

# Older Adult Programs

**AgeWell**  
at the JCC South Hills

AgeWell at the JCC South Hills

October 2024

## New in October: Centergy 101!

Looking for a new class to add to your fitness routine? Try Centergy 101 with instructor Patti Sciulli. Prior to semi-retirement, Patti worked as the Group Exercise/Wellness Director of the Squirrel Hill JCC for over 25 years. She is certified in Spinning, Pilates, SilverSneakers, Group Power, Group Active, and Group Centergy (which continues to be her favorite workout!).

This class is a perfect combination of Pilates and yoga. Designed to create long, lean muscles, increase mobility and flexibility, strengthen your core, and improve your posture, this is the perfect class for anyone new to Centergy. Centergy 101 will be offered at 10 am on Tuesdays. This class is offered at no additional cost for JCC members. Register on the "JCC Pittsburgh" app or at the Front Desk. If you have questions, contact Kelly Hont at [khont@jccpgh.org](mailto:khont@jccpgh.org) or (412) 339-5431.



## Did you know?

Starting in September, you may have noticed that milk is now included with meals in the J Cafe. An important part of keeping kosher is having a separation between milk and meat. This comes from the verse "Do not cook a kid in its mother's milk". This verse appears in the Torah three times; twice in Exodus (23:19 and 34:26) and once in Deuteronomy (14:21). The Torah forbids the cooking and eating of any milk with any meat to prevent this. So, on days that dairy meals are served in the J Cafe, you are welcome to either have your milk with your meal or take it to go. But, when meat meals are served, please be sure to avoid having your milk on the table with the meal.



AgeWell at the JCC South Hills is excited to welcome undergraduate nursing students from Duquesne University this semester! Students are learning about community health and will visit the South Hills JCC on several Mondays throughout the fall. The students will offer blood pressure screenings, participate in fitness classes, and share health information during J Cafe meals. Watch the weekly AgeWell email for details about their visits!

## October AgeWell Programs

### Meet and Greet Social

**Tuesday, October 1 • 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 am to chat with other members & enjoy light refreshments. You do not need to register for this program.

### Apple Paper Quilling Craft

**Wednesday, October 2 • 2 pm**  
**Conference Room**

Celebrate Rosh Hashanah with a Paper-Quilling Workshop! Participants will craft apple paper quilled pieces to celebrate a sweet new year. No need to register for this program.



### Rosh Hashanah, Start the New Year with a Mitzvah with Center for Loving Kindness

**Sunday, October 6 • 2-3:15 pm**  
**Social Hall**

Join the JCC's Center for Loving Kindness in making care kits to give to people in need of kindness. There are three ways to get involved- donate items, attend on October 6th to help pack the kits, or help deliver the kits to community partners. Stop by the AgeWell office to register.

### National Parks

**Wednesday, October 9 • 12 pm**  
**Conference Room**

Join us to view Wonders of the National Parks: A Geology of North America. This month, the group will explore Acadia National Park. This series is presented by Great Courses and will be facilitated by volunteer Randy Detweiler. The video lecturer is a geologist and former professor Ford Cochran, who is the Director of Programming for National Geographic Expeditions. This series will take place monthly, and a different national park will be the focus of each discussion. You do not need to register for this program.

### Medicare 101

**Monday, October 14 • 1:30 pm**  
**Social Hall**

It's almost time for open enrollment! Join Amy Smerker of Fogerty Insurance Advisors for a discussion about Medicare. Topics will include an overview of the Medicare system, types of plans, how and when to enroll, and how to avoid penalties. You do not need to register for this program.

## **Dementia Friends Information Session** **Wednesday, October 16 • 10 am** **Conference Room**

Join a growing movement of people who are making a positive difference in the lives of people living with dementia! This information session will cover five key messages about dementia and touch on what it is like to live with dementia. You do not need to have prior knowledge of dementia to become a dementia friend, and you do not need to register for this program.

## **Branch Weaving in the Sukkah** **Wednesday, October 16 • 1:30 pm** **Back Yard**

In anticipation of Sukkot, relax in the sukkah with a nature-inspired craft. All materials will be provided, and you do not need to register for this program.

## **Bargello Embroidery Bookmarks** **Tuesday, October 29 • 11 am** **Conference Room**

With one simple stitch to learn, Bargello is a great beginner embroidery method that creates fun, modern designs. Simple straight stitches become geometric designs and playful patterns. You do not need to have any prior embroidery experience, & you do not need to register for this program.

## **Conversations with Amy** **Wednesday, October 30 • 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; this month will be a fun conversation of "Would You Rather" questions. You do not need to register for this program.

## **Volunteer Clearances Workshop** **Wednesday, October 30 • 10 am-12 pm** **Conference Room**

Do you want to volunteer, but aren't sure where to start? The JCC and many other local organizations require several volunteer clearances. This workshop will help you get started on PA Act 33 & 34 & the mandated reporter training. If you have a laptop, bring it to this session. If not, there are several available for use in the AgeWell office. You do not need to register for this program.

## **Monthly Movie: Brats** **Thursday, October 31 • 1 pm** **Conference Room**

In the 1980s, everybody wanted to be in the Brat Pack. Except them. Director Andrew McCarthy reunites with Demi Moore, Rob Lowe, Emilio Estevez, Ally Sheedy, and more for the original documentary "BRATS". You do not need to register for this program.

## **October Soups Recipe Swap** **Thursday, October 31 • 11am** **Lobby**

Join us for another recipe swap to contribute to the AgeWell Collaborative Cookbook! October's theme will be soups. Make your favorite soup recipe and bring it in to share. Complete a registration form by stopping in the AgeWell office or contacting Beth Rudel at [brudel@jccpgh.org](mailto:brudel@jccpgh.org) or (412) 339-5407.

## October Club Meetings

**Card Club** – Thursday, October 10 and 31 • 1 pm

**Knitting & Crochet Club** –

Thursday, October 10 • 11 am

**Book Club** – Tuesday, October 15 • 1:30 pm

**Mah Jongg** – Weekly meeting on Tuesdays • 1 pm

**Theater Club** – Monday, October 21 • 12 pm

**Garden Club** – Monday, October 28 • 12 pm

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

## Ongoing Programs:

• **Blood pressure screenings with JAA:**

Tuesdays, October 8 and 22 • 10-11 am.

• **Book Buddies Volunteer Program.**

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

• **Counseling Hours**

Mondays, October 14 & 28 • 10 am-12 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.

## Please note the following holiday observances in October:

Wednesday, October 2	Erev Rosh Hashanah	Agency Closes at 5 pm
----------------------	--------------------	-----------------------

<b>Thursday, October 3</b>	<b>Rosh Hashanah</b>	<b>Agency Closed</b>
----------------------------	----------------------	----------------------

<b>Thursday, October 4</b>	<b>Rosh Hashanah</b>	<b>Agency Closed</b>
----------------------------	----------------------	----------------------

Friday, October 11	Erev Yom Kippur	Agency Closes at 5 pm
--------------------	-----------------	-----------------------

<b>Saturday, October 12</b>	<b>Yom Kippur</b>	<b>Agency Closed</b>
-----------------------------	-------------------	----------------------

Wednesday, October 16	Erev Sukkot	Agency Closes at 5 pm
-----------------------	-------------	-----------------------

<b>Thursday, October 17</b>	<b>Sukkot</b>	<b>Agency Closed</b>
-----------------------------	---------------	----------------------

Wednesday, October 23	Erev Simchat Torah	Agency Closes at 5 pm
-----------------------	--------------------	-----------------------

<b>Thursday, October 24</b>	<b>Simchat Torah</b>	<b>Agency Closed</b>
-----------------------------	----------------------	----------------------

## SAVE THE DATES:

**AgeWell at the JCC will be hosting an RSV vaccination clinic at the South Hills JCC**

**Friday, November 8**

Registration details will be shared soon.

**Fall Fest at the JCC South Hills**

**Sunday, October 20 • 11 am-2 pm**

Fun for all ages will include apple bobbing, indoor pool party, and more!

Contact emma litwak for details:

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