

Staff Spotlight: Hillary Green

Welcome, Hillary! Hillary works as a program coordinator, & her move to AgeWell constitutes a big career shift from attorney to social worker. Hillary previously worked as an assistant federal defender arguing cases on behalf of indigent clients before the Second Circuit Court of Appeals, & as a confidential law clerk to a federal judge in New York. After 20 years in law practice, Hillary followed her passion for helping older adults to University of Pittsburgh where she earned her MSW with a certificate in Gerontology. During her social work studies, Hillary interned at Jewish Family & Community Services helping clients to stay in their homes, collect benefits, & ensure quality medical care. Hillary just finished her practicum at the VA Caregiver Support Program, which provides therapeutic coaching & stipends to those who care for veterans in their home.

Hillary has been coordinating the Memory Café program at the Squirrel Hill JCC for 6-months & is looking forward to bringing the program to South Hills. Hillary also facilitates therapeutic life review & helps people record their “story” using the StoryCorps platform.

In her free time, Hillary spends time with her husband, her teen son & daughter, & her dog. She enjoys hiking, going to movies & concerts, & traveling. Stop in & meet Hillary in the AgeWell office!



New in June: Memory Café

A Memory Café is a safe & supportive space for people with cognitive decline & their care partners to socialize & engage with others on similar journeys. Although this is not a formal support group, the program is meant to build community among neighbors impacted by dementia. No diagnosis is required to participate. Each monthly program will feature themed, interactive activities. Participants are welcome to engage as much or as little as they like.

If you know someone who would benefit from this program, contact Hillary Green for more information! Hillary can be reached at hgreen@jccpgh.org or 412-278-1780.

The Memory Café at the South Hills JCC will take place each month on the third Wednesday at 2 pm, starting on June 18.

Technology Tutoring

If you have questions about your electronic devices, make an appointment to meet with a technology tutor volunteer in the AgeWell office! Volunteers can help answer basic questions related to your phone, tablet, or laptop.

June AgeWell Programs

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

Interfaith Shavuot Learning

Tuesday, June 3 • 11 am • Conference Room

Shavuot is celebrated by staying up all night studying, eating dairy foods, & reading from the book of Ruth. Join student Chaplain Mickey Benson for some text study & sweet treats.

Musicophilia: Tales of Music & the Brain

Wednesday, June 4 • 11 am • Conference Room.

Temple Emanuel of South Hills' Cantor Kalix will be discussing "musical misalignments", the relationship between music & the human mind. No previous musical experience is necessary- just an open mind!

Memory Café Information Session

Wednesday, June 4 • 1:30 pm • Social Hall

What is a memory café? Join Hillary Green to learn about this supportive program for community members impacted by cognitive decline.

Breathe PA Information Session

Thursday, June 5 • 11 am • Conference Room

Learn how Breathe PA helps residents of Western PA achieve & maintain optimal lung health. Topics will include general lung health, smoking cessation, sleep, & the patient assistance program.

Balance & Fall Prevention Workshop

Thursday, June 5 • 1:30 pm • Social Hall

Join Hess PT for a workshop on balance & fall prevention. If you have fallen in the past, worry about falling, feel unsteady when walking, or fear has limited your daily activities, this workshop is for you!

Reiki Share

Friday, June 6 • 1 pm • Conference Room

This program is open to anyone with Level 1, 2, or Master's level Reiki training. This is a time for practitioners to practice collectively.

Pinochle

Fridays, June 6 & 20 • 1pm • Lobby

Try your hand at pinochle! Join AgeWell members to learn this trick-taking card game.

Strawberry Savers Craft

Monday, June 9 • 11 am • Lobby

Sick of slugs always getting to your strawberries? Come paint decoy rocks to look like strawberries for use in your garden.

Farmers Market Voucher Distribution

Tuesday, June 10 • 9 am-2 pm

Annually, the Senior Farmers Market Nutrition Program allows adults over the age of 60 to receive vouchers for local farmers' markets. Stay tuned for eligibility information & details!

Writing Letters of Gratitude

Tuesday, June 10 • 1:30 pm

Conference Room

Join Elana from the 10.27 Healing Partnership for a guided exercise to help foster a more joyful outlook on life. Participate in creative letter writing for someone who has made a positive difference in your life.

The Clemente Museum Outing

Tuesday, June 10

Registration is required by May 23. Contact Beth Rudel at brudel@jccpgh.org for details.

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

AgeWell at the JCC South Hills

June 2025

Paper Quilling Craft

Wednesday, June 11 • 11 am • Lobby

Quilling is the art of making decorative paper designs. This month's activity will be making paper birds.

National Parks Discussion Group

Wednesday, June 11 • 12 pm

Conference Room

Join us for a viewing of Wonders of the National Parks: A Geology of North America. This month's program will feature Zion National Park.

Summer Adventure Bucket Lists

Wednesday, June 11 • 1:30 pm • Lobby

Build out your summer calendar & connect with others who are interested in making plans to do activities around Pittsburgh.

Discussion Group with Rabbi Hindy

Thursday, June 12 • 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.

Documentary Screening: The Food that Built America: Legends of the Mall

Friday, June 13 • 11 am • Conference Room

Presented by the History Channel. Early malls had no food court, until a cinnamon bun, a pretzel, & a panda all moved in to create three of the world's most iconic food brands & transform the American Mall.

Men's Discussion Group

Tuesday, June 17 • 11 am • Conference Room

Join AgeWell Program Coordinator Brian Rach, LSW, for a men's discussion group. The group will meet monthly for fellowship & discussion about topics relevant to older men.

Book Club

Tuesday, June 17 • 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.

Conversations with Amy

Wednesday, June 18 • 10 am

Conference Room

Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. This month's topic will be Honoring Your Grief. If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or (412) 697-3528.

Memory Café

Wednesday, June 18 • 2 pm • Social Hall

If you or someone you love is living with dementia, join us for an engaging social program!

Scrabble

Thursday, June 19 • 10:30 am • Lobby

Sharpen your brain by playing word games! Connect letters to form words in this exciting tile game.

Movie Screening: Nonnas

Thursday, June 19 • 1:30 pm • Conference Room

Staten Island restaurant owner Enoteca Maria risks everything to honor his recently deceased, beloved mother by opening an Italian restaurant with actual grandmothers as chefs. Starring Vince Vaughn, Lorraine Bracco, Talia Shire, Brenda Vaccaro, with Linda Cardellini & Susan Sarandon, this feel-good movie is one you won't want to miss!

**For more info, contact Hayley Maher, hmaher@jccpgh.org or 412-697-3552
Mickey Benson, mbenson@jccpgh.org or 412-278-1795**

Older Adult Programs

AgeWell
at the JCC South Hills

AgeWell at the JCC South Hills

June 2025

What's the Scoop?

Tuesday, June 24 • 11 am • Conference Room

Do you ever wonder if what you are reading online is fact or fiction? Join AgeWell's newest member, Hillary Green, to explore how the news became so sensationalist and learn where to find accurate, unbiased reporting on important World events.

Beginners Hike

Wednesday, June 25 • 2 pm

Take advantage of the Scott Conservancy Nature Trails that start just behind the JCC! Please note that the trails are not paved; there are some places with tree roots, & places where it may be muddy or steep. 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.

Photo Album Creation Day

Thursday, June 26 • 2:30 pm

Conference Room

Join Elana from the 10.27 Healing Partnership to share memories & rediscover forgotten moments. Bring your photos & supplies & join us for a session to organize, label & create the album these memories deserve.

Integrated Wellness

Discussion Group

Friday, June 27 • 1 pm • Conference Room

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

Ongoing Programs:

Blood Pressure Screenings with JAA Staff:

Tuesdays, June 10 & 24 • 10-11 am • Lobby

Canasta: Each Thursday • 1-3 pm • Lobby

Counseling Hours: 2nd, 3rd, and 4th Mondays of each Month • 10 am-1 pm

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

Information & Referral Services: By request

J Cafe Congregate Lunch Program:

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

Knitting & Crochet Club: Thursday, June 12 & Monday, June 23 • 11am • Conference Room

Mah Jongg:

Tuesdays • 1:30-3:30 pm • Social Hall

Open Meditation with Awaken Pittsburgh:

Wednesdays, June 4 & 18 • 12 pm
Conference Room

Puzzle Swap: Available every day during AgeWell office hours

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Mondays, June 16 & 30 • 12 pm • Dance Studio

Technology Tutoring: By appointment only

For more info, contact Hayley Maher, hmaher@jccpgh.org or 412-697-3552
Mickey Benson, mbenson@jccpgh.org or 412-278-1795