

Older Adult Programs

AgeWell
at the JCC South Hills

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March 2025

AgeWell Show & Tell!

Join us in March for AgeWell Show & Tell! This month, we invite members to connect & share memories through themed Show & Tell times. This is your opportunity to share stories & spark conversations! You are welcome to bring any item that fits the theme- large or small, old or new, sentimental or borrowed. Each Show & Tell will take place during the J Cafe lunch hour, starting at 12:30 pm.

The themes will be:

- March 6th: Best thrift store find
- March 13th: An object from far away
- March 20th: Something that reminds you of home
- March 27th: A pet photo or an object from a favorite pet

Start brainstorming what objects you want to show off & what stories you want to share! We look forward to reflecting on cherished memories, sharing conversation, & seeing what objects you treasure.

Thank you to all members who completed the 2025 annual AgeWell at the JCC South Hills survey. We are thrilled to have received nearly 100 responses! AgeWell at the JCC staff will review your responses in March, & if you provided suggestions or new program ideas, you will begin to see those thoughts implemented in the coming months.

New in the J Cafe!

Starting in February, you may have noticed that there are now feedback forms in the J Cafe. Forms will be available each day at the drink table. When you have a meal in the J Cafe, feel free to fill out a feedback form to let us know how you liked the meal. This feedback will be submitted to the Area Agency on Aging to be used to make modifications to the menu in future months.

Ongoing Programs:

ACCESS Transportation Registration:

By appointment

Blood pressure screenings with JAA Staff:

Tuesdays, March 11 & 25 • 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, March 13 & Monday, March 24 • 11am • Conference Room

Mah Jongg:

Tuesdays • 1:30-3:30 pm • Social Hall

Open Meditation with Awaken Pittsburgh:

Wednesdays, March 5 & 19 • 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, March 3 & 17 • 12 pm • Dance Studio

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

Technology Tutoring: by appointment only.

March AgeWell Programs

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

CPR Refresher Course

Tuesday, March 4 • 11 am • Conference Room

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.

Little Richard: I am Everything

Wednesday, March 5 • 1:30 pm • Conference Room

The world tried to put him in a box, but Richard contained multitudes- he was unabashedly everything. In interviews with family, musicians, & cutting-edge scholars, the film reveals how Richard created an art form for ultimate self-expression, yet what he gave to the world he was never able to give to himself.

Purim Collage Art

Thursday, March 6 • 11 am • Conference Room

Relax & create colorful compositions with a variety of materials. Participants will have access to art supplies as well as pre-printed quotes such as "Perhaps this is the moment for which you have been created" for the upcoming holiday of Purim.

Dementia Friends Information Session

Friday, March 7 • 10 am • Conference Room

Join a growing movement to make a positive difference in the lives of people living with dementia! Annually, the first Friday of March is recognized as Denim Day for Dementia, an awareness campaign intended to support families & individuals impacted by dementia. Don your denim & come learn more about what it is like to live with dementia. You do not need to have prior knowledge or personal experience with dementia to become a dementia friend.

Still Alice Movie Screening

Friday, March 7 • 1 pm • Conference Room

Still Alice tells the heartfelt story of Dr. Alice Howland, a Columbia University linguistics professor who is diagnosed with early-onset Alzheimer's disease. The movie portrays her progressive memory loss, family dynamics, & Alice's journey to make the most of her life with each passing day.

Mindful Coloring

Friday, March 7 • 1:30 pm • 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.

NPR's StoryCorps: Recording Lives & Stories of Everyday People

Monday, March 10 • 12 pm

Everyone has an important story to tell. StoryCorps seeks to illuminate the humanity & possibility within each of us, one story at a time. Attend this information session to learn about the history of StoryCorps & how you can participate in recording your own history.

Community Building Class with CCAC

Tuesdays, March 11, 18, & 25 • 12 pm

Conference Room

Join us for community building! This course will offer techniques for helping people to come together & will be led by instructors from CCAC. Participants will complete activities that encourage connection between people. Spaces in this course are limited; register by contacting Hayley Maher at hmaher@jccpgh.org or (412) 697-3552.

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

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

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Discussion Group with Rabbi Hindy

Wednesday, March 12 • 10:30 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.

*Note: This discussion has been moved from the original date of March 6th.

National Parks Discussion Group

Wednesday, March 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 volcanoes of Hawaii. 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.

Purim Celebration

Friday, March 14 • 10:30-11:30 • AgeWell Office

The custom of mishloach manot, giving gifts of food & drink to friends & family, & dressing in costumes are traditional ways to celebrate Purim. Wear your best costume & stop by the AgeWell office for a sweet treat to celebrate!

Crafter's Corner

Friday, March 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 own craft to work on with the group.

Duquesne Nursing Students Visit

Mondays, March 17 & 24 • 10-11 am • 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 to 11 am, & they will host brief health-related conversations during the J Cafe lunch hour.

Theater Club

Monday, March 17 • 2 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!

Book Club

Tuesday, March 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.

The Andy Warhol Museum Visit

Wednesday, March 19 • 10 am

Join us for an artist-guided tour of the Warhol Museum! Peruse the museum's galleries in a new light as we learn more about Andy Warhol's life & creations. The group will meet at the JCC & travel to the museum together. You must be registered with ACCESS to utilize group transportation for this outing. RSVP by Wednesday, March 5th by contacting Mickey Benson at mbenson@jccpgh.org or (412) 278-1795.

JCC History

Thursday, March 20 • 12pm • Conference Room

Join former JCC PGH President & CEO Brian Schreiber to learn more about the Jewish Community Center's rich history. Discuss how the organization has grown & developed over the years.

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

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Button Picture Frame Craft

Thursday, March 20 • 2 pm • Conference Room

Button photo frames are a fun & easy way to add a personal touch to your home décor. Materials will be provided, though you are welcome to bring in a photo for your frame & any spare buttons you may have.

Introvert Book Club

Friday, March 21 • 10 am • Lobby

Check out the Introvert Book Club – a casual space where you can enjoy reading & connect with others without pressure to socialize. Come immerse yourself in a good book & engage with the group only if you feel like it!

World Poetry Day

Friday, March 21 • 10 am • Conference Room

Join local author Dave Borland for a celebration of World Poetry Day! Dave will share the history behind the art of poetry, some favorite poems, & some of his own writing.

Conversations with Amy

Wednesday, March 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

Medication Management

Wednesday, March 26 • 1:30 pm • Social Hall

Join Home Stay Comfort Care for a discussion about medication management. Healthcare professionals will share information about how to stay organized with your medications.

Beginner Embroidery

Thursday, March 27 • 1:30 pm • Conference Room

Stitch your way to a cozy creation! In this workshop, you'll learn the basics of hand stitching while crafting a charming hedgehog that can be used for a variety of applique options. No sewing experience? No problem! This class is perfect for beginners just bring your enthusiasm & a love for crafting.

Forest Therapy with the 10.27 Healing Partnership

Friday, March 28 • 12 pm

Forest therapy involves immersing ourselves deeply in nature & can have positive effects on mental, emotional, & physical health. Trained forest bathing facilitator Shawn Fertitta will lead this program outside the JCC near the entrance to the Scott Conservancy Nature Trails. The group will meet at the front entrance of the JCC.

Integrated Wellness Group

Friday, March 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.