

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

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April 2025

Staff spotlight: Brian Rach, LSW & I&R Specialist Program Coordinator, AgeWell at the JCC

Brian is a Pittsburgh native. Brian's wife, Stacy, also works in social services as a program director for adults with intellectual disabilities. He has two boys, Ryder age 9 & Tanner age 6. Brian is a licensed social worker & received his Master of Social Work degree from the University of Pittsburgh in 2012. Previously, Brian worked with adults with intellectual disabilities as a program coordinator & as a clinical supervisor serving adults with severe & persistent mental illness. With AgeWell at the JCC, Brian will be registering members, helping to maintain accurate program records, & providing information & referrals. Brian is passionate about educating & empowering older adults to have access to services to promote aging well. He will primarily be working in the Squirrel Hill AgeWell at the JCC office, but members will see him in South Hills on Tuesdays. Feel free to stop by the AgeWell office to welcome Brian!



April is National Volunteer Month!

This is a time to celebrate all the contributions made by volunteers that make AgeWell at the JCC programs successful. Each month, we have an average of 50 volunteer hours from over 20 individuals. We are so grateful for the dedication & skill shared by each of our volunteers to support our programs. Whether it's leading social clubs, serving lunch, or reading with the preschoolers, the time & effort make a tremendous impact. Volunteers, thank you for all that you do!



Do you love participating in Older Adult Group Exercise?

Have you thought- I can teach this?

The JCC is looking for more group exercise class instructors. We offer free certifications & training. Please contact Kelly Hont at khont@jccpgh.org if you are interested!

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April AgeWell Programs

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

Being News Savvy Online

Wednesday, April 2 • 10 am • Conference Room

This class will teach you to identify credible news sources, recognize misinformation, & fact-check like a pro. Learn practical tips to spot bias, avoid fake news, & share responsibly on social media.

Meet Age-Friendly Greater Pittsburgh

Wednesday, April 2 • 1:30 pm • Social Hall

Age-Friendly Greater Pittsburgh is dedicated to making our region more inclusive & respectful of all ages. Join us to learn more about their perspective on intergenerational connection in Pittsburgh.

Vaccination Clinic

Thursday, April 3 • 10 am-12 pm • AgeWell Office

COVID, pneumonia, RSV, & flu vaccinations will be available. Please consult with your health care provider to determine if you are eligible to receive a vaccine. To make an appointment, contact Hayley Maher at hmaher@jccpgh.org or 412-697-3552.

First Thursdays with Rabbi Hindy

Thursday, April 3 • 11:30 am • Conference Room

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

Writing Letters of Gratitude with the 10.27 Healing Partnership

Thursday, April 3 • 2:30 pm • Conference Room

Is there a person in your life that has been generous & kind to you? Let's thank them & let them know how much they mean to you! This guided mindfulness exercise aims to foster a more joyful outlook & connect the author & recipient.

Reiki Share Information Session

Friday, April 4 • 1:30 pm • Conference Room

Have you had Reiki training in the past? If you are interested in participating in a Reiki Share at the JCC, attend this information session. This session is for anyone with Level 1, 2, or Master's level Reiki training.

Paper Quilling Craft

Wednesday, April 9 • 2 pm • Conference Room

Quilling is the art of making decorative paper designs. Whether you're a beginner or a crafting enthusiast, this workshop is perfect for anyone looking to explore the art of quilling.

Volunteer Clearances Workshop

Friday, April 11 • 10 am • Conference Room

April is National Volunteer Month! Do you want to volunteer, but aren't sure where to start? The JCC & many other local organizations require several volunteer clearances. This workshop will help you get started on PA Acts 33 & 34 & the mandated reporter training. If you have a laptop, bring it to this session.

Ribbon Flowers Craft

Friday, April 11 • 2 pm • Conference Room

Take your skills to the next level with this workshop to create beautiful ribbon flowers. Several variations will be offered to learn how to craft petals with sewing or glue.

Book Club

Tuesday, April 15 • 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.

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

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

Phipps Conservatory & Botanic Garden Outing

Wednesday, April 16 • 10 am

Join the Garden Club for a visit to Phipps. Register by April 2 by contacting the AgeWell office at agewellsouthhills@jccpgh.org or 412-278-1795.

Take the Lead Movie Screening

Wednesday, April 16 • 1:30 pm • Conference Room

When renowned dancer Pierre Dulaine (Antonio Banderas) takes a teaching job in an NYC public school, he is ridiculed by students, who scoff at the notion of ballroom dancing. Far from being discouraged, he melds their hip-hop moves with his classical style, helping them create a dance form &, in the process, becoming their mentor.

Felted Mushrooms with Judé Ernest

Thursday, April 17 • 2 pm • Social Hall

This hands-on program offers the opportunity to learn about wool fiber, felting needles, & how to use them safely. Fiber artist Judé Ernest will lead the group in creating unique one-of-a-kind mushroom art pieces that can be worn or displayed. The cost is \$25 for registered AgeWell at the JCC members. To register, contact Mickey Benson at mbenson@jccpgh.org or 412-278-1795.

Pop-Up Passover Seder

Friday, April 18 • 11 am • Lobby

Join Temple Emanuel of South Hills's Cantor Kalix Jacobson & Student Chaplain Mickey Benson to celebrate the holiday of Passover with traditional food & music. To register, contact Mickey Benson at mbenson@jccpgh.org or 412-278-1795.

Cognitive Changes & Driving Webinar

Monday, April 21 • 11:30 am-1 pm

Conference Room

Learn more about the relationship between cognitive decline & driving ability, & proactive steps you can take to reduce driving-related risks. The presenter is Jerold E Rothkoff, Esq who is a managing attorney with Rothkoff Law Group.

Theater Club

Monday, April 21 • 12 pm • Dance Studio

This month hear from guest speakers Adam McKinney, Artistic Director, & Nicholas Dragga, Executive Director of the Pittsburgh Ballet Theater. They will speak about upcoming productions & their work with the Pittsburgh Ballet Theater.

Magazine Nature Hamsa Collage Art

Tuesday, April 22 • 11 am • Conference Room

One of the oldest symbols to ward off back luck is the hamsa; the symbol of an open hand is used in many cultures & religions across the world. Celebrate Earth Day by letting your creativity run wild & collaging your own nature-inspired symbol of protection.

My Octopus Teacher Documentary Screening

Tuesday, April 22 • 2 pm • Conference Room

Celebrate Earth Day with a screening of a truly extraordinary film, following the journey of a filmmaker who forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

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Conversations with Amy

Wednesday, April 23 • 10 am • Conference Room

Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or 412-697-3528.

Seniors For Safe Driving

Wednesday, April 23 • 1:30 pm • Social Hall

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.

Derby Hats Workshop

Friday, April 25 • 11 am • Conference Room

From its humble beginnings in 1875, the Kentucky Derby has grown into a mega-fashion event where elaborate headwear takes center stage. Explore fabulous hats throughout derby history & try your hand at designing your own fascinators.

Integrated Wellness Discussion Group

Friday, April 25 • 1 pm • Conference Room

This group, led by Reiki Master & retired professor Dr. D Elizabeth Cohen, will explore various wellness modalities through book discussions, lectures, & explorations of wellness techniques.

Hike on the Scott Nature Conservancy Trails

Tuesday, April 29 • 3pm

Take advantage of the beautiful trails that start just behind the JCC! Join us as you are physically able, & feel free to bring walking sticks or a friend to help with balance. If there is any rain, the hike will be cancelled.

Ongoing Programs:

Blood Pressure Screenings with JAA Staff:

Tuesdays, April 8 & 22 • 10-11 am • Lobby

Book Buddies Volunteer Program:

Stop by the AgeWell office for more information

Canasta: Each Thursday • 1-3 pm • Lobby

Game Library (board games, card games, & more):

Available for use during AgeWell office hours

HomeMeds Medication Screening:

By appointment

Information & Referral Services:

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

J Cafe Congregate Lunch Program:

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

Knitting & Crochet Club:

Thursday, April 10 & Monday, April 28 • 11am • Conference Room

Mah Jongg:

Tuesdays • 1:30-3:30 pm • Social Hall

Open Meditation with Awaken Pittsburgh:

Wednesdays, April 2 & 16 • 12 pm
Conference Room

Paper Quilling

Wednesday, March 12 • 2 pm • Conference Room

Puzzle Swap: Available every day during AgeWell office hours

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Mondays, April 7 & 28 • 12 pm • Dance Studio

Scrabble: Each Monday • 1:30-3:30 pm • Lobby

Technology Tutoring: By appointment only