

# Older Adult Programs

AgeWell at the JCC South Hills

July 2024

## Coffee with JCC President & CEO Jason Kunzman:

Wednesday, July 31 • 10-11 am  
Lobby.

Stop by for a casual meet & greet with JCC President & CEO Jason Kunzman. Get to know Jason, ask him a question, & enjoy a cup of coffee! You do not need to register for this event.

## Conversations with Amy:

Wednesday, July 31 • 1:30 pm  
Conference Room.

Join AgeWell's Information & Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion. July's topic will be taking care of yourself in the heat & the importance of water.

## July Club Meetings

- Card Club** – Thurs., July 11 & 18 • 1 pm
- Knitting & Crochet Club** – Thurs., July 11 • 11 am
- Theater Club** – Monday, July 15 • 12 pm
- Book Club** – Tuesday, July 16 • 1:30 pm
- Remember When Club** – Wed., July 17 • 1 pm
- Mah Jongg** – Weekly meeting on Tuesdays • 1 pm
- Intergenerational Family Dynamics Group** – No meeting in July
- Garden Club** – No meeting in July

Have a special interest or hobby you'd like to share? Consider starting a new club!

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## Ongoing Programs:

- **Sound Bathing with the 10.27 Healing Partnership:**  
Monday, July 8 and 22 • 12 pm, Dance Studio
- **Blood pressure screenings with JAA:**  
Tuesday, July 9 & 23 • 10-11 am
- **Book Buddies Volunteer Program:**  
Volunteer clearances must be completed; stop by the AgeWell office for more information.
- **Counseling Hours:**  
Monday, July 8 & 22 • 10 am-1 pm.
- **Drum Circle with the 10.27 Healing Partnership:**  
Monday, July 22 • 7 pm
- **Puzzle Swap:**  
Available every day during AgeWell office hours.
- **Technology Tutoring:** by appointment only.

The JCC will celebrate  
Member Appreciation Week July 7-12  
Stay tuned for details about special  
classes and events.

Coming soon: All fitness classes will soon  
be on the JCC app! Details about register-  
ing for classes, including SilverSneaker  
classes, will be communicated soon.

## Please note:

The AgeWell office will be closed on  
Thursday, July 4 in observance of  
Independence Day.

There will be no meal served that day.

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## Staff Spotlight: Laura Rosile

If you are an early bird, you will likely have met Laura at the front desk! Laura is a Mount Lebanon native and has been with the JCC for nearly a year. Laura loves greeting the early childhood students each morning as their parents drop them off for school. Her favorite part of working at the front desk is speaking with all the members, helping people find information, and interacting with the kids who come in for school or camp.



Before joining the JCC team, Laura worked in retail for 9 years and then in banking for 13 years. Laura was a teller and ended up in a position where she prepared foreclosure documents to go to court. Outside of the front desk, Laura enjoys the reiki-infused sound bathing program through the 10.27 Healing Partnership at the JCC, and she has also tried out the Zumba and Centergy classes. Laura also enjoys knitting, reading, assembling jigsaw puzzles, watching TV shows, and baking. Laura is learning how to do Tunisian Crochet-occasionally, you can find Laura working on a knitting or crochet project at the front desk when she has spare time!

Next time you're at the JCC in the morning, be sure to stop by the desk and say hi to Laura!

## First Annual Great AgeWell Bakeoff

On June 7th, AgeWell members participated in the JCC's first baking contest! Many delicious recipes were baked, & participants enjoyed getting to taste each other's creations. Special guest judges Chef Eric Johnson & Michelle Rodriguez of the JCC HR department had a difficult time selecting the winning recipes! Among the tasty treats, Lynn Maguire's Cherry Bon Bon cookie was decided to be the winning recipe.



Lynn & her husband Mike are relatively new to AgeWell, but Lynn has been baking for many years. She said this recipe was first made for her best friend's bridal shower in 1979, & since then these cookies have been part of both bridal & baby showers among friends & family.

Want to try the recipes for yourself? You can pick up a book of all the recipes submitted to the baking contest in the AgeWell office for a suggested donation of \$2! Stop by to see Mickey or Hayley to pick up your copy & try the recipes at home.

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## July AgeWell Programs

### Community Improv with the 10.27 Healing Partnership:

**Mondays, July 1 • 12:30pm, July 15 • 1:30 pm & July 29 • 12:30 pm Social Hall.**

Laughter. Curiosity. Play. That's improv! Games & scenes are inspired by your life experiences or made up on the spot. You will leave feeling refreshed with the sound of laughter having brightened your day. To register, visit [1027healingpartnership.org](http://1027healingpartnership.org).

### Meet & Greet Social:

**Tuesday, July 2 • 10:30 am AgeWell Office.**

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 & enjoy light refreshments. You do not need to register for this program.

### Sewing Workshop:

**July 3 • 1pm, Social Hall.**

Start your summer off with a new hobby! Join textile artist & AgeWell staff Mickey Benson to learn the art of English Paper Piecing for handmade pillows, placemats, & quilts. You will receive a comprehensive demonstration on designing, cutting, & hand-piecing patchwork blocks for quilting. With expert guidance, you'll gain the skills & confidence to dive into this beautiful craft. Whether you're a complete beginner or an experienced quilter, all levels of experience are welcome. No registration required.

### Aging Mastery Program: Advance Planning 101:

**Wednesday, July 10 • 10 am Conference Room.**

Join Martha Mannix, Clinical Associate Professor of Elder Law at the University of Pittsburgh for a discussion about advance planning. Martha is a member of the Elder Law Committee of the Allegheny County Bar Association & the Pennsylvania Bar Association. You do not need to register for this program.

### Seniors for Safe Driving Class:

**Wednesday, July 10 • 2 pm Social Hall.**

SFSD 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, & more. Drivers over the age of 55 who complete the course are eligible for a discount on car insurance. You can register by visiting [seniorsforsafedriving.com](http://seniorsforsafedriving.com).

### Email 101 Technology Workshop:

**Wednesday, July 17 • 10 am Conference Room.**

No previous experience is necessary- come to this workshop to learn all about emailing! Whether you are completely new to email or just need some help with specific questions, this is the workshop for you. Bring your laptop if you'd like to follow along. You do not need to register for this workshop.

### Recycled Button Expressive Art Workshop:

**Thursday, July 18 • 11 am Conference Room**

Join AgeWell for a fun & colorful project using buttons as a medium. No prior art experience necessary—just bring your curiosity & enthusiasm! Materials will be provided, but if you have spare buttons feel free to bring them in. Let's celebrate nature's beauty together through the art of buttons. You do not need to register for this program.

### Summer Salad Sampling:

**Friday, July 19 • 12:30 pm, Lobby.**

Looking for something new to bring to your summer gatherings? Join us for a summer salad sampling! Share your favorite salad recipe with other participants and contribute to the AgeWell Collaborative Cookbook. To participate, complete a registration form in the AgeWell office and stay tuned for more upcoming themed recipe collections!

### Monthly Movie: Won't You Be My Neighbor?:

**Thursday, July 25 • 1pm Conference Room**

When Fred Rogers found his calling in television, his unassuming children's show was beloved by generations for his kindness, empathy & understanding. Bring a friend, have some popcorn, & enjoy a showing of Won't You Be My Neighbor! No registration needed.

### Musical Meet & Greet with Cantor Kalix Jacobson:

**Friday, July 26 • 12:30 pm Social Hall.**

Enjoy an afternoon of music with Cantor Kalix Jacobson from Temple Emmanuel! Known for their soulful services & lively ukulele performances, Cantor Kalix will lead us with a delightful mix of oldies, Jewish melodies, & summertime favorites. You do not need to register for this program.

### Evening Hike:

**Monday, July 29 • 7 pm**

**Meet at the Front Entrance of the JCC.**

Take advantage of the beautiful trails that start just behind the JCC! Please note that the trails are not paved; there are some places with tree roots, & places where it may be muddy or steep. Join us as you are physically able, & feel free to bring walking sticks or a friend to help with balance. You do not need to register for this event. In the event of inclement weather, the hike will be cancelled.

### Crayon Wreath Craft Workshop:

**Tuesday, July 30 • 11 am Conference Room.**

Embrace your inner artist by making a colorful & creative crayon wreath. You do not need to register for this program. Materials will be provided, but feel free to bring a box of crayons if you'd like. See the flyer in the AgeWell office for an example picture.