

# Older Adult Programs

**AgeWell**  
at the JCC South Hills

**AgeWell at the JCC South Hills**

**September 2024**

Dear AgeWell Members,

We have exciting news: AgeWell at the JCC South Hills is now a Focal Point Senior Community Center site through the Allegheny County Department of Human Services Area Agency on Aging! We are excited to join the network of over 40 senior centers across the county. Our center was opened as a pilot program through the support of the Jack Buncher Foundation. While we anticipated a need for increased services in this area, we were overwhelmed with the interest and involvement you all have expressed over the last year and a half, we are looking forward to expanding our offerings to meet this need & interest. Most of the changes related to this new designation will be handled by staff in the AgeWell office, but you will notice several changes to our program taking effect over the coming weeks & months.

This new designation requires some changes in our registration process. If you've registered with us in the last 6 months, you've already completed the necessary paperwork. If you registered with us prior to February 2024, it's possible that you have not yet completed this paperwork. When it is time to update your registration, you should receive an email from the AgeWell office with more information. If you're not sure if this applies to you, feel free to stop by the office to check. This will also impact any members who live outside of Allegheny County- AgeWell staff will be reaching out to members living outside of Allegheny County with additional information.

This designation presents opportunities for new & expanded program offerings. One expansion will take place within the J Cafe congregate meal program. Great news- we will be serving meals 5 days each week starting on September 3! Meals will still be offered at a suggested donation of \$3, but you will no longer be required to purchase meal passes. We hope you will continue to contribute to help offset the cost of the meals. You will still be able to register by phone, through the JCCPGH app,

or in person at the JCC.

Several staffing changes will also take place within the AgeWell office. My position will be changing to Department Director, & I will be taking on more of the back-end work to make our center run. Mickey will be moving into a full-time Program Coordinator position, & they will be taking on more responsibility for running our programs & events. Our AgeWell staff from Squirrel Hill will continue to be involved in South Hills programming.

We are excited to welcome these changes as we continue to grow & expand services in South Hills. I invite you to attend one of several AgeWell Updates we have scheduled to further explore this new chapter of AgeWell at the JCC South Hills; see the details on days & times in this newsletter. These sessions will be a time to further discuss changes that will take place within our program & answer any questions you may have. We hope to see you at one of those times!

Take care,

Hayley Maher

AgeWell at the JCC South Hills Department Director

## AgeWell Updates

Join us in discussing our new designation as a Focal Point Senior Community Center site through Allegheny County DHS AAA.

Tues. Sept. 3	11 am-12 pm	AgeWell Office
Wed. Sept. 11	10-11 am	AgeWell Office
Friday, Sept. 20	10-11 am	The Lobby
Tuesday, Sept. 24	9-10 am	The Lobby
Monday, Sept. 30	1:30-2:30 pm	Social Hall

## September AgeWell Programs

### Meet and Greet Social

**Tuesday, September 3 • 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 at 10:30 to chat with other members & enjoy light refreshments. You do not need to register for this program.

### Estate Planning Seminar

**Wednesday, September 4 • 10 am**  
**Conference Room**

Joanne Parise of Williams Coulson LLC will discuss the importance of estate planning. The presentation will include a discussion of tools to enable you & your loved ones to carry on your affairs & carry out your wishes in the event of your incapacity or death. Joanne will share information about wills, trusts, powers of attorney, living wills, & more. Please register by contacting the AgeWell office at [agewellsouthhills@jccpgh.org](mailto:agewellsouthhills@jccpgh.org) or (412) 278-1795.

### Hike Series

**Fridays, September 6 & 23 • 2 pm**  
**Meet at the Front Entrance**

Take advantage of the beautiful trails of the Scott Nature Conservancy that start just 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, and feel free to bring walking sticks or a friend to help with balance. On Friday, September 6, the group will do a short walk on a relatively flat area of the trail. On Monday, September 23, the group will do a longer walk with a wider variety of terrain. Please only attend the hike on the 23rd if you have been on the trails and are comfortable walking on them. You do not need to register for these events. In the event of inclement weather, the hikes will be canceled.

### Grandparents Day Celebration

**Sunday, September 8 • 1:30 to 3 pm**  
**Social Hall**

Celebrate Grandparents Day with an ice cream social & craft! All grandparents & grandfriends are welcome to bring their younger friends & come in to share sweet treats & build their teddy bear crafts. You do not need to register for this program.

### Visit (or Revisit!) America's National Parks

**Wednesday, September 11 • 12pm**  
**Conference Room.**

Join us for the first monthly viewing of Wonders of the National Parks: A Geology of North America. This month, the group will focus on Yellowstone National Park with a video lecture followed by a discussion. You do not need to register for this program.

### Encore Career, Volunteer & Resource Fair

**Thursday, September 12 • 10 am to 12 pm**  
**Social Hall**

Open to anyone seeking a second career or volunteer opportunities. There will be over 20 agencies on site, eager to connect. A career readiness representative will be available to answer questions about resumes, interviews, & more. Technology will be available for use in submitting digital applications or volunteer clearance requests. You do not need to register for this program.

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

Mickey Benson at [mbenson@jccpgh.org](mailto:mbenson@jccpgh.org) or (412) 278-1795

## Service Dogs in the Community

**Friday, September 13 • 1 pm • Lobby**

STEP@Pitt is the Service Dog in Training Education Program on Pitt's campus. STEP@Pitt is partnered with Canine Companions, a national nonprofit that provides highly trained service dogs to adults, children, & veterans at no cost to the individual. College Puppy Raisers, along with some future service dog puppies, will be present to talk about the many roles of service dogs & what tasks they can be trained to do. You do not need to register for this program.

## AARP Social Security Workshop

**Wednesday, September 18 • 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 September 13th by contacting the AgeWell office at [agewellsouthhills@jccpgh.org](mailto:agewellsouthhills@jccpgh.org) or (412) 278-1795.

## Seniors for Safe Driving Class

**Wednesday, September 18 • 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)

## Reach Out and Play

**Friday, September 20 • 11 am to 12:30 pm  
Lobby**

Join AgeWell at the JCC for an afternoon of play! Ageless Innovation's Reach Out & 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.

## Beeswax Candle Making

**Friday, September 20 • 1:30 pm  
Social Hall**

Prepare for a sweet Rosh Hashanah celebration as we create beautiful beeswax candles for the new year. In this hands-on workshop, we'll discuss the symbolism of light & honey in the Jewish tradition, while crafting our own candles to set intentions for the year ahead. You do need to register for this program.

## Fall Risk Screenings

**Mon., September 23 & 24 • 10 am to 12 pm  
AgeWell Office**

Stop by the AgeWell office to complete a brief online fall risk assessment. This assessment is offered by the National Council on Aging.

## **Reel in the New Year: Bling & Beading Bash** Tuesdays, September 24 • 3 pm Conference Room

Celebrate the Jewish New Year with a splash of style! Join us for a fun & festive beading session where we'll create dazzling fish-shaped rings or brooches. In Jewish tradition, fish is common for the new year as a symbol of good luck. If you're looking for a kitschy way to celebrate the holiday or for a touch of Mah Jongg flair bling, this beginner-friendly bead workshop is for you. You do not need to register for this workshop.

## **Fall Vaccination Clinic** Wednesday, September 25 AgeWell Office

Mark your calendar and stay tuned for more details!

## **Conversations with Amy** Wednesday, September 25 • 10 am Conference Room

Join AgeWell's Information & Referral Specialist Amy Gold, MSW for a conversation related to resources for older adults. Each month will feature a new topic for discussion. You do not need to register for this program.

## **Monthly Movie: Three Identical Strangers** Thursday, September 26 • 1 pm Conference Room

Identical triplets become separated at birth & adopted by three different families. Years later, their amazing reunion becomes a global sensation, but it also unearths an unimaginable secret that has radical repercussions. Mickey will lead a short discussion following the movie. You do not need to register for this program.

## **Ongoing Programs:**

- **Blood pressure screenings with JAA:**  
Tuesdays, September 10 & 24 • 10-11 am
- **Book Buddies Volunteer Program:**  
Volunteer clearances must be completed; stop by the AgeWell office for more information.
- **Counseling Hours:**  
Mondays, September 9 & 23 • 10 am-1 pm
- **JCafe Congregate Lunch Program:**  
Monday to Friday from 12:30-1:30 pm
- **Puzzle Swap:**  
Available every day during AgeWell office hours.
- **Technology Tutoring:** by appointment only.

**Fall dates for Reiki-Infused Sound Bathing and Forest Bathing with the 10.27 Healing Partnership will be shared soon**

## **September Staff Updates**

- Hayley Maher will transition from Program Coordinator to Department Director for the AgeWell Office in South Hills
- Mickey Benson will transition from a part-time Program Coordinator role to a full-time position
- Kelly Hont will transition to the role of Group Exercise and Engagement Director. Kelly will manage the Group Exercise, Aquatics and Older Adult class schedules.

## **September Club Meetings**

- Card Club** – Thursdays, September 12 & 19 • 1 pm
- Knitting & Crochet Club** –  
Thursday, September 12 • 11 am
- Book Club** – Tuesday, September 17 • 1:30 pm
- Mah Jongg** – Weekly meeting on Tuesdays • 1 pm
- Theater Club** – Monday, September 16 • 12 pm
- Garden Club** – Friday, September 27 • 12 pm

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