

SOUTH HILLS

# Program Guide

FALL 2024



JCC  
PGH

# JCC PROGRAM GUIDE SOUTH HILLS

To Register for classes & programs:

[jccpgh.force.com](http://jccpgh.force.com)

"JCC Pittsburgh" app. Learn more [HERE](#)

**Questions:**

[registration@jccpgh.org](mailto: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

**Labor Day Mon. September 2:** Closed except for Fitness Center 8 am-2 pm and Family Park 11 am-7 pm

**Rosh Hashanah Eve Wed. Oct. 2:** Close at 5 pm

**Rosh Hashanah Thurs. Oct 3:** Closed

**Rosh Hashanah Fri. Oct 4:** Closed

**Yom Kippur Eve Fri. Oct. 11:** Close at 5 pm

**Yom Kippur Sat. Oct 12:** Closed

**Sukkot Eve Wed. Oct. 16:** Close at 5 pm

**Sukkot Thurs. Oct 17:** Closed

**Shemini Atzeret/Simchat Torah Eve**

**Wed. Oct. 23:** Close at 5 pm

**Shemini Atzeret/Simchat Torah**

**Thurs. Oct 24:** Closed

**Thanksgiving Day Thurs. Nov. 28:**

Closed except for Fitness Center 8 am-2 pm

**Christmas Eve Tuesday, Dec. 24:**

Agency open 6 am to 5 pm

**Christmas Wednesday, Dec. 25:**

Agency open 8 am to 5 pm

**New Year's Eve Tuesday, Dec. 31:**

Agency open 8 am-3 pm

**New Year's Day Monday, Jan. 1:**

Closed except for Fitness Center 8 am-2 pm



Facility operations and programming are subject to change in accordance with national, state and local health and safety guidelines.

# CONTENTS

<a href="#"><u>AGEWELL AT THE JCC</u></a>	<a href="#"><u>25</u></a>
<a href="#"><u>AGEWELL FITNESS</u></a>	<a href="#"><u>22</u></a>
<a href="#"><u>AMERICAN JEWISH MUSEUM</u></a>	<a href="#"><u>37</u></a>
<a href="#"><u>AQUATICS</u></a>	<a href="#"><u>5</u></a>
<a href="#"><u>CAMPS</u></a>	<a href="#"><u>33</u></a>
<a href="#"><u>CENTER FOR LOVING KINDNESS</u></a>	<a href="#"><u>41</u></a>
<a href="#"><u>DANCE</u></a>	<a href="#"><u>13</u></a>
<a href="#"><u>EARLY CHILDHOOD</u></a>	<a href="#"><u>31</u></a>
<a href="#"><u>FACILITIES RENTAL</u></a>	<a href="#"><u>43</u></a>
<a href="#"><u>FITNESS AND PERSONAL TRAINING</u></a>	<a href="#"><u>15</u></a>
<a href="#"><u>INCLUSION</u></a>	<a href="#"><u>36</u></a>
<a href="#"><u>JEWISH LIFE</u></a>	<a href="#"><u>38</u></a>
<a href="#"><u>MEMBERSHIP</u></a>	<a href="#"><u>4</u></a>
<a href="#"><u>PJ LIBRARY</u></a>	<a href="#"><u>40</u></a>
<a href="#"><u>SPORTS AND RECREATION</u></a>	<a href="#"><u>11</u></a>
<a href="#"><u>TEENS</u></a>	<a href="#"><u>35</u></a>
<a href="#"><u>10.27 HEALING PARTNERSHIP</u></a>	<a href="#"><u>42</u></a>

# MEMBERSHIP

## JCC ANNUAL MEETING

**Wednesday, September 4 • 5 pm  
Levinson Hall, JCC Squirrel Hill.**

**Please join us!**

## JCC: IT'S ALL HERE!

### JCC members enjoy great facilities

- Heated indoor 25-yard lap pool
- Fitness Center equipped with new functional training equipment, free weights and selectorized Cybex circuit.
- On Your Mark Fitness DEKA Affiliate
- Interactive cardio equipment including Precor and Peloton
- 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** 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@jccpgh.org](mailto:membershipsouthhills@jccpgh.org) · 412-278-1975

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

# AQUATICS



For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

## 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.

# AQUATICS

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

## CLASS DAYS AND TIMES

### Guppy and Me: ages 6 months-2 years

Sundays	9-9:30 am
Wednesdays	5-5:30 pm

### Tadpoles: age 2-3

Sundays	9:30-10 am
Wednesdays	5-5:30 pm

### Minnows: ages 3-5

Sundays	10-10:30 am
Tuesdays	5-5:30 pm

### Jellyfish: ages 3-5

Sundays	10:30-11 am
Tuesdays	5:30-6 pm

### Catfish: ages 3-5

Sundays	11-11:30 am
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### Starfish: ages 6-12

Sundays	11:30 am-12 pm
Tuesdays	5-5:30 pm

### Goldfish: ages 6-12

Sundays	12-12:30 pm
Tuesdays	5:30-6 pm

### Dolphins: ages 6-12

Sundays	12:30-1 pm
Wednesdays	5:30-6 pm



# AQUATICS

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

## CLASS DAYS AND TIMES

### CLASS DATES

Sunday classes	\$210
Sept. 15-Dec. 15	
Monday classes	\$210
Sept. 16-Dec.16	
Tuesday classes	\$210
Sept. 17- Dec. 17	
Wednesday classes	\$210
Sept. 18- Dec. 18	

### PRIVATE LESSONS

<b>30 minutes</b>	\$42
<b>6 30-minute-sessions</b>	\$210*
<b>10 30-minute-sessions</b>	\$320*

Click here to register for Private Swim Lessons

\*Only JCC members may purchase private lesson packages

[View pool schedule HERE](#)

### **South Hills Sailfish: ages 5-12 Introduction to Competitive Swimming**

Children practice all four competitive swim strokes. Emphasis is on competitive techniques such as streamline turns, finishes and endurance training. Children must try out to participate.

**Mondays and Wednesdays 6-6:45 pm  
September 9-December 14**

**\$240**

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

# AQUATICS

## POOL EXERCISE CLASSES

For more info, contact Alycia Miller,  
[amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429

### Monday:

Aqua Jog	11:30 am-12:15 pm
Aqua Walkout	12:30-1:15 pm

### Tuesday:

Aqua Fit	11:30 am-12:15 pm
Aqua Arthritis*	12:30-1:15 pm

### Wednesday:

Aqua Fit	11:30 am-12:15 pm
Aqua Chi	12:30-1:15 pm
Aquatic Dance	7-7:45 pm

### Thursday:

Aqua HIIT	11:30 am-12:15 pm
Aqua Arthritis*	12:30-1:15 pm
Aqua Fit	7-7:45 pm

### Friday:

Aqua Walkout	11:30 am-12:15 pm
Aqua Fit	12:30-1:15 pm

**All classes \$10/class or included with Fitness Plus.**

**\* Aqua Arthritis is free to AgeWell members. All non-AgeWell members must pay a \$10 fee**

**[View 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

## **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.

## **Aquatic Dance**

A high intensity water aerobics class that incorporates dance into working out and having fun.

## **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.

**\$5/class or included with Fitness Plus**

Contact membership to upgrade:

[membershipsouthhills@jccpgh.org](mailto:membershipsouthhills@jccpgh.org)

[View pool schedule HERE](#)



# AQUATICS

## 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.

**Rentals are available Saturdays and Sundays  
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  
Alycia Miller, [amiller@jccpgh.org](mailto:amiller@jccpgh.org) or 412-339-5429*

**[Check our pool schedule HERE](#)**



# SPORTS AND RECREATION

For more info, contact Brandi Tedesco,  
[btedesco@jccpgh.org](mailto:btedesco@jccpgh.org) or 412-697-3532

## 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.

**Wednesdays • 5 pm**

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

### • Pickleball: Small group clinics and 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

**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

12-2 pm

Thursdays and Fridays

6 am-7:30 am

Saturdays

8 am-9:30 am

# SPORTS AND RECREATION



For more info, contact Abdi Kater, [akater@jccpgh.org](mailto:akater@jccpgh.org)

## • 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.

Thursday

6-8 pm

**\$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](#)

# DANCE

## THE PHILIP CHOSKY PERFORMING ARTS PROGRAM

For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414

### PRESCHOOL CLASSES

#### • Creative Movement- Toddlers (ages 2.5-3)

Mondays	3-3:30 pm	Dance Studio
Sept. 9-Dec.16	\$233	

#### • Pre Ballet (ages 3-4)

Mondays	3:45-4:15 pm	Dance Studio
Sept. 9-Dec.16	\$233	

#### • Pre Ballet/Tap (ages 4-5)

Wednesdays	2:45-3:30 pm	Dance Studio
Sept. 11-Dec.18	\$210	

[Register for Dance Classes](#)

[Class Descriptions and Dress Code](#)



# DANCE

## ADULT CLASSES

For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto:kwayne@jccpgh.org) or 412-339-5414

### • Line Dancing (18+)

Mondays	1:30-2:30 pm	Dance Studio
Sept. 9-Oct.28	\$40	

### • Show Tunes (18+)

Fridays	1-1:50 pm	Dance Studio
Sept. 20-Oct. 25	\$30	

### • Adult Tap Beginner

Wednesdays	12:30-1:30pm	Dance Studio
Sept.11-Dec.11	Member price: \$10	Non-member price- \$14

\* Prices are per class

### • Adult Tap Advanced Beginner

Wednesdays	1:30-2:30pm	Dance Studio
Sept.11-Dec.11	Member price: \$10	Non-member price- \$14

\* Prices are per class

### • Adult Tap Intermediate

Thursdays	1:30-2:30 pm	Dance Studio
Sept. 12-Dec. 12	Member price: \$10	Non-member price- \$14

\* Prices are per class

### • Private Tap Instruction

Mondays	10:30-1 pm	Dance Studio
Sept. 16-Dec. 16	\$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 Kelly Hont, [khont@jccpqh.org](mailto:khont@jccpqh.org)

**ON YOUR MARK FITNESS**  
at the **JCC South Hills**, Pittsburgh's DEKA  
affiliate, hosts daily classes and quarterly  
challenges and competitions

[More info HERE](#)

## **FALL FEST: DEKA'S TWO YEAR ANNIVERSARY PARTY**

Fitness and Fun for the whole family!

**Saturday, October 19 • 8 am - 1 pm:  
DEKA Mile**

**Sunday October 20 • 8 am - 1 pm:  
DEKA Strong**

**Save the date, more details to come!**

*\*In conjunction with Fall Fest weekend*



THE **WILSON** GROUP

# 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): **FORGE**

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

### DEKA Burn (Anaerobic Conditioning): **BURN**

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

### DEKA Grit (Endurance/Stamina): **GRIT**

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

**Stop by or contact the Membership office and get your 1 week free DEKA classes:**

**Kelly Hont** [khont@jccpgh.org](mailto:khont@jccpgh.org)

or call 412-278-1975

[Learn more HERE](#)



## GROUP EXERCISE

For more info, contact Kelly Hont,  
[khont@jccpgh.org](mailto:khont@jccpgh.org) or 412-339-5431

**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

### 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

Saturdays      9-10 am



## 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
Thursdays	10-11 am

## 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
Tuesdays	8-9 am



# FITNESS



## PERSONAL TRAINING

For more info, contact Jordan McGinnis,  
[jmcginnis@jccpgh.org](mailto:jmcginnis@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.

You and your trainer can meet once, twice, or three times a week to help you achieve the results you are looking for.

**Contact Jordan to get started today!**

## WELLNESS & NUTRITION COACHING WITH CAROLYN KONTOS, MS, ACC

This Program focuses on building sustainable healthy habits, guided by the latest nutrition science and a keen understanding of behavior change.

By integrating nutrition, exercise, and mental well-being you will get long-term results, and have the skills to adapt to every change or stress in life.

- Expert Guidance and Customized Coaching
- Realistic Goals & Healthy Habits
- Ongoing Support
- Educational Resources

### **Kick Starter - 1 month - \$300**

This 30-day bootcamp is designed to help you get unstuck and develop a plan to take charge of your health through improved nutrition.

- Initial 45-min. assessment
- Personalized plan and tools
- Three 45-min. sessions
- Weekly email check-ins

### **Balanced Living - 3 month - \$525**

This 90-day program is designed to help you adopt sustainable nutrition and lifestyle habits for long term health balance.

- Initial 50-min. assessment
- Personalized plan and tools
- Bi-weekly 30-min. sessions
- Unlimited email and text support

For more info, contact Carolyn Kontos,  
[ckontos@jccpgh.org](mailto:ckontos@jccpgh.org)

# FITNESS



For more info, contact Jordan McGinnis,  
[jmcginnis@jccpgh.org](mailto:jmcginnis@jccpgh.org) or 412-446-4786

## • Fitness Equipment Orientation

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

[Register on the “JCC Pittsburgh” app.](#)  
[Learn more HERE](#)

## • 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
- An overview of medical history to prevent injuries.

## • 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](mailto:kwayne@jccpgh.org) or 412-339-5414

## Fitness Schedule

### • **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.

*For more info, contact Kathy Wayne,  
[kwayne@jccpgh.org](mailto: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	Beginner	11 am-12 pm
	Intermediate	12-1 pm

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



## • GaitBetter Gait, Balance and Fall Prevention Program

- 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 Jordan McGinnis [jmcginnis@jccpgh.org](mailto:jmcginnis@jccpgh.org) or 412-446-4773.

To purchase a JCC's GaitBetter Session package contact Abdi Kater [akater@jccpgh.org](mailto:akater@jccpgh.org)





# AGEWELL AT THE JCC SOUTH HILLS

For info, contact Hayley Maher,  
[hmaher@jccpgh.org](mailto:hmaher@jccpgh.org) or 412-697-3552

With the initial support of the Jack Buncher Foundation and the new support of the Allegheny County Area Agency on Aging, the JCC is pleased to offer senior center services in South Hills. AgeWell at the JCC greatly enhances the robust fitness and wellness offerings for older adults. AgeWell at the JCC offers kosher-style congregate meals, social clubs and discussion groups, and a variety of classes, social services, and community activities.

## **AgeWell at the JCC South Hills operates:**

Monday-Friday

9 am-5 pm

**Individuals ages 60 and over are invited to register with AgeWell. Contact the AgeWell office at [agewellsouthhills@jccpgh.org](mailto:agewellsouthhills@jccpgh.org) or 412-278-1795 to register.**

## **AGEWELL AT THE JCC SOUTH HILLS SERVICES:**

### **• J Cafe Congregate Lunch**

Mondays- Fridays

12:30-1:30 pm

Social Hall

Lunches are available for a suggested donation of \$3 for registered South Hills AgeWell members.

Reservations must be placed by 12 pm on the day before the meal by using the JCCPGH app or calling the lunch line at 412-446-4776.

*Contact the AgeWell office at 412-278-1795 for more information.*

**[Menus can be found HERE](#)**



# AGEWELL AT THE JCC SOUTH HILLS



- **Information, Referrals, and Assistance**

Questions? We have answers! Contact Amy Gold, [agold@jccpgh.org](mailto: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, [dcriclin@jccpgh.org](mailto:dcriclin@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 can connect those CheckMate recipients with additional support and community resources 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](mailto:agold@jccpgh.org) or 412-697-3528

- **Volunteer Opportunities**

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

# AGEWELL AT THE JCC SOUTH HILLS



## SOCIAL CLUBS AND DISCUSSION GROUPS

### • Book Club

Third Tuesday of the month	1:30 pm	Conference Room
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### • Casual Card Club

First and third Thursday of the month	1 pm	Lobby
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### • Garden Club

Fourth Friday of the month	12 pm	Social Hall
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### • Intergenerational Family Dynamics Discussion Group

Third Wednesday of the month	New time coming soon	Conference Room
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### • Knitting and Crochet Club

Second Thursday of the month	11 am	Conference Room.
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### • Mah Jongg

Tuesdays	1 pm	Social Hall
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### • Remember When Discussion Group

Second Wednesday of the month	1pm	Social Hall
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# AGEWELL AT THE JCC SOUTH HILLS



## • Theater Club

Third Monday of the month	12 pm	Conference Room.
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Have a hobby you'd like to share? We welcome volunteers to start new clubs!

Contact the AgeWell office at [agewellsouthhills@jccpgh.org](mailto:agewellsouthhills@jccpgh.org) or (412) 278-1795.

## ONGOING PROGRAMS

### • Art Class

Class times vary, check the monthly newsletter for details.

### • Bereavement Group

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

### • Blood Pressure Screening by JAA Staff

Second and fourth Tuesday of the month	10-11 am	AgeWell office
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### • Book Buddies

Spend an afternoon each month reading with the students in the Early Childhood Development Center! This volunteer opportunity requires several clearances. For more information, contact Hayley at 412-697-3552.

### • Conversations with Amy

Last Wednesday of the month	10 am	Conference Room
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Join AgeWell's Information and Referral Specialist, Amy Gold, for a monthly discussion about resources for older adults.

# AGEWELL AT THE JCC SOUTH HILLS

## • Counseling Hours

Second and fourth Monday of the month	10 am-1 pm	AgeWell office
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## • Meet and Greet Social

First Tuesday of the month	10:30 to 11:30 am	AgeWell office
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Whether you are new to AgeWell or you have been a regular member for a while, this is your chance to connect with other members! Light refreshments will be provided

## • Monthly Movie

Fourth Thursday of the month	1 pm	Conference Room
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Grab some popcorn and bring a friend! Check the monthly newsletter to see which movie will be played.

## • Puzzle Swap

Available every weekday during AgeWell office hours. Bring your used jigsaw puzzles and trade them for different ones.

## • Reiki-Infused Sound Bathing with 10.27 Healing Partnership

This experience is tailored to calm your mind, body, and soul, promoting optimal healing. This class is designed for anyone ready to embrace tranquility. Visit [1027healingpartnership.org](http://1027healingpartnership.org) for details

## • Seniors for Safe Driving Class

In this PennDot-approved Mature Driver Improvement Course, information is provided on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, and the effects of medication, fatigue, alcohol, and visual or auditory limitations on a person's driving ability. The one-day course will be hosted in South Hills in the fall on September 18, and drivers over the age of 55 who complete the course are eligible for a discount on car insurance.

Visit [seniorsforsafedriving.com](http://seniorsforsafedriving.com) to get registered.

## • Technology Tutoring

Available on a limited basis by appointment only. To make an appointment with a volunteer tech tutor, contact Hayley at 412-697-3552.

# AGEWELL AT THE JCC SOUTH HILLS

## VIRTUAL SENIOR ACADEMY (VSA)

For more info, contact Maddie Barnes  
[mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or 412-697-3517.

The VSA offers classes Monday-Friday online on [virtualsenioracademy.org](http://virtualsenioracademy.org). Some classes are in hybrid format and also take place in person at the JCC. Go to the website for more information.

### Classes Include:

- Rounding the Bases
- Nutrition 101
- Coffee Chats
- Bingo
- Medicare 101
- Intergenerational conversations
- Health education series

To see the full list of classes and sign up, go to [www.virtualsenioracademy.org](http://www.virtualsenioracademy.org)



**CHECK THE AGEWELL AT THE JCC  
SOUTH HILLS MONTHLY NEWSLETTER  
FOR DETAILS ABOUT SPECIAL  
PROGRAMS AND EVENTS EACH  
MONTH [HERE](#)**

# EARLY CHILDHOOD



For more information, please contact Cierra Bekich, [cbekich@jccpgh.org](mailto: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](mailto: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.

Additional sports, dance and aquatics classes are available to enrolled ECDC families. These programs are offered during the school day and are lead by our sports, recreation and aquatics staff. Classes are only for ECDC children for an extra fee.

## 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

## Age Groups and Schedules

ECDC operates year round 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



# SOUTH HILLS DAY CAMP

For more information, contact Camp Director Emma Litwak, [elitwak@jccpgh.org](mailto: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

### 2025 Dates

Week 1	June 16-20
Week 2	June 23-27
Week 3	June 30-July 3 (closed on Friday, July 4)
Week 4	July 7-11
Week 5	July 14-18
Week 6	July 21-25
Week 7	July 28-August 1
Week 8	August 4-8
Week 9	August 11-15

**\$450/member per week**

**\$500/non-member per week**

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

**Registration opens on September 17 to current waitlisted and camp families.**

More info: [JCCPGHDAYCAMPS.COM](http://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 tower, 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 2-6, we offer 2-week options or 1-week options in addition to our full sessions.

## [2025 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](mailto:acantor@jccpgh.org) or 412-339-5412*

[emmakaufmanncamp.com](http://emmakaufmanncamp.com)

# TEENS



For more info, contact Maria Carson, [mcarson@jccpgh.org](mailto: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 projects remotely.**

**Pittsburgh Diller Teen Fellows Grades 9-10**

[Facebook](#)   [Instagram](#)

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

**Applications for the 2024-2025 Cohort are now closed. Applications for the 2025-2026 Cohort will open in the Spring of 2025.**

# INCLUSION



## GESHER YOUNG ADULT PROGRAM AT THE JCC IN SQUIRREL HILL

For more information, contact Rachael Speck,  
[rspeck@jccpgh.org](mailto:rspeck@jccpgh.org) or 412-697-3537.

**Mondays, Wednesdays, Thursdays  
and Fridays 3-6 pm  
JCC Squirrel Hill**

### Limited spaces available

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 a program on Thursdays focused on technology skill building. Participants 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.

# 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.**

**NEW EXHIBITION:**

**JUDY ROBINSON  
AND KARA SNYDER:  
THE ART OF FRIENDSHIP**

**September 4 – December 20, 2024**

**More Details coming soon!**

# JEWISH LIFE

## A SEASON OF HOPE

For more info, contact Rabbi Hindy Finman  
[hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

### • **Preparing the Heart and Mind: Rosh Chodesh Elul**

Join the 10.27 Healing Partnership and the JCC for a program to center and ground ourselves in Jewish learning and calming practices. This year the High Holidays will take place near October 27th and the first-year commemoration of October 7th. This program will help us all to embrace all the different facets of this season, from sorrow to joy. We invite Jewish Pittsburgh to join us for meditative wellness activities and Jewish learning designed to increase thoughtfulness, care, and introspection. We will end the program with a communal shofar blowing!

Tues., Sept. 3	5:30-7:30 pm	Third floor, Kaufmann Building, JCC Squirrel Hill
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**Free and open to all adults, members and non-members**

**[Register HERE](#)**

### • **The Complexities of Israeli Arab Shared Societies: An Evening with Mohammad Darawshe**

Please join us for a presentation and discussion about the complexities of the Israeli Arab shared societies. Mohammad Darawshe is a visiting scholar and peace builder from Israel. Q&A to follow.

Wed., Sept. 18	6:30-8 pm	Levinson Hall, Kaufmann Building, JCC Squirrel Hill
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**[RSVP: tinyurl.com/darawshe](https://tinyurl.com/darawshe)**

# JEWISH LIFE

## • Rosh Hashanah 5785 ~ 2024 Start the New Year with a Mitzvah!

Join the Center for Loving Kindness to make care kits to give to people in need of kindness.

3 opportunities to get involved:

### **DONATE:**

A gift card or items for care kits or shop our Amazon wishlist

[Amazon Wishlist HERE](#)

### **PACK:**

Care kits with us this Rosh Hashanah

Sun., Oct. 6      2–3:15 pm      Social Hall  
*All ages event*

[Register HERE](#)

### **DELIVER**

Deliver care kits to our community partners serving Pittsburghers experiencing housing and food insecurity. More details will follow once you register.

*For more info, contact Rabbi Hindy Finman  
[hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)*



# PJ LIBRARY



## PJ LIBRARY

For more info, contact Rabbi Hindy Finman at [hfinman@jccpgh.org](mailto:hfinman@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](#)





## JCCPGH Center for Loving Kindness

For more information, contact:

Melissa Hiller, [mhiller@jccpgh.org](mailto:mhiller@jccpgh.org)

Linda McCullough, [lmccullough@jccpgh.org](mailto:lmccullough@jccpgh.org)

Rabbi Hindi Finman, [hfinman@jccpgh.org](mailto:hfinman@jccpgh.org)

### **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](#)

# 10.27 HEALING PARTNERSHIP



For more information call 412-697-3534 or email [info@1027healingpartnership.org](mailto:info@1027healingpartnership.org)

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.

## Reiki-infused Sound Bathing

Immerse yourself in the soothing tones of crystal and Tibetan singing bowls expertly played by Shawn Fertitta. Throughout the session, you will delve into the fundamentals of mindfulness and discover the serene art of Reiki, a Japanese relaxation technique. This experience is tailored to calm your mind, body, and soul, promoting optimal healing. Whether you're seeking to alleviate stress and concerns in today's hectic world, this class is designed for anyone ready to embrace tranquility.

Mondays, Aug. 12 & 26      12-1 pm

## Forest Bathing: Meditative Walks in the Woods: All ages

Forest bathing is not about literal baths—the idea is to “bathe” in the sounds and sights of nature. Join us for one or all three sessions of this healing, consciousness-building forest bathing series. We will take gentle walks through Mellon Park while nurturing our connection to the natural world through reflective practices.

Monday, Sept. 9      9:30 am-11 am

Mellon Park Walled Garden

**Free.**

[Register HERE](#)

**Our main office is in:**

**JCC SQUIRREL HILL**

**5738 Forbes Ave, Pittsburgh, PA 15217**

More information and scheduling for all of our programs can be found at

[1027healingpartnership.org](http://1027healingpartnership.org)

# FACILITIES RENTAL

## THE JCC IS THE PERFECT PLACE TO...

For more information, contact Chris Herman,  
[cherman@jccpgh.org](mailto: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!



Save the date!



**BIG NIGHT**  
**OLYMPICS**

MARCH 1, 2025

OPEN TO EVERYONE

# THANKS TO OUR BIG NIGHT SPONSORS

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## **Our Partner Agencies**

The Jewish Federation  
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Jewish Healthcare Foundation  
United Way  
of Southwestern Pennsylvania

*As of 2/28/24*



# THANKS TO OUR JCC FUNDERS AND PARTNERS IN OUR MISSION

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