

AgeWell at the JCC South Hills

October 2025

Modeling the Change You Want in the World: A Reflection on the Jewish High Holidays By AgeWell Member Myles Zuckerman

The Jewish High Holidays, Rosh Hashanah & Yom Kippur, are more than just occasions for prayer & reflection. They serve as powerful reminders of the importance of personal & societal transformation, urging us to model the change we want to see in the world. These sacred days are about renewing our commitment to ethical living, reflecting on our actions, & taking concrete steps toward repairing our relationships with others & with G-d.

Rosh Hashanah, the Jewish New Year, marks the beginning of a ten-day period of introspection. During this time, we examine behaviors, relationships, & goals. It's a time for setting intentions for the year ahead, but more importantly, it is an invitation to recognize how individual actions can ripple out & affect broader societal change. If we aspire for a more just, kind, & compassionate world, we must start by embodying these qualities in our own lives.

Yom Kippur, the Day of Atonement, follows Rosh Hashanah & is dedicated to seeking forgiveness, reconciling, & making amends. This day offers a chance to deeply reflect on past mistakes & vow to act differently in the future. It calls us to embody the values of humility, responsibility, & kindness—not just in our personal lives but as examples for others. By actively living these principles, we set an example for those around us. Modeling change isn't about grand gestures—it's about consistently choosing to do the right thing, even when it's hard. Instead of complaining about the features of our world that we are unhappy with, it is up to us to imagine a better country & world, & act in a way to make our vision a reality. In doing so, we honor the Jewish belief that every small act of goodness contributes to tikkun olam, the repair of the world.

Join AgeWell for a walking challenge:
WALKTOBER!

- 1) Stop by the AgeWell office to pick up a walking log.
- 2) Track your daily steps using a pedometer, smart watch, or smartphone app.
- 3) Join AgeWell at 1:30 on Wednesdays & Fridays throughout the month to walk laps around the building & chat.
- 4) Submit your weekly step counts to Mickey at mbenson@jccpgh.org to participate in the challenge. Submit your final counts by November 2nd to be included in the final results!



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

Thursday, 10/2 (Yom Kippur)

Tuesday, 10/7 (Sukkot)

Tuesday, 10/14 (Simchat Torah)

AgeWell
at the JCC South Hills

October Programs & Events

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

Thursday Murder Club Movie Screening 10/1 at 1:30 pm in the Conference Room

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

Howard Documentary Screening 10/3 at 10 am in the Conference Room

Learn about the life of Howard Ashman, the lyricist behind Disney classics like "Aladdin," "Beauty & the Beast," & "The Little Mermaid". The film is an intimate look at Howard's life, his creative drive, & the process behind the music.

Reiki Share 10/3 at 1 pm in the Conference Room

This program is open to anyone with Level 1, 2, or master's level Reiki training.

Felted Pierogi Craft 10/6 at 10 am in the Studio

Sew your own plush pierogi ornament to show off your Pittsburgh pierogi pride!

Marilyn Monroe: The Woman Behind the Legend Documentary Screening 10/6 at 1:30 pm in the Conference Room

Over 30 years have passed since her death, yet Marilyn Monroe's legend still shines brightly. Despite her fame, few knew the woman behind the spotlight, Norma Jean, the girl Marilyn could never escape even while her life & loves were the relentless subject of public attention.

National Parks Discussion Group 10/8 at 12 pm in the Conference Room

Join us for a viewing of Wonders of the National Parks. This month's discussion will feature Petrified Forest National Park.

Ageism Awareness Day Discussion 10/9 at 10 am in the Conference Room

Explore how ageism affects individuals & communities, share personal experiences, & discuss ways to challenge stereotypes about aging.

The Book of Joshua: Then & Now with Rabbi Hindy, 10/9 at 11:30 am in the Conference Room

This monthly learning group will explore the Book of Joshua & the current landscape in Israel & the Middle East. Conversations are lively & rich & remain nonpartisan & kind.

Pop-Up Umbrella Card Craft 10/10 at 10 am in the Studio

Create fun pop-up greeting cards, perfect for the changing seasons.

Permission to Feel 10/10 at 1:30 pm in the Conference Room

On World Mental Health Day, join a discussion about how to process feelings constructively & without judgement.

We're Not Really Strangers Game 10/13 at 10 am in the Lobby

WRNS is a purpose-driven card game all about empowering meaningful connections & relationships. Come make new friends & engage in deeper conversations.

Bird Feeder Workshop 10/13 at 1:30 pm in the Studio

Make a simple bird feeder to welcome feathered friends for the fall season!

Empowerment Through Advocacy Series: From Harrisburg to DC 10/16 at 11 am in the Conference Room

This webinar will provide a sense of hope for more positive days ahead, covering advocacy to combat the negative efforts of politicians against older adults.

Encore Career & Volunteer Fair

10/16 from 11 am to 1 pm in the Gym

An “encore” career is a purposeful second act of work or service that combines personal fulfillment & social impact. Anyone seeking a second career or new volunteer opportunity is invited to come connect with local agencies.

Identity Theft: Learn How to Protect Yourself

10/16 at 1:30 pm in the Conference Room

Learn how identity theft can happen, the warning signs, & how to prevent it.

Yesterday Movie Screening

10/17 at 10 am in the Conference Room

A struggling musician realizes he's the only person who can remember The Beatles after waking up in an alternate reality where they never existed.

Lunch Outing, 10/17 at 12 pm at Brick N' Mortar Restaurant in Heidelberg

Join AgeWell for a lunch outing! Participants will pay for their own meal. **To register, contact Hayley Maher Krebs at hmaher@jccpgh.org or 412-697-3552 by Monday, October 13.**

Advance Care Directives

10/17 at 1:30 pm in the Social Hall

Advance Care Directives state your wishes should you become unable to make decisions due to a life-limiting illness or injury. Learn what exactly an ACD directs & the practical implications for your life.

Welcome Blankets

10/20 at 10:30 am in the Studio

Learn about the Welcome Blanket project & work on blankets to be donated! This is open to those who already know how to quilt, sew, crochet, or knit. If you are interested in learning these skills, contact Mickey at mbenson@jccpgh.org to set up a lesson.

Paper Quilling Craft

10/22 at 11 am in the Studio

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

Autumn Card Crafting

10/23 at 10 am in the Studio

Get in the fall spirit with two handmade card crafts: leaf bats & doily ghosts!

Balance & Falls Prevention Workshop

10/23 at 1:30 pm

Join a PT from Hess Physical Therapy for a workshop on Balance & Falls Prevention. If you have fallen in the past, worry about falling, feel unsteady when walking, this workshop is for you!

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

10/24 at 1:30 pm in the Conference Room

Grief for the death of a loved one is felt deeply around the holiday season, in order to give people an opportunity to talk about their loved ones, we will be having a discussion about how Jewish wisdom can support us in these poignant moments & how we can truly “make their memory a blessing.”

Things That Connect Us: Coffee

10/28 at 10 am in the Conference Room

Everyday items & rituals have the power to bring people together. This program will focus on coffee; how it serve as a connector & a driver of conversation.

Conversations with Amy

10/29 at 10 am 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 “**Feeling Connected & Staying Connected.**” If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or (412) 697-3528.

Yahtzee, 10/29 at 1:30 pm in the Lobby

Yahtzee is a multi-player dice game. The objective is to obtain the highest score by throwing 5 dice. Beginners are welcome!

Visit the Pittsburgh Zoo, 10/30

Join AgeWell for an outing to the Zoo! Contact the AgeWell Office for details. **Register by Friday, October 24 by contacting Mickey Benson at mbenson@jccpgh.org or 412-278-1795.**

Atomic Habits

10/30 at 1:30pm in the Conference Room

Learn how small, “atomic” habits practiced consistently over time lead to significant changes through compounding. Based on the bestselling book & most up-to-date research on habit-forming, Atomic Habits can be applied to any area of your life.

Weird History: The Life & Legacy of Abraham Joshua Norton

10/31 at 11 am in the Conference Room

Joshua Abraham Norton was a resident of San Francisco, California, who in 1859 declared himself “Emperor of these United States & Protector of Mexico”. To learn more about this wacky character from American History, join us for a wildly true historical program.

Walktober Walking Challenge Finale, 10/31 at 1:30 pm in the Social Hall

Walking participants will receive a treat for each lap walked around the building, followed by a fall celebration including pumpkin painting & sipping on hot cocoa. All are welcome!

Have a program idea or a special skill you'd like to share with the AgeWell community? We welcome volunteers!

If you are interested in volunteering to support AgeWell at the JCC programming, contact the AgeWell office at agewellsouthhills@jccpgh.org or 412-278-1795.

Ongoing Programs

Ageless Biking Group Contact Hayley Maher Krebs at hmaher@jccpgh.org for more information

Blood Pressure Screening with JAA Staff
10/28 from 10-11 am

Book Club 10/21 at 1:30pm

BP Screening with a Volunteer
10/16 from 9:30-10:30 am

Canasta Thursdays from 1-3 pm

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

Garden Club 10/24 at 12 pm

Individual Technology Tutoring
By appointment only

Information & Referral Services By request

Knitting & Crochet Club 10/9 & 10/27 at 11 am

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

Mah Jongg Tuesdays from 1-3 pm

Memory Cafe 10/15 at 2 pm

Men's Discussion Group 10/21 at 11 am

Open Meditation with Awaken Pittsburgh
10/1 & 10/15 at 12 pm

Pinochle Fridays from 1-3 pm

Puzzle Swap M-F, 9 am-5 pm

Reiki-Infused Sound Bathing with 10.27 Healing Partnership 10/20 at 12 pm

Theater Club No meeting in October