

Two-year anniversary of AgeWell at the JCC South Hills!

As we reach the two-year anniversary of AgeWell at the JCC South Hills, we'd like to take a moment to reflect on how we're continuing to live up to the JCC motto: "Everyone, Every Day, Closer to Better." For more than 129 years, the JCC has enriched our community by creating an environment rooted in Jewish values that strengthens the physical, intellectual & spiritual well-being of individuals & families. The vision of a senior center in the South Hills came about in recognition of the charismatic historians, lively mahjong players, & the many creative people who have been vital to our growth in the past two years. We are especially proud to have connected with nearly 1400 members through 140+ unique programs since February 2023. We thank each of our members for being part of our story & helping to build a vibrant senior center community in the South Hills.

This month, we're introducing new events including a storytelling program, Podcasts & Pastries, & an Introduction to Mindfulness class. Based on member feedback from the 2024 annual survey, we have additional days for creative programs, expanded movie screenings, & a deepened number of holistic wellness offerings. Please set aside a few minutes to complete our 2025 member survey in February. You can access the survey in the weekly AgeWell email or pick up a printed copy in the AgeWell office. Filling out the survey will help us plan for the year ahead & develop new programs that meet the diverse interests of our members.

We look forward to learning what you want to see planned in year 3 of AgeWell at the JCC South Hills!

*Getting better every day,
Mickey Benson & Hayley Maher*

Ongoing Programs:

Blood pressure screenings with JAA Staff:
Tuesdays, February 11 & 25 • 10-11 am.

Book Buddies Volunteer Program:
Volunteer clearances must be completed; stop by the AgeWell office for more information.

Canasta: Each Thursday • 1-3 pm.

Game Library (board games, card games, & more):
available for use during AgeWell office hours.

Information & Referral Services:
By request: Contact Amy Gold at agold@jccpgh.org or 412-697-3528.

Knitting & Cochet Club: Thursday, February 13 & Monday, February 24 • 11am.

JCafe Congregate Lunch Program:
M-F from 12:30-1:30. Registration required.

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

Meditation with Awaken Pittsburgh:
Wednesdays, February 5 & 19 • 12 pm.

Puzzle Swap: Available every day during AgeWell office hours.

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:
Future dates TBD.

Scrabble: Each Monday • 1:30-3:30 pm

Technology Tutoring: by appointment only.

January AgeWell Programs

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

Scrabble

Mondays, February 3, 10, 17 & 24 • 1:30 pm • Lobby

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

Duquesne Nursing Students Visit

Mondays, February 3, 10, & 17 • 10 am-1 pm

Lobby

Undergraduate nursing students from Duquesne University will visit AgeWell at the JCC as part of a course related to community health. They will be available for blood pressure screenings in the Lobby from 10 am to 11 am, & they will host brief health-related conversations during the J Cafe lunch hour.

“Love You to Pieces” Wreath-Making

Wednesday, February 5 • 2 pm

Conference Room

Join us to give new life to formerly loved puzzles by creating mini puzzle piece wreaths. All materials will be supplied, but you are welcome to bring any puzzles that are missing a piece or two & need to be repurposed!

First Thursdays with Rabbi Hindy

Thursday, February 6 • 11:30 am

Conference Room

Join Rabbi Hindy Finman for a monthly discussion & check-in group. Each month will focus on a new topic. It's a safe space to share, reflect, & connect with others. Bring a friend & be part of meaningful conversations in a warm, supportive community.

Introduction to Mindfulness

Fridays, February 7 & 21 • 12 pm

Conference Room

Join Shawn Fertitta from the 10.27 Healing Partnership for this course to learn how to alleviate stress & anxiety while enhancing your mental clarity. Mindfulness serves as a pathway to self-awareness & fosters deeper connections with others. To register for this class, visit <https://1027healingpartnership.org>

Podcasts & Pastries: Reese Witherspoon On Turning Impostor Syndrome Into Confidence

Friday, February 7 • 2 pm • Conference Room

In every podcast episode, Adam Grant asks his guests what they have rethought lately. In this month's episode, we will share sweets & listen to Oscar & Emmy-winning actor Reese Witherspoon unpack her goal-setting process.

“I Loved You to the Point of Invention”

Monday, February 10 • 11 am

Conference Room

Discover heartfelt stories of acts of love. Learn more about how common products such as garbage disposals, overalls, band-aids, baking soda, Alfredo sauce, & even goldfish crackers were all invented because of love!

What's Your Story?

Monday, February 10 • by appointment

Everyone has a story to tell. Join AgeWell at the JCC staff to participate in a recorded StoryCorps interview. You may choose to focus on a childhood memory, the birth of your first grandchild, or your wedding day- the possibilities are endless!

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

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

Interviews can be conducted individually or with a loved one & can focus on any life event. Participate in this program to record a piece of oral history. To make an appointment, contact Hillary Green at hgreen@jccpgh.org or (412) 278-1780.

CPR Refresher Course

Tuesday, February 11 • 12 pm

Conference Room

Whether you're a grandparent caring for young grandchildren, an active gym-goer or poolside visitor, or simply someone who wants to be prepared in case of an emergency, this session will ensure you're confident & ready to respond when it counts. This program, led by JCC Aquatics Director Alycia Miller, will review the basics of CPR. While this is not a certification course, it's a valuable opportunity to brush up on a life-saving skill.

National Parks Discussion Group

Wednesday, February 12 • 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 the Hawaiian Islands & Maui's Haleakala. 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.

Quilling

Wednesday, February 12 • 2 pm

Conference Room

Quilling is the art of making decorative paper designs. This month's activity will be a series of skill builders such as free-form shapes & flowers! Whether you're a beginner or a crafting enthusiast, this workshop is perfect for anyone looking to explore the art of quilling.

Hot Chocolate Happy Hour

Friday, February 14 • 10-11:30 am

AgeWell Office

February 14th marks the second anniversary of AgeWell at the JCC! Stop by the office to enjoy some hot chocolate, socialize, & celebrate this milestone.

Learn Your Love Language

Friday, February 14 • 11 am • Conference Room

As described by author Gary Chapman, there are 5 major love languages; words of affirmation, quality time, physical touch, acts of service, & giving gifts. Come to this program to take the love languages quiz, learn about each language, & discover how you can better relate to the loved ones in your life.

Crafter's Corner

Friday, February 14 • 2 pm • Conference Room

Join AgeWell at the JCC for some unstructured, creative playtime. 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 craft to work on with the group.

Theater Club

Monday, February 17 • 12 pm

Conference Room

This month, the group will talk with Lonnie "The Theatre Lady" Jantsch, an AgeWell member & theater enthusiast. Lonnie will speak with the group about the art of reviewing performances.

Book Club

Tuesday, February 18 • 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.

Suddenly, it's Your Turn

Wednesday, February 19 • 1:30 pm • Social Hall

What do you do if you suddenly become a family caregiver? Join Home Stay Comfort Care to learn how to respond to a caregiving crisis. Caregiving professionals will share what to do for your aging loved ones if you suddenly become a caregiver & need support. This program is open to all, whether you are already a caregiver or just want to be prepared.

Recipe Swap

Thursday, February 20 • 11 am • Lobby

Looking for a new dinner idea? Join us for a sampling of easy dinner & hot dishes & bring in the recipe to share for the AgeWell Collaborative Cookbook.

On This Day in History

Thursday, February 20 • 12 pm

Conference Room

Join AgeWell at the JCC for a monthly discussion about a historical event from across the globe. On February 20th, 1962, astronaut John Glenn became the first American to orbit the earth during the 3-orbit Mercury-Atlas 6 mission aboard Friendship 7. Come to this discussion to learn more about this historical event.

Introvert Book Club

Friday, February 21 • 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!

Mindful Coloring

Friday, February 21 • 11 am • AgeWell Office

Everyone is an artist! Explore your creative side by stopping in the AgeWell office for an adult coloring sheet. An assortment of markers, pencils, & coloring pages will be available.

Garden Club

Monday, February 24 • 12pm

Conference Room

This month, join the group for "Houseplants From A to Z". Come discuss all things houseplants, from the African violet to the zebra plant!

Conversations with Amy

Wednesday, February 26 • 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.

Five Places to Get Money for Care

Wednesday, February 26 • 1:30 pm

Join Home Stay Comfort Care to learn about resources for paying for care. This discussion will cover public benefits, long-term care insurance, reverse mortgages, respite grants, & home & community-based care & services.

Benches in Central Park: Love Stories in 120 Characters

Thursday, February 27 • 11 am

Conference Room

Central Park benches are exciting because they are iconic, historic, & full of stories. They offer a place to rest, reflect, & connect with others. Join us for an hour of inspiration as we look at this heartfelt piece of American history.

Integrated Wellness Group

Friday, February 28 • 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.