

Older Adult Programs

AgeWell Pittsburgh • JCC South Hills

July 2023



Featured Class of the Month: Zumba Gold

A Zumba Gold party happens every Monday and Thursday evening at 5pm in the Social Hall. Zumba Gold is a modified version of Zumba designed for older adults.

It's a fun and energetic workout based on Latin and international dance moves, aerobic exercises, and fantastic music. The choreography is simplified compared to regular Zumba classes and movements are designed to be low impact to make the class easy on joints and muscles.

The design of the class introduces easy-to-follow, low-impact Zumba choreography that focuses on balance, coordination, flexibility, range of motion, and cardiovascular and muscular conditioning.

With dance styles that can include merengue, salsa, reggaeton, mambo, rumba, flamenco and calypso, this class will feel more like a party than a workout. The hour will fly by as you are busy moving to the upbeat music while enjoying the company of member friends and the energy of our fabulous instructor, Bonnie.



Class members say this is a “happy class, “the music and dance steps are fun” and “that “everyone is smiling the whole time, and “Bonnie is an excellent teacher.” You don't need any special dance skills to succeed in Zumba classes and no one is keeping score, so try it, just dance, let go, and have fun.

July Clubs

Mahjong Club

Weekly meeting on Tuesdays • 1 PM

Decades History Club

Wednesday, July 12 • 1 PM

Theater Club

Monday, July 17 • 12:15 PM

Book Club

Tuesday, July 18 • 1:30 PM

Intergenerational Family Dynamics Discussion Group

Wednesday, July 12 • Noon

Senior Center News

DROP-IN COUNSELING

Available to members on Mondays from 11 am – 1 pm. The counseling is free, no insurance or appointment required. Members can meet with the counselor for 1-3 sessions to discuss a specific issue or emotion with which they are dealing.

SUMMER WALKING GROUP

Join Hayley and Andrea for a morning walk every Wednesday from 10-11 am on the paved path around the building. Members are free to come and go any time during the hour.

BLOOD PRESSURE SCREENINGS

Tuesdays, July 11 and 25 • 10-11 AM
in the AgeWell Office

CENTER FOR LOVING KINDNESS NEIGHBOR CIRCLE

Join Rabbi Ron Symons in a conversation about our shared dreams for community. Your input in this conversation will help realize our dreams.

Thursday, July 13 • 1:30 PM

SUMMER ART CLASS

Led by local artist Jude Ernest.

Thursday, July 20

Contact Hayley in the AgeWell office to register.

NEW STAFF

We are happy to have Josie Grignon join our staff of SilverSneaker instructors, teaching the Friday yoga class. Josie is a certified yoga instructor who has taught yoga to all ages, pre-school through older adults. She is also an educator and certified principal with a master's degree in elementary education. Welcome Josie!

Holiday Schedule Alert

The JCC is open from
8 AM - 1 PM on July 4

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

July 2023



Staff Spotlight: Bonnie Livinston

If you haven't tried Bonnie's Zumba Gold class, you are missing out on the fun. Bonnie brings energy and joy to every class that she teaches.

She loves Zumba and fittingly became certified to Zumba Gold on Valentines Day in 2009 so that she could "share this fun, easy-to-follow format with anyone who wanted to begin a dance-based fitness practice but was intimidated by the faster-moving regular Zumba choreography. I can also offer modifications for any veteran dancers who want to continue dancing but prefer lower impact moves designed to be gentler on the joints."

"Zumba provides a wide variety of world rhythms, mostly Latin. Each rhythm provides an opportunity to learn and practice various dance styles like merengue, salsa, cha cha, flamenco, Bollywood, etc. We also use popular hits across the decades from "Let's Twist Again" to "Uptown Funk." Each class starts with a warm-up and gradually builds intensity to provide a sustained cardio workout and then cools down to a mellow combination of stretch and slow dance to keep everyone dancing out the door!"

Never one to let things get stale, and always one to bring the creativity, Bonnie changes up the music and the choreography and plans special themed classes. The song playlist changes every couple months, which gives class members time to learn and practice songs and then move on to keep things

interesting. Bonnie adds in seasonal and holiday-based themes and says she is currently creating a summer vibe. "We had "Rockin' Robin" for the spring. During the winter when it was dark by the 5pm class time, I brought in some glow sticks, and we danced in the dark."

Outside of work, believe it or not, one of Bonnie's hobbies is dancing! "Coming out of the pandemic, I started salsa and swing dancing around the city several times a week. When I am not dancing, I enjoy paddle-boarding or kayaking on any body of water that I can find."



Member Spotlight: Norina Daubner

Over twenty years ago, Norina Daubner and her husband joined the JCC, and then in the spring of 2004, when the JCC partnered with SilverSneakers Norina was one of the first people to take advantage of the new membership opportunity.

When she started out here, she was still working as a high school math teacher in Mt. Lebanon, but she found time to work out in the fitness center, swim laps and work with a personal trainer.

Over time, her workouts have changed, but they have also become more frequent, and she has added some other JCC programs to the mix. Now, she is at the JCC most weekdays (sometimes twice a day to fit in all the classes she loves) participating in Zumba Gold, Intermediate Tap, Show Tunes, Aquatic Exercise, a once-a-week fitness center workout with friends, Theater Club, Book Club, and the occasional AgeWell lunch.

She's been taking Bonnie's Zumba Gold class "probably as long as it's been offered. I like it because it is more interesting to me than plain exercise classes since it involves music and dance. Bonnie makes this class enjoyable because she is very good at Zumba, is very energetic, and has such a pleasant personality that gives the class a pleasant atmosphere." She has been a long-time member of the Harmony Singers, where she sings and used to tap dance, so adult dance classes here with Kathy Wayne have been a staple part of her learning, exercise, and social life. "I enjoy the tap dance and show tunes classes because, like Zumba, they involve exercise with music and dance."

As an avid reader and subscriber to the symphony and theater in town, she naturally gravitated to the Book and Theater Clubs. "These are things I am interested in, and I enjoy the company of the people in these groups." Norina certainly has taken advantage of everything the JCC has to offer!



July is National Ice Cream Month

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day.

Vanilla remains the national favorite, but according to *Travel + Leisure* magazine, in Pennsylvania mint chip is the winner. Whatever your favorite flavor, be sure to celebrate this month!