

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

May 2024

Ongoing Programs

Blood pressure screenings with JAA
Tuesday, May 14 and May 28 • 10-11 am

Book Buddies Volunteer Program
Volunteer clearances must be completed. Stop by the AgeWell office for more information.

Counseling Hours
Monday, May 13 • 10 am-1 pm

Drum Circle with the 10.27 Healing Partnership
Monday, May 6 • 7 pm

Register online; stop by the AgeWell office for more information.

HomeMeds Medication Screening
By appointment only.

Puzzle Swap
Available every day during AgeWell office hours.

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership
Friday, May 3 and May 17 • 10-11 am

Register online; stop by the AgeWell office for more information.

Technology Tutoring
By appointment only.

May Clubs

See Kathy Wayne for details

Mah Jong
Tuesdays • 1 pm

Card Club
Thursday, May 2 and May 16 • 1 pm

Theater Club
Monday, May 20 • 12 pm

Remember When Club
Wednesday, May 8 • 1 pm

Garden Club
Friday, May 31 • 12 pm

Book Club
Tuesday, May 21 • 1:30 pm

Intergenerational Family Dynamics Club
Wednesday, May 15 • 12 pm

Knitting & Crochet Club
Thursday, May 9 • 11 am

Please note: The AgeWell office will be closed on Friday, May 24 for a staff day and on Monday, May 27 in observance of Memorial Day. Lunch reservations for Tuesday, May 28 must be placed by **4 pm on Thursday, May 23.**

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In May, let's celebrate the connections that power the JCC! Older Americans Month, recognized annually in May, is meant to acknowledge older Americans' contributions to their communities. This recognition is proclaimed by the president each year and celebrated nationally.

In 1963, when Older Americans Month was established, 17 million Americans were age 65 or older. A third of older Americans lived in poverty, and few programs were available to support them. Because of this, concern and awareness of issues that impact older adults increased.

In 1963, President Kennedy and members of the National Council of Senior Citizens resulted in the designation of May as "Senior Citizens Month," the prelude to Older Americans Month as we know it today.

Today, there are about 62 million Americans over the age of 65, and that number is expected to rise to 84 million within the next 30 years. This means that there are a lot of stories to share and connections to make. And that is what AgeWell is all about!

The 2024 theme for Older Americans Month is *Powered by Connections*. We cherish the special connections that are fostered at the JCC, and we look forward to celebrating your connections all month long.

There will be several special programs to celebrate this month, including an open house, a potluck lunch, games, a social, lunch with the CEO, and some special activities with the early childhood students at the JCC.

Check the inside of this newsletter for details about special programs in May, and join us in recognizing the value that each of you add to AgeWell at the JCC!

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

AgeWell
at the JCC South Hills

Older Adult Programs

May 2024

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Contact Hayley Maher
hmaher@jccpgh.org or 412-697-3522
for information. No need to register
unless indicated.

Upcycled Planter Activity

Thursday, May 2 • 2 pm • Social Hall

Come create a unique planter for your home or garden! Seeds, soil, and crafting supplies will be provided, you just need to bring an upcycled container to hold your plant. Good items include soda bottles, cans, or plastic food containers, but the possibilities are endless! Stop by the AgeWell office for more information.

Meet and Greet Social

Tuesday, May 7 • 10:30 am • Lobby

Whether you are new to AgeWell or you have been a regular for a while, this is your chance to connect with other members! Stop by on the first Tuesday of each month from 10:30 to 11:30 to chat with other members and enjoy light refreshments.

Technology tutoring is now available in the AgeWell office by appointment only. A volunteer will meet with you to answer questions about your electronic devices, including cell phones, computers, or tablets.

Call Hayley at 412-697-3552 to make an appointment.

Reach Out and Play

Wednesday, May 8 • 10 am
Conference Room

Join AgeWell members for a morning of play! Ageless Innovation's Reach Out and Play initiative, sponsored by AARP is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play. The newest offerings from Ageless Innovation's Joy for All™ Games are reimagined classic board games designed to meet the needs & interests of older adults, including The Game of Life Generations, Scrabble Bingo, & Trivial Pursuit Generations.

Ask a Geriatrician!

Thursday, May 9 • 1:30 pm • Social Hall

As part of the Aging Mastery Program, Dr. Matt Koperwas will join us virtually to speak about the basics of healthy aging. Dr. Koperwas is a board-certified geriatrician through Allegheny Health Network.

AARP CarFit

Friday, May 10 • 10 am-1 pm • Parking Lot

CarFit is an interactive educational program designed to enhance your safety as a driver. Trained volunteers provide information to ensure the safest "fit" for older adults and their vehicles. The volunteer will go through a safety checklist with you and your car.

To make an appointment, contact Hayley at 412-697-3552.

Lunch with the CEO

Wednesday, May 15 • 12:30-1:30 pm
Social Hall

Jason Kunzman, CEO of the JCC, will join us for lunch in the J Cafe. If you haven't met Jason, this is a time you won't want to miss. Please remember to make your lunch reservation as usual by 12 pm on Tuesday, May 14, and come ready to chat with Jason!

AgeWell Open House and Potluck Lunch

Friday, May 17 • 10 am-12 pm • Lobby

There will be tables from several of our partner organizations, including JFCS and JAA, as well as information about all upcoming AgeWell programs and events. Stop by the AgeWell office to pick up a full schedule for the day. Following the open house, stay for a potluck lunch at 12:30 at the pavilions in the backyard. You do not need to register for the open house, but please let us know if you plan to stay for the potluck and if you'd like to bring a dish to share. If you have questions, you can reach Hayley at (412) 697-3552.

Hike on the Scott Conservancy Nature Trails

Monday, May 20 • 1:30 pm

Meet at the Front Entrance of the JCC. Take advantage of the beautiful trails that start right behind the JCC! Please note that the trails are not paved; there are some places with tree roots, and places where it may be muddy or steep. Join us as you are physically able. In the event of inclement weather, the walk will be canceled.

Learn How to Use Canva

Wednesday, May 22 • 10 am
Conference Room

Have you ever wanted to design a birthday card for a friend? Or create an invitation for your next party? If so, Canva is the website for you! Canva allows you to easily create free digital designs for flyers, invitations, and more! The possibilities are endless. Come to this information session to learn the basics of using Canva.

Monthly Movie

Thursday, May 23 • 1 pm
Conference Room

Grab some popcorn and bring a friend! Join us for a viewing of *Paris to Pittsburgh*. This National Geographic film celebrates how Americans are demanding and developing real solutions in the face of climate change. Mark your calendars for the 4th Thursday of each month and let us know what movies you'd like to see!

Conversations with Amy

Wednesday, May 29 • 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. May's topic will be "What are we waiting for?" This discussion will focus on how we tend to put things off in life.