

Older Adult Programs

AgeWell at the JCC South Hills

August 2024

As we approach Tu B'Av, the Jewish Day of Love, we are reminded of the profound wisdom that guides us in our relationships & connections. Dating back to Temple Judaism, Tu B'Av is the profound declaration that even among grief, there is room for holy celebration. It feels fitting that the final Jewish holiday before the spiritual preparation of Rosh HaShannah, the Jewish New Year, transitions us from a period of sorrow into one of great joy. The historic commemoration centered around the practice of matchmaking.

On the 15th of the Hebrew month of Av, a festival was held in the vineyards of Israel where young women would dress in borrowed white & dance in the field, looking to attract a partner (Mishna Taanit ch.4). Why borrowed dresses? We are told this custom emerged not to embarrass those who otherwise would not have had the means to participate. It also meant that matches could not be made based on the superficiality of the bride's clothing. This ancient teaching encourages us to prioritize meaningful connections in our relationships, beyond appearances.

Rabbi Jonathan Sacks beautifully captures the essence of the holiday saying "Love transforms us. It makes us beautiful in the eyes of those who love us. It makes us real." These words resonate deeply as we celebrate the power of love & unity on this special day. As we prepare for the Jewish New Year, we are celebrating what it means to live within the mission put forward by the JCC: nurturing people, connecting the community each day through every age, inspired by Jewish values.

As we celebrate Tu B'Av, let us embrace these teachings by extending acts of kindness, beauty, & joy to those around us. We hope to see you in the AgeWell office where we can help "match" you to all sorts of activities such as enjoying lunch with Rabbi Hindy Finman (August 7th), Building

a Bouquet (August 19th), or sharing desserts and drinks with friends (August 23rd), among other programs coming up in the month ahead.

Wishing you a Tu B'Av filled with love, connection, & blessings,

AgeWell Staff & Movement Chaplain,
Mickey Benson



If you missed Mickey's first quilting class in July, no worries! Mickey will be instructing on Fridays, August 2 and 16.

No experience is needed for these programs; check the inside of this newsletter for details. We hope to see you then!

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August AgeWell Programs

Quilting: Projects on the Go!:

Friday, August 2 • 11:30 am

Conference Room.

Discover the joy of quilting on the go with our workshop showcasing portable quilted projects! Whether you're a seasoned quilter or just starting, join us for a hands-on session where you'll explore compact & versatile quilting projects perfect for travel & busy lifestyles. Quilters are welcome to bring their projects or use this space to begin a new one. All materials & guidance will be provided—come ready to stitch & connect with fellow quilting enthusiasts in a relaxed & inspiring environment! You do not need to register for this program.

Meet & Greet Social:

Tuesday, August 6 • 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.

Lunch with Rabbi Hindy:

Wednesday, August 7 • 12:30 pm

Social Hall.

Enjoy an opportunity to get to know Rabbi Hindy Finman, the JCC's new Senior Director of Jewish Life. Be sure to place your lunch reservation by 12 pm on Tuesday, August 6.

Transportation Services Information Session:

Wednesday, August 7 • 1:30 pm

Social Hall.

How do you get to the places you need to go? And what would you do if you weren't able to drive? Join us for a panel discussion about transportation services for older adults in the South Hills area. This is an opportunity to ask questions about transportation services & get information about how to utilize these services or get involved in current initiatives. You do not need to register for this program.

Identity Theft Seminar:

Tuesday, August 13 • 10:30 am

Conference Room.

Are you at risk of identity theft? Come to this presentation to learn how you can protect yourself & mitigate your risk of identity theft. The presenter is Ian Danielson, a financial representative from Western & Southern Life. Please RSVP by Wednesday, August 7 by contacting the AgeWell office at agewellsouthhills@jccpgh.org or (412) 278-1795.

Google Docs Technology Workshop:

Wednesday, August 14 • 10 am

Conference Room.

Join this tech workshop to learn more about using Google Docs. This program allows you to create typed documents at no cost. No experience is necessary, & all skill levels are welcome. You do not need to register for this program.

Questions? Contact Hayley Maher at hmaher@jccpgh.org or (412) 697-3552

Mickey Benson at mbenson@jccpgh.org or (412) 278-1795

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Hidden Gems of Pittsburgh: Wednesday, August 14 • 1 pm Social Hall.

This month, Remember When History Club will be discussing the hidden gems of Pittsburgh. Whether you grew up in Pittsburgh or you're a transplant, there are likely hidden gems that you either don't know about or haven't visited in many years! Wear your best Pittsburgh gear & come hear about stairs, hidden attractions, & more. You do not need to register for this program.

Quilted History: Friday, August 16 • 11:30 am Conference Room.

The second installment of our English Paper Piecing hand quilting series, the Sunburst Quilt! Perfect for beginners & quilting enthusiasts alike, this workshop will guide you through the steps to design & begin a sunburst quilt. All materials & instructions will be provided— though you are welcome to bring your fabric to incorporate. You do not need to register for this session.

Build a Bouquet: Monday, August 19 • 1 pm The Lobby.

The celebration of Tu B'Av as a holiday for love & beauty dates back to the ancient days of the Temple. In modern Israeli culture, the celebration of Tu B'Av is rapidly becoming synonymous with Valentine's Day, providing an opportunity to show appreciation. We will be channeling the spirit of the holiday by crafting bouquets & letting our creativity bloom! You do not need to register for this program.

Sex & the Senior Adult: Wednesday, August 21 • 10 am Conference Room.

Many people falsely believe that sex ends in your youth. We know older adults are vibrant in every way. Join Stefanie Small, Director of Clinical Services at JFCS, to learn more about relationships, dating, & sex in our 60+ years. You do not need to register for this program.

World Senior Citizens Day: Wednesday, August 21 • 1 pm Social Hall.

Join us in celebrating World Senior Citizens Day with an exploration of innovators who show us that you can change the world at any age! Discover the remarkable stories of individuals who achieved their breakthrough inventions after the age of 55. You do not need to register for this program.

AARP Social Security Workshop: Thursday, August 22 • 10 am Conference Room.

Do you understand how Social Security works? Join AARP's free Social Security workshop to understand the implications of Social Security claiming decisions. You will discover what Social Security is, learn how to secure your benefits, & explore the future of Social Security. This workshop will be led by AARP volunteer Mike Rosenberg. Please RSVP by Friday, August 16 by contacting the AgeWell office at agewellsouthhills@jccpgh.org or (412) 278-1795.

**Questions? Contact Hayley Maher at hmaher@jccpgh.org or (412) 697-3552
Mickey Benson at mbenson@jccpgh.org or (412) 278-1795**

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Monthly Movie:

Thursday, August 22 • 1 pm

Conference Room.

Join us for a viewing of *The Beatles: Eight Days a Week*. The band you know, & the story you don't. Even if you're not a fan of The Beatles, this must-see documentary produced by Ron Howard will have you hooked. *The Beatles: Eight Days a Week* takes a never-before-seen look into the world's most beloved band during the height of their career. You do not need to register for this program.

Desserts & Drinks Recipe Swap:

Friday, August 23 • 12:30 pm

The Lobby.

Join us for another recipe swap to contribute to the AgeWell Collaborative Cookbook! August's theme will be no-bake desserts & mocktail recipes. Make your favorite no-bake dessert or mocktail & bring it in to share. Please complete a registration form by August 21 by stopping in the AgeWell office. Questions? Contact Beth Rudel at brudel@jccpgh.org or (412) 339-5407.

Conversations with Amy:

Wednesday, August 28 • 10 am

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. Please note the change in time this month. You do not need to register for this program.

Ongoing Programs:

• Blood pressure screenings with JAA:

Tuesdays, August 13 & 27 • 10-11 am

• Book Buddies Volunteer Program:

Volunteer clearances must be completed; stop by the AgeWell office for more information.

• Counseling Hours:

Mondays, August 12 & 26 • 10 am-1 pm.

• Puzzle Swap:

Available every day during AgeWell office hours.

• Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Monday, August 12 & 26 • 12 pm

Registration is available online at <https://1027healingpartnership.org/>; stop by the AgeWell office for more information.

• Technology Tutoring: by appointment only.

August Club Meetings

Card Club – Thurs., August 1 & 15 • 1 pm

Knitting & Crochet Club – Thurs., August 8 • 11 am

Remember When History Club –

Wed., August 14 • 1 pm

Book Club – Tuesday, August 20 • 1:30 pm

Mah Jongg – Weekly meeting on Tuesdays • 1 pm

Theater Club – No meeting in August

Intergenerational Family Dynamics Group –

No meeting in August

Garden Club – No meeting in August

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