

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

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August 2025

Ongoing Programs:

Blood Pressure Screenings with JAA Staff:
Tuesdays, August 12 & 26 • 10-11 am • Lobby

***New in August: Additional Hours! BP Screening with a Volunteer:**
Thursdays, August 7 & 21 • 9:30-10:30am • 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, August 14 & Monday, August 25
11 am • Conference Room

Mah Jongg:
Tuesdays • 1:30-3:30 pm • Social Hall

Open Meditation with Awaken Pittsburgh:
Wednesdays, August 6 & 20 • 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, August 11 & 25 • 12 pm • Dance Studio

Member Spotlight: Jeanette (Jeanne) Miller

"If you pay attention, you can learn something from everybody, every day...But you have to pay attention to it because everybody has something to share."

Jeanie Miller is a new JCC member, although her involvement with community center life dates back to being the first female member of the YMCA in Jersey City. As a natural storyteller, she emphasizes the importance of paying attention & being curious. She is very active in the Pittsburgh community through various activities, such as library programs, the RAD pass, & of course, Agewell programming. Jeanie also directs the Vintage Radio Players, a group of performers who re-enact 1940s & 1950s stories such as The Great Gildersleeve & Father Knows Best. What started out as a volunteer role reading for the blind has transformed into a nearly 30-year journey connecting with new audiences. Jeanie says it's always a rewarding experience making someone else feel good. To her, there are some things that stay with you, & the opportunity to enjoy them again & again as the stories are remembered is uniquely delightful. She encourages older adults to push their curiosity & find new programs out there, because you never know what might resonate.



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August AgeWell Programs

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

Group Volunteer Opportunity

Monday, August 4 & Wednesday, August 6

Join AgeWell to volunteer at the Maccabi Games! For more info, contact Hayley Maher Krebs, hmaher@jccpgh.org or 412-697-3552

Encanto Movie Screening

Monday, August 4 • 11 am • Conference Room

Encanto tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia in a vibrant & magical community.

Mandala Coloring

Tuesday, August 5 • 11 am • Conference Room

Join us to color beautiful mandalas.

Hiroshima: 75 Years Later Documentary Screening

Wednesday, August 6 • 10 am

Conference Room

Marking the anniversary of the first detonation of a nuclear weapon in wartime & the end of World War II, this special will show never-before-seen archival footage.

Seniors For Safe Driving

Wednesday, August 6 • 1:30 pm • Social Hall

During the PennDot-approved course, information is provided on rules of the road, defensive driving tactics, PA motor vehicle laws, & more. Drivers age 55+ who complete the course are eligible for a discount on car insurance. You can register by visiting seniorsforsafedriving.com

Tu B'av Jewish Trivia Night

Thursday, August 7 • 6:30 pm • Social Hall

Join us in celebrating the Jewish Holiday of love with a themed trivia night hosted by Cantor Kalix Jacobson & Mickey Benson! All are welcome for a joyful evening of trivia, treats, & togetherness for the Jewish holiday of love.

John F. Kennedy, Jr: The Death Of An American Prince

Documentary Screening

Friday, August 8 • 11 am • Conference Room

This special is a 2-hour look at the life & tragic death of John F. Kennedy Jr.

Zachor: Music & Memory in Jewish History

Monday, August 11 • 11 am

Conference Room

Join Cantor Kalix Jacobson of Temple Emanuel of South Hills as we take a journey through Jewish experiences & history & how music guides us through those moments. You'll hear audio clips of music that inspires as well as have an opportunity to listen to & sing with Cantor Kalix as they give their own renditions of several pieces.

Snoopy Keychain Craft

Tuesday, August 12 • 10 am • Conference Room

Make your own keychain celebrating America's most iconic beagle: Snoopy!

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Intermediate Hike

Wednesday, August 13 • 9 am

Meet at the Front Entrance of the JCC

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.

Nourishing the Brain: Nutrition's Role in Dementia Risk Reduction & Care Webinar

Wednesday, August 13 • 11 am

Conference Room

Presented by Dementia Friendly PA, Dr. Kyra O'Brien, MD, MSHP, will share how to change your diet to support healthy brain aging, how dementia can impact appetite & nutrition, & ways to address eating & drinking difficulties.

Paper Quilling Craft

Wednesday, August 13 • 11 am • Lobby

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

National Parks Discussion Group

Wednesday, August 13 • 12:30 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 Mesa Verde National Park.

Wallace & Gromit: Vengeance Most Fowl Movie Screening

Thursday, August 14 • 1:30 pm

Conference Room

Top dog Gromit springs into action to save his master when Wallace's high-tech invention goes rogue & he's framed for a series of suspicious crimes.

Braille Button Art

Friday, August 15 • 11 am • Conference Room

Learn how to use buttons to create unique, tactile wall art.

The Jazz Singer Movie Screening

Monday, August 18 • 1:30 pm • Conference Room

Neil Diamond adds his own distinctive sounds to the classic role of a man who forsakes the synagogue choir for a chance at rock superstardom.

Men's Discussion Group

Tuesday, August 19 • 11 am • Conference Room

Join AgeWell members for a men's discussion group. The group meets monthly for fellowship & conversation.

Book Club

Tuesday, August 19 • 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.

Volunteer Clearances Workshop

Wednesday, August 20 • 10 am

Conference Room

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 Act 33 & 34 & the mandated reporter training.

Biking Group

Wednesday, August 20

The biking group will meet offsite at a local trail. Contact Hayley Maher Krebs at hmaher@jccpgh.org or 412-697-3552 for details.

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Memory Café

Wednesday, August 20 • 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 or 412-278-1780.

Discussion Group with Rabbi Hindy

Thursday, August 21 • 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.

Beginner Genealogy

Thursday, August 21 • 1 pm • Conference Room

Interested in researching your family's history? Staff from the Carnegie Library of Pittsburgh will join us virtually to share information about how to get started, which questions to ask, & what resources the library has for you.

How to Use Zoom

Thursday, August 21 • 12:15 pm

Conference Room

Get started with setting up a Zoom account & navigating the video call program.

Rick Springfield: Orchestrating My Life Movie Screening

Friday, August 22 • 11 am • Conference Room

The concert film features Rick's biggest hits, accompanied by his high-energy touring band.

Yard Games

Monday, August 25 • 2 pm • Back Yard

Join us for end-of-summer fun! Come play cornhole, giant Jenga, & more.

Sweet History: Mallow Cups & More

Tuesday, August 26 • 11 am • Conference Room

Dive into Pennsylvania's confectionery history with a short presentation & tasting.

Conversations with Amy

Wednesday, August 27 • 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 "How We See the World". If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or 412-697-3528.

The Art of Racing in the Rain

Movie Screening

Wednesday, August 27 • 1:30 pm

Conference Room

A dog named Enzo recalls the life lessons he has learned from his racecar-driving owner, Denny.

Rainbow Bridge Remembrance Day

Thursday, August 28 • 10:30 am

Conference Room

This day is intended to honor & remember beloved pets who have passed away. Come to share your favorite memories, stories, & photos of your animal friends.

Knee Pain Workshop with Hess PT

Thursday, August 28 • 1:30 pm • Social Hall

If you experience pain when shifting from a sitting to a standing position, have difficulty climbing stairs or walking, are unable to participate in activities you once enjoyed, or if your legs "give out" on you, this workshop is for you.

Emotional & Physical Heart Health

Friday, August 29 • 1 pm • Conference Room

Jennifer Marshall, LSW, CCM, will speak about the importance of emotional & physical health in achieving overall wellness.