

New Year, New Skills!

Can you believe it's already January again? As we enter another new year, it's the perfect time to embrace fresh opportunities & learn something new. In January, we have a variety of new skills for you to come learn with us. If it has been a while since you've picked up your knitting needles, we have a group for you! If you're a bookworm, join us to learn about book collecting! If you enjoy cooking, join us for a recipe swap to get new ideas! A new year presents new opportunities for learning, growth, & discovery. We challenge you to step out of your comfort zone & try something new this year, & we have planned plenty of options for you to try out.

*Wishing you a happy & healthy 2025,
Mickey Benson & Hayley Maher*



A tour of the Nationality & Heritage Room at the University of Pittsburgh's Cathedral of Learning

Last month, members enjoyed AgeWell at the JCC South Hill's first outing. The group participated in a tour of the Nationality & Heritage Room at the University of Pittsburgh's Cathedral of Learning. If you missed this trip, stay tuned for details about upcoming outings. If you want to be prepared to join AgeWell for group trips, stop by the AgeWell office to get registered for ACCESS transportation, which will be utilized for future group outings.



Please note:

The AgeWell Office will be closed on **Monday, January 20** in observance of Martin Luther King Jr Day. Please reserve your J Cafe meal for Tuesday, January 21 by 12 pm on Friday, January 17.

Older Adult Programs **AgeWell** at the JCC South Hills

AgeWell at the JCC South Hills

January 2025

January AgeWell Programs

Members do not need to register for these programs unless otherwise noted.

Donuts, Dreidels, & Discussion with Rabbi Hindy

Thursday, January 2 • 11:30 am

Conference Room

Join us for a joyful Chanukah celebration with Rabbi Hindy. Enjoy candle lighting, dreidel games, delicious donuts, & festive fun. Wear your favorite light-themed outfit & bring your friends for an hour of warmth, laughter, & community. We can't wait to celebrate with you!

On This Day in History...

Friday, January 3 • 12 pm • Conference Room

This program will feature a new piece of history each month. On January 3, 1924, King Tut's sarcophagus was uncovered. Come to this discussion to learn more about this historical event.

Scrabble

Each Monday (January 6, 13 & 27)

1:30 pm • Lobby

Every Monday, sharpen your brain by playing word games! Connect letters to form words in this exciting tile game.

Gratitude Rocks

Tuesday, January 7 • 11 am • Conference Room.

Affirmations are great ways to open a new way of thinking for the new year. An affirmation is a positive statement that empowers goals & reminds you of your abilities. These statements can include positive thoughts like 'I am strong. I am trying new things. I am planning to paint rocks with AgeWell on January 7th...'

National Parks Discussion Group

Wednesday, January 8 • 12 pm

Conference Room

Join us for a viewing of Wonders of the National Parks: A Geology of North America. This month, the group will explore Redwood National Park. This series is presented by Great Courses & will be facilitated by volunteer Randy Detweiler. The video lecturer is a geologist & former professor Ford Cochran, who is the Director of Programming for National Geographic Expeditions. This series will take place monthly, & a different national park will be the focus of each discussion.

Reinventing Elvis: The '68 Comeback

Wednesday, January 8 • 2 pm

Conference Room

Calling all music aficionados! On Elvis Presley's birthday, join us for a viewing of Elvis: The Comeback Special. This documentary explores the making of the television special that revitalized Elvis Presley's career. Come explore behind the scenes through interviews with Elvis experts & recollections from those who attended the event.

Knitting & Crochet Club

Thursday, January 9 & Monday, January 27

11 am • Conference Room

New in January- the knitting & crochet club will be meeting twice each month! On the 2nd Thursday & 4th Monday of each month, bring your knitting & crochet projects & join the group. Members should bring their own supplies for these sessions.

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

Hot Chocolate Happy Hour

Friday, January 10 • 10:30 am • AgeWell Office
Indulge in the warmth & sweetness of the new year with a hot cocoa happy hour. From 10:30-11:30 am, stop into the AgeWell office for decadent drinks & time with friends.

My Fair Lady

Friday, January 10 • 1 pm • Conference Room
Join us for a screening of My Fair Lady, the timeless musical about transformation, love, & the power of language, featuring unforgettable songs & performances.

Theater Club

Monday, January 13 • 12 pm • Conference Room
Join Theater Club to connect with fellow theater enthusiasts, discuss upcoming shows, & hear from professionals in the theater industry. It's a great way to learn more about the world of theater with others who share your interests!

Quilling Club

Wednesday, January 15 • 2 pm • Lobby
Quilling is the art of making decorative paper designs. This month's activity will be combining the craft of quilled flowers with photo collage. Whether you're a beginner or a crafting enthusiast, this workshop is perfect for anyone looking to explore the art of quilling.

Introvert Book Club

Friday, January 17 • 10 am
Introducing the Introvert Book Club – a casual space where you can enjoy reading & connect with others without the pressure to socialize. Come immerse yourself in a good book & engage with the group only if you feel like it!

Crafter's Corner

Friday, January 17 • 2 pm • Conference Room
Join AgeWell at the JCC for some unstructured, creative play time. Play is doing something you enjoy with no real purpose or agenda in mind. You don't need to be "good at art" to enjoy yourself with a new project. A variety of craft supplies will be available to try out, or you can bring your own craft.

Pressed Flower Boxes

Tuesday, January 21 • 11 am • Conference Room
Design & decoupage your own floral trinket box inspired by the E. E. Cummings poem "I Carry Your Heart with Me". Small boxes & flowers will be provided, though you are welcome to bring your own.

Book Club

**Tuesday, January 21 • 1:30 pm
Conference Room**
No pressure & no assigned reading, just come tell us about the books you've read recently. This is a great way to get new reading recommendations & discuss popular publications.

What To Do with Books

**Wednesdays, January 22 & 29 • 1:30 pm
Conference Room**
This two-part program will focus on the basics of book collecting. You will learn how to assess what you have & what you might want to do with your collection.

Favorite Healthy Meal Recipe Swap

Thursday, January 23 • 11 am • Lobby
Looking for a new dinner idea? Join us for a sampling of healthy vegetarian meals & bring in the recipe to share for the AgeWell Collaborative Cookbook.

Preparing for What Comes Next

Thursday, January 23 • 1:30 pm • Conference Room or online at virtualsenioracademy.org

This presentation by Janis Landis of Final Exit Network will address patient rights, as well as how & why they are too often ignored. It will focus on legal avenues to address these issues & also provide information on the problems arising from the private equity ownership of hospitals & nursing homes.

Integrated Wellness Group

Friday, January 24 • 1 pm • Conference Room

Our culture is amid a paradigm shift in defining medicine as including the mind/body connection rather than simply mechanistically as in the past. This group, led by Reiki Master & retired professor Dr. D Elizabeth Cohen, will explore various wellness modalities through book discussions, guest lectures, & explorations of wellness techniques.

Garden Club

Date TBD

Join our Garden Club to engage in discussions on a variety of gardening topics each month. Whether you're a seasoned gardener or just curious & looking to learn more, you'll enjoy exploring different aspects of gardening, sharing ideas, & learning from others.

Conversations with Amy,

Wednesday, January 29 • 10 am

Conference Room

Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. This is a great opportunity to chat, get to know Amy, & connect with others in a relaxed setting while exploring topics relevant to older adults. Whether you're looking for an interesting conversation, want to connect with new people, or just get to know Amy, everyone is welcome! If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or (412) 697-3528.

Join or Die Documentary & Discussion

January 31 • 1 pm • Conference Room

Join us for a screening of the thought-provoking documentary Join or Die. This documentary unpacks social researcher Robert Putnam's groundbreaking research into "Bowling Alone", which describes America's decades-long decline in community connections. What the world needs most is clubs! This is an opportunity to come together, reflect on the power of community, & connect with others. We hope it inspires you to join our clubs & programs & become more involved in the vibrant community at the JCC!

Ongoing Programs:

Blood pressure screenings with JAA Staff:

Tuesdays, January 14 & 28 • 10-11 am.

Book Buddies Volunteer Program:

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

Canasta: Each Thursday from 1-3 pm

Information & Referral Services: By request

JCafe Congregate Lunch Program:

M-F from 12:30-1:30. Registration required.

Mah Jongg: Each Tuesday from 1:30-3:30 pm.

Puzzle Swap: Available every day during AgeWell office hours.

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Mondays, January 13 & 27 • 12 pm • Dance Studio.

Scrabble: Each Monday • 1:30-3:30 pm

Technology Tutoring: by appointment only.