

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

AgeWell at the JCC South Hills

May 2025

May is Older Americans Month!

Each year in May, the Administration for Community Living observes Older Americans Month across the country. This is a time to recognize and celebrate the amazing contributions that older adults make to our communities each and every day. This year's theme is Flip the Script on Aging. This theme focuses on shifting the way that aging is perceived and discussed in our communities. It encourages us to challenge stereotypes and celebrate opportunities for staying active and engaged as we all age. We celebrate the many opportunities for connection, purpose, and lifelong learning within our community this month.

We hope you will join us for some special celebrations this month! Join us for an open house, a movie series, educational opportunities and more. On May 30, we'll end the month with a special celebration. Join us for a purple party, inspired by the famous Jenny Joseph Poem, *Warning*. We hope you'll join us in celebrating this month!

Warmly,
Mickey Benson and Hayley Maher



"Warning" By Jenny Joseph

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and
summer gloves
And satin sandals, and say we've no money for
butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm
bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beermats and
things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?
So people who know me are not too shocked and
surprised
When suddenly I am old, and start to wear purple.

New in May!

Starting in May, you will notice that several non-fitness AgeWell programs are listed in the JCC app. This was highly requested in the AgeWell annual survey, and we hope that it will help members keep track of which programs are coming up. You are not required to register for non-fitness AgeWell programs unless otherwise indicated, but you are welcome to sign up using the app if you'd like to let us know that you plan to attend.

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May AgeWell Programs

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

New in May: Men's Discussion Group

Tuesday, May 6 • 11 am • Conference Room

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

Holocaust Remembrance Day

(Yom HaShoah) Lunch & Learn

Wednesday, May 7 • 12:30-1:30 pm • Social Hall

JCC Maccabi Games Shaliach Dean Aseef will share the personal story of his great-grandparents, Holocaust survivors Leon & Bracha, in an intimate & meaningful session. This program includes storytelling, music, & reflection. Be sure to place your JCafe reservation if you'd like to have lunch during this program.

Flip the Script Movie Series

Wednesdays in May • 1:30 pm • Conference Room

To continue the celebration of Older Americans Month, stop in for a movie viewing featuring older adult leads forging new friendships, tackling new adventures, & making the most of life. The following movies will be shown as part of this series: The Intern (5/7), 80 for Brady (5/14), Up (5/21), & Going in Style (5/28).

Volunteer Clearances Workshop

Friday, May 9 • 10 am • Conference Room

Do you want to volunteer, but you 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 Act 33 & 34. If you have a laptop, bring it to this session.

Show & Tell: Mother's Day Photos

Friday, May 9 • 12:30 pm • Social Hall

Take some time before Mother's Day this year to share memories of your mother, or of your own relationship with the holiday. Photos are strongly encouraged!

Reiki Share

Friday, May 9 • 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.

Chocolate Tasting

Monday, May 12 • 11 am • Conference Room

World Fair Trade Day is an opportunity to envision a world where trade helps support small-scale farmers, producers, & their families, cultivating healthy & sustainable communities around the world. In recognition, the group will sample fair trade chocolate & discuss the impact it makes.

Tuesdays with Morrie

Movie & Discussion

Tuesday, May 13 • 11 am • Conference Room

When Mitch Albom (Hank Azaria) watches an interview with his former professor, Morrie Schwartz (Jack Lemmon), he is moved to reconnect with his former mentor. As Mitch & Morrie get reacquainted, they engage in thoughtful conversations about significant topics, including love, happiness & death.

CarFit Safety Program

Wednesday, May 14 by Appointment

CarFit is an interactive educational program designed to enhance your safety as a driver. Trained volunteers provide information to ensure the safest "fit" for older adults & their vehicles. The volunteer will go through a safety checklist with you & your car. To make an appointment, contact 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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National Parks Discussion Group

Wednesday, May 14 • 12 pm • Conference Room

Join us for a viewing of Wonders of the National Parks: A Geology of North America. 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.

Paper Quilling

Wednesday, May 14 • 11 am • Lobby

Quilling is the art of making decorative paper designs. This month's activity will be combining the craft of quilled flowers with photo collage.

Scrabble

Thursday, May 15 • 10:30 am • Lobby

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

Purple Centerpieces

Thursday, May 15 • 1:30 pm • Social Hall

Learn how to make quick & easy tissue paper flowers using pipe cleaners, tissue paper, & a few folds! The flowers will be used as centerpieces for the upcoming Purple Party.

Public Transit: Proposed Changes Information Session

Friday, May 16 • 11 am • Conference Room

Join representatives from ACCESS Transportation Systems to learn about the proposed changes to public transportation in Pittsburgh. Now is the time to get informed and take action!

Learn to Play Pinochle

Friday, May 16 • 1 pm • Lobby

Try your hand at pinochle! Join AgeWell members to learn this trick-taking card game. This will be an introductory session led by an AgeWell member.

Theater Club

Monday, May 19 • 12 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, May 20 • 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.

Yarn Art

Thursday, May 22 • 11 am • Conference Room

Create simple & sophisticated tactile canvas 'paintings' that can be completed in an afternoon.

Shoulder Pain & Rotator Cuff Workshop

Friday, May 23 at 11 am Conference Room

Join Hess PT for a workshop on shoulder pain & rotator cuff injuries. If your shoulder pain wakes you up at night, limits you from reaching above or behind your back, prevents you from playing with your grandchildren, or limits you from participating in daily activities, this workshop is for you.

Integrated Wellness Discussion Group

Friday, May 23 • 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.

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

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Older Americans Month Open House

Tuesday, May 27 • 11 am-1 pm • Gym

Join AgeWell at the JCC for a celebration of Older Americans Month! Drop in to visit with local organizations to get information about resources and upcoming events. Representatives from PRT, Duquesne Light, JAA, JFCS, & many others will join us for this event.

Conversations with Amy

Wednesday, May 28 • 10 am • Conference Room

Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. Whether you're looking for an interesting conversation, wanting 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.

Rodef Shalom Biblical Botanical Garden Trip

Thursday, May 29 • 10 am

Visit the Biblical lands, right on Fifth Avenue in Pittsburgh! Register for this outing by Wednesday, May 14, by contacting Mickey Benson at mbenson@jccpgh.org or 412- 278-1795.

Purple Party

Friday, May 30 • 2 pm • Social Hall

In the spirit of Older Americans Month, join a vibrant celebration of all things fun & all things purple. There will be trivia games, treats, purple prose, a pop-up purple art gallery. Wear your best purple attire & join the celebration!

Pop-Up Gallery Show

Friday, May 30 • 2 pm • Social Hall

Celebrate the vibrancy of Older Americans Month with all things purple. Artists of all mediums are welcome to bring their art pieces for a pop-up gallery show displaying the magic of all things purple & the talent of our JCC community!

Ongoing Programs:

Blood Pressure Screenings with JAA Staff:

Tuesdays, May 13 & 27 • 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

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, May 8 & Monday, May 19 • 11am • Conference Room

Mah Jongg:

Tuesdays • 1:30-3:30 pm • Social Hall

Open Meditation with Awaken Pittsburgh:

Wednesdays, May 7 & 21 • 12 pm
Conference Room

Puzzle Swap: Available every day during AgeWell office hours

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Monday, May 12 • 12 pm • Dance Studio

Technology Tutoring: By appointment only