

## Coming Soon: AgeWell Bike Club!

We're hitting the trails this summer! This new group will meet off-site at a local trail to enjoy a bike ride together. Participants must bring their own bikes and helmets. For details, contact Hayley Maher Krebs at [hmaher@jccpgh.org](mailto:hmaher@jccpgh.org) or 412-697-3552.

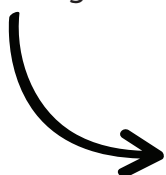
## The JCC Maccabi Games are coming!

The Maccabi Games is the largest Jewish youth event in the world. In the first week of August, nearly 2000 Jewish teens will travel to Pittsburgh to celebrate Jewish life in a historic display of pride and unity. The Games aim to:

- Provide a supportive environment fostering respect, sportsmanship, and fun
- Instill Jewish values and cultural pride
- Promote health and fitness through sports
- Teach teamwork, integrity, and community service

**Additionally, the AgeWell office is collecting gently used shoe boxes to be used for an intergenerational craft during the Maccabi Games. If you would like to contribute, drop your boxes off in the AgeWell office by July 8.**

If you want to be involved, consider volunteering!



**SCAN HERE**

## Summer is here!

Did you know that 1 in 4 older adults regularly experience dehydration? The National Council on Aging suggests 10 important reasons to make sure you stay hydrated this summer:

- Enhanced Brain Performance
- Improved Digestion
- Better Circulation
- Weight Loss and Weight Management
- Decreased Joint Pain
- Better Temperature Regulation
- Kidney Stone Prevention
- Better Heart Health
- Improved Detoxification
- Fewer Headaches

To learn more, scan here:



## Please Note:

The AgeWell office will be closed on **Friday, July 4**. J Cafe lunch reservations for **Monday, July 7 must be placed by 12 pm on Thursday, July 3**.

## July AgeWell Programs

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

### Drop-In Technology Tutoring

**Each Tuesday • 9 am-12 pm • Lobby**

Each Tuesday, a volunteer will be available to answer quick technology questions. Bring your device and your questions!

### Little Letter Keychains

**Thursday, July 3 • 11 am • Conference Room**

Start the summer with a reimagined camp craft—come make shrink film keepsake keychains!

### Shoe Box Painting

**Monday, July 7 • 1:30 pm • Conference Room**

Help create the base for an intergenerational project during the Maccabi Games. AgeWell members will paint the shoe boxes to look like bricks, which will be assembled into a large art installation at the Games.

### Patriotic Texture Craft

**Tuesday, July 8 • 11 am • Conference Room**

Create a textured craft featuring stars and stripes in a belated Independence Day celebration.

### National Parks Discussion Group

**Wednesday, July 9 • 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.

### Conclave Movie Screening

**Wednesday, July 9 • 2 pm • Conference Room**

Uncover a deep trail of secrets surrounding the selection of a new pope with this movie screening.

### Artificial Intelligence, Chat GPT, Robotics & Automations of the Future

**Thursday, July 10 • 10 am • Conference Room**

Artificial intelligence (AI) refers to machines or software that can “think” or make decisions like humans. Come learn more about common types of AI.

### Discussion Group with Rabbi Hindy

**Thursday, July 10 • 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.

### Wet Felted Flowers

**Thursday, July 10 • 2 pm • Social Hall**

Learn the exciting and unique craft of wet felting from resident artist Judé Ernest. Participants will select, lay out, and sculpt colorful wool roving using a resist to create a 3D flower. There is a \$25 registration fee for this class. Register by July 3 by contacting Mickey Benson at [mbenson@jccpgh.org](mailto:mbenson@jccpgh.org) or (412) 278-1795.

### Presented by the History Channel:

#### *The Food that Built America: Empire of Convenience*

**Friday, July 11 • 11 am • Conference Room**

In this documentary, the first convenience store is born. The chain with more locations than any other store or restaurant in the world, to-go coffee, and America's most beloved slushy drink: 7-11.

## Pinochle

**Every Friday starting July 11th • 1 pm • Studio**  
Try your hand at this trick-taking card game!

## Lower Back Pain Workshop

**Friday, July 11 • 1:30 pm • Social Hall**  
Join Hess PT for a workshop to learn more about lower back pain and sciatica.

## Intermediate Hike

**Friday, July 11 • 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.

## Men's Discussion Group

**Tuesday, July 15 • 11 am • Conference Room**  
Join AgeWell members for a men's discussion group. The group will meet monthly for fellowship & discussion.

## Book Club

**Tuesday, July 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.

## Memory Café

**Wednesday, July 16 • 2 pm • Social Hall**  
If you or someone you love is living with dementia, join us for an engaging social program! For more information, contact Hillary Green at [hgreen@jccpgh.org](mailto:hgreen@jccpgh.org) or (412) 278-1780.

## Love & Mercy Movie Screening

**Thursday, July 17 • 11 am • Conference Room**  
In the late 1960s, the Beach Boys' Brian Wilson stopped touring, produced "Pet Sounds," and began to lose his grip on reality. By the 1980s, Wilson (John Cusack), under the sway of a controlling therapist, finds a savior in Melinda Ledbetter.

## VisAbility Information Session

**Thursday, July 17 • 1:30 pm • Social Hall**  
Join VisAbility Pittsburgh for an information session about the resources and services available for individuals with low vision. VisAbility seeks to empower individuals with low vision to live confidently and independently.

## Israel in Folk Music

**Friday, July 18 • 11 am • Lobby**  
How do people from all over the globe come together to create culture? For Israel, it was with song. Come and learn from Temple Emanuel's Cantor Kalix Jacobson about the project that was and still is Shir Eretz Yisrael, the Songs of the Land of Israel.

## Scandinavian Flower Doodle Decoration

**Tuesday, July 22 • 11 am • Conference Room**  
Use watercolors to create a Marimekko-inspired paper bouquet.

## Scrabble

**Tuesday, July 22 • 2 pm • Studio**

Bring a friend and connect letters to form words in this exciting tile game.

## Gorgeous Grandma Day:

### Beauty Tea Tasting

**Wednesday, July 23 • 11 am • Lobby**

All are invited to celebrate Gorgeous Grandma Day with a selection of teas focused on cultivating inner and outer beauty!

## Self-Defense Class with the Jewish Federation

**Wednesday, July 23 • 1:30 pm • Social Hall**

Join a confidence-building workshop & take charge of your personal safety. This workshop covers situational awareness, survival mindset, verbal & physical strategies to defuse & defend, & reality-based training to make you feel safe & secure at all times.

To register, visit [jfedpgh.org/catt-seniors](http://jfedpgh.org/catt-seniors)

## Mary Kay: The Cosmetic Empire Documentary Screening

**Thursday, July 24 • 1:30 pm • Conference Room**

Mary Kay Ash, a visionary businesswoman, defied gender norms to build a global cosmetics empire based on a unique philosophy of recognizing and empowering women.

## Conversations with Amy

**Wednesday, July 30 • 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 Life Reflections. If you or someone you know needs additional resources or support, contact Amy at [agold@jccpgh.org](mailto:agold@jccpgh.org) or (412) 697-3528.

## Map Paper Butterfly Cards

**Thursday, July 31 • 11 am • Conference Room**

Make paper moths and butterflies with old maps to create unique card art.

## Ongoing Programs:

### Blood Pressure Screenings with JAA Staff:

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

**Canasta:** Each Thursday • 1-3 pm • Studio

### Drop-In Technology Tutoring:

Tuesdays • 9 am-12 pm • Lobby

### Individual Technology Tutoring:

By appointment only

**Information & Referral Services:** By request

### J Cafe Congregate Lunch Program:

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

**Knitting & Crochet Club:** Thursday, July 10 &

Monday, July 21 • 11 am • Conference Room

### Mah Jongg:

Tuesdays • 1:30-3:30 pm • Social Hall

### Open Meditation with Awaken Pittsburgh:

Wednesdays, July 2 & 16 • 12 pm

Conference Room

**Pinochle:** Each Friday • 1-3 pm • Studio

**Puzzle Swap:** Available every day during

AgeWell office hours

### Reiki-Infused Sound Bathing with the 10.27 Healing Partnership:

Mondays, July 14 & 28 • 12 pm • Dance Studio