

AgeWell at the JCC South Hills

September 2025

Rewriting Retirement

By Betty Borlaug Huber

Having retired nearly 10 years ago, I learned that I am skilled at filling a calendar - much like a Bingo card.



Now, I admit that retirement was an impulsive action which sent me off on an adventure with no goal in mind. The pandemic set me on a path to Pennsylvania to support my son & his family & my primary role shifted to grandparenting, with online school in my home allowing me to be teacher's aide, lunch staff & janitor. It has truly been a privilege to run alongside my grandsons as they grow. But, their needs have changed immensely, & my personal needs have grown as well.

Loving the water, I found aquafit classes at LA Fitness, which filled my wellness needs as well as providing a new network of friends. The LA Fitness pools' closures forced me to reach in other directions & thanks to a friend, I landed at the JCC. I found that my curiosity, ever-increasing love of learning, & craving for adventure could be well met here. Talk about Aging Well!

It's what we all need to do. Yes, it's the perfect environment to learn, thrive, even flourish alongside the wonderful community. **Let AgeWell be your "whoopie cushion" to launch you out of your chair into a wonderful world of fitness, health, knowledge, friends & anything else you crave!**

The AgeWell at the JCC Office will be closed on the following days this month:

Monday, 9/1 (Labor Day)

Tuesday, 9/23 (Rosh Hashanah)

Wednesday, 9/24 (Rosh Hashanah)

Call for Photo Submissions:

Grandparents Day Photo Gallery!

You are invited to share a photo of yourself with your grandchildren or grandparents from any stage of life. Whether it's a recent snapshot or a treasured photo, it will be a valuable part of the gallery to celebrate the love we recognize on Grandparents Day.

Photos can be emailed to Hayley Maher Krebs at hmaher@jccpgh.org or dropped off in the AgeWell office.

AgeWell staff can make copies of original photos. You are welcome to include names or a short caption with the photo for display.

Please submit your photo by Friday, 9/5.



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September Programs & Events

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

Fish Embroidery Project

9/2 at 10:30am in the Conference Room
Try your hand at embroidery with a calming craft for the Jewish new year.

All I Need to Know I Learned From... Frog & Toad

9/3 at 10am in the Conference Room
Discuss how beloved children's books shape our values & help us understand & connect with ourselves & others.

National Parks Discussion Group

9/3 at 11am in the Conference Room
A viewing of Wonders of the National Parks: A Geology of North America.

Yahtzee 9/3 at 1:30pm in the Studio
Yahtzee is a multi-player dice game. Beginners are welcome!

We're Not Really Strangers

9/4 at 10am in the Lobby
WRNS is a purpose-driven card game all about empowering meaningful connections & relationships.

The Book of Joshua: Then & Now with Rabbi Hindy

9/4 at 11:30am in the Conference Room
A monthly learning group to explore the Book of Joshua & the current landscape in Israel & the Middle East. Conversations are lively & rich & remain nonpartisan & kind.

Senior Center Month Activity Fair

9/4 from 12:30-2pm in the Social Hall
Stop in to explore all that AgeWell at the JCC South Hills has to offer!

How Civic Efforts Can Affect Public Policy

9/4 at 2pm in the Conference Room
This virtual program, hosted by AARP VA, will explore the connection between civic engagement & social security.

Biking Group 9/5

The biking group will meet offsite at a trail. Contact Hayley Maher Krebs at for details.

Aging in America: Survive or Thrive

9/5 at 10am in the Conference Room
The film explores critical topics such as ageism, healthcare, economic insecurity, & Alzheimer's.

Show & Tell: What Did You Do This Summer?

9/5 at 12:30pm in the Social Hall
Bring in your mementos & indulge in some fun storytelling as we close out the summer.

Reiki Share

9/5 at 1pm in the 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.

Grandparents Day Celebration

9/7 at 12pm in the Social Hall
Join AgeWell for a special Grandparents Day celebration! All are welcome to come enjoy a pizza party, karaoke, crafts, & more.
RSVP to Hayley Maher Krebs by 9/5.

"Love You to Pieces" Wreath-Making

9/8 at 10am in the Conference Room
Join us to give new life to formerly loved puzzles by creating puzzle piece wreaths.

Coloring Around Pittsburgh

9/9 at 10:30am in the Studio
From bridges to pierogi, stop in for coloring pages of Pittsburgh's most iconic imagery.

Adaptive POGO Presentation

9/9 at 1pm in the Conference Room
Learn about POGO's adaptive cycle fleet, which includes 10 unique cycles designed to support a wide range of body types & mobility needs.

The Aging Brain: Typical Age-Related Changes, Impairment, & “Dementia”

9/10 at 10am in the Conference Room
Learn how the brain changes as a person ages, what cognitive shifts are considered “normal”, & what causes more serious deficits in memory processing.

Paper Quilling Craft

9/10 at 11am in the Lobby
Quilling is the art of making decorative paper designs. This month’s activity will be making paper ballerinas.

Grandparenting with Grace: Organizing Your Home & Heart for the Jewish New Year

9/10 at 7pm in the Conference Room
Join professional organizer Amy Bergman via livestream to explore how to create welcoming, organized spaces for the High Holidays. Learn how to prepare your home & heart with intention, drawing on Jewish values.

Naudet Brothers 9/11 Documentary

9/11 at 10am in the Conference Room
On 9/11/2001, filmmaker James Hanlon & Jules & Gedeon Naudet were filming a documentary on a rookie NYC firefighter when they noticed a plane overhead. James Hanlon & the Naudets filmed throughout 9/11 & the following days from the firemen's perspective, as it became clear to them that this was the only known footage from inside the Twin Towers that day.

Filling the Empty Chair: Honoring & Remembering Grandparents & Loved Ones Who Have Died

9/11 at 1:30pm in the Conference Room
Grief for the death of a loved one is often most acute at holiday times when we deeply miss their participation in family traditions. The wisdom of Rabbi Melanie Levav will guide a discussion about how we can truly “make their memory for a blessing.”

Intermediate Hike

9/12 at 9am, Front Entrance of the JCC
Take advantage of the Scott Conservancy Nature Trails that start just behind the JCC!

Freaky Friday Movie Screening

9/12 at 10am in the Conference Room
Dr. Tess Coleman & her daughter, Anna, do not get along. However, things take a turn when, in a freak accident, they switch bodies & are forced to live each other's lives.

Dementia Friends Information Session

9/12 at 1:30pm in the Conference Room
Join a growing movement to make a positive difference in the lives of people living with dementia. You do not need to have prior knowledge or personal experience with dementia to become a dementia friend.

Theater Club

9/15 at 12pm in the Conference Room
Join Theater Club to connect with fellow theater enthusiasts, discuss upcoming shows, & hear from professionals in the theater industry.

International Dot Day

9/15 at 1:30pm in the Studio
International Dot Day is a global celebration of creativity, courage & collaboration. Join the celebration by making your mark with dot art.

Creative Collage: Tree Rings

9/16 at 1:30pm in the Studio
Dive headfirst into the skill of collage with multi colored ripple motifs made from recycled materials.

Conversations with Amy

9/17 at 10am in the Conference Room
Join AgeWell’s Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. This month’s topic will be “Looking Back & Looking Forward”.

Like a Fine Wine: How to Make Sure Your Brain Gets Better With Age

9/18 at 1pm in the Conference Room
This talk, presented by Dr. Jon Punzi, MD, will review factors that contribute to cognitive health & how lifestyle & medication change can help optimize it as long as possible.

Clive Davis: The Soundtrack of Our Lives

9/19 at 10am in the Conference Room

If you haven't heard of the record producer & executive Clive Davis, you'll certainly recognize the big names he signed – Janis Joplin, Earth Wind & Fire, Bruce Springsteen, Whitney Houston ... the list goes on & on.

Falls Free Checkup 9/22, 25, & 26

This brief online tool assesses risk of experiencing a fall & generates a report that you can share with your physician.

Rosh Hashanah Learning: Let Yourself Be an Artist in the New Year 9/22 at 11am in the Conference Room

Beginning with the neurobiology of why critique can make us freeze, we will explore how to move beyond “good” art to step into our most creative selves!

Apple Honey Cake Pops 9/22 at 1:30pm in the Studio

A playful twist on the Jewish tradition of apples & honey for a sweet new year!

You & The Law: Will or Trust?

9/26 at 10am in the Conference Room

A basic primer on when it is appropriate to have a will or a trust to best protect your assets.

Garden Club 9/26 at 12pm in the Conference Room

Learn how to prepare your garden for winter in ways that support birds, insects & soil health. Let your garden rest wild & full of life.

Wicked 9/26 at 1:30pm in the Conference Room

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity.

Vaccine Clinic 9/29, 9am-1pm in the Conference Room

To make an appointment for a flu or COVID vaccination, contact Hillary Green at hgreen@jccpgh.org or 412-278-1780.

Iris Documentary & Paper Craft

9/30 at 10am in the Conference Room

The story of a fashion legend, who at 93 is still at the top of her game, choosing dresses, advising models & haggling with buyers. After the documentary, we will be creating eccentric paper dolls of Iris herself.

Medicare 101 9/30 at 11am in the Conference Room

Topics will include Medicare Supplemental, Medicare Advantage, & Prescription Drug Plans.

Ongoing Programs

Blood Pressure Screening with JAA Staff

9/9 from 10-11am

Book Club 9/16 at 1:30pm

BP Screening with a Volunteer 9/4 & 9/18 from 9:30-10:30am

Canasta Thursdays from 1-3pm

Drop-In Technology Tutoring Tuesdays from 9am-12pm

Individual Technology Tutoring

By appointment only

Information & Referral Services By request

Knitting & Crochet Club

9/11 & 9/29 at 11am

JCafe Congregate Lunch Program M-F from 12:30-1:30. Registration required.

Mah Jongg Tuesdays from 1-3pm

Memory Cafe 9/17 at 2pm

Men's Discussion Group

9/16 at 11am

Open Meditation with Awaken Pittsburgh 9/3 & 9/17 at 12pm

Pinochle Fridays from 1-3pm

Puzzle Swap M-F, 9am-5pm

Reiki-Infused Sound Bathing with 10.27 Healing Partnership 9/8 at 12pm

Scrabble 9/2 at 2pm in the Studio