIES RENTAL

THE JCC IS THE PERFECT PLACE TO...

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

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!



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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.

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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.

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