

AgeWell at the JCC South Hills

November 2025

Mah Jongg Continues to Grow & Give

Each year, Mah Jongg players across the country purchase cards from the National Mah Jongg League (NMJL) that list the hands & rules for the game. Proceeds from card sales go to a charity of choice. The AgeWell Mah Jongg Club recently presented the JCC with a donation of \$2400 from 2025 card sales, marking a substantial increase from \$641 in 2024. The group leaders, Kathy Jones & Mary Ann Sember, would like to thank all players who sold & purchased cards to help achieve this remarkable goal.

The group, which began with a humble three members in June 2022, has grown to nearly 100. If you have experience playing & would like to join, the group plays each Tuesday at 1 pm... And it's already time to start taking pre-orders for the 2026 NMJL Card! If you would like to order a card from the AgeWell Mah Jongg Club, you can pick up an order form in the AgeWell office. Your card will be mailed directly to you in early April 2026, & you will receive the NMJL Newsletter issued in January. Plus, the JCC will receive a donation from the NMJL of \$6 from every card pre-ordered through our club. Thank you to all who participate in this effort!



Staff Spotlight: Tommy Manning

Tommy joined AgeWell as a summer intern through the CDC John R. Lewis Public Health Scholars Program. He is a student at the University of Pittsburgh's School of Public Health & now works part-time as a program coordinator with AgeWell. Tommy is from West Chester, PA, & enjoys watching volleyball, spending time with friends, hiking, & reading. He is driven by service for others & has interests in community health, prevention measures, communication, & clinical care. As a program coordinator, Tommy shares these interests with our community by facilitating health & educational programming. He can be reached at tmanning@jccpgh.org.



The AgeWell at the JCC Office will be closed on **Thursday, November 27** in observance of Thanksgiving Day.

Additionally, the JCC will serve as a polling place for the **November 4** General Election & as the host for the Allegheny County Senior Expo on **November 6**. The parking lot will likely be crowded on these days. As you are able, please consider carpooling with friends or neighbors when visiting the JCC on these days.

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November Programs & Events

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

Medicare Counseling, 11/3

By Appointment

To schedule an individual appointment to receive help navigating your Medicare plan during the annual enrollment period, **contact Hayley Maher Krebs.**

Fall Prevention Screening, 11/10, 10 am to 12pm

Drop in to complete the National Council on Aging's virtual Falls Free Checkup. This brief online tool assesses your risk of experiencing a fall & generates a report that you can share with your physician.

Loom Knit Baby Hats, 11/4 at 1:30 pm

Make a hat for students at the JCC to stay warm in the winter months! This beginner project is perfect for all skill levels. **Please register by contacting Mickey Benson.**

Virtual Tour of the National Mall 11/5 at 10 am

This live, virtual tour will visit the Vietnam War Memorial, the Korean War Memorial, & the Lincoln Memorial.

Webinar: The Role of Physical Activity in Brain Health, 11/5 at 12 pm

Join Dementia Friendly Pennsylvania to learn how physical activity supports brain health & ways to incorporate regular movement into your day.

WWII History: Meet the Real Women Behind Rosie the Riveter, 11/5 at 1 pm

"Rosie the Riveter" became an iconic symbol of the many women who filled open factory jobs to support war efforts. This virtual program, hosted by AARP Connecticut, will share propaganda posters, art, music, & photos that shed light on the experience of real-life women who worked for victory.

Felted Tea Cup Bookmarks, 11/7 at 10 am

Sew your own soft & sweet bookmarks for the cozy season!

American Sign Language Class

11/7, 11/14, 11/21, & 12/5 at 11 am

Published by Oklahoma School for the Deaf, this facilitated series of video courses will provide a beginner-level understanding of ASL.

Advance Health Care Directive Clinic with Duquesne Law School, 11/7 By Appointment

An advance care directive states your wishes if you are unable to make decisions due to a life-limiting illness or injury. **To make an appointment, contact Hillary Green.** Income eligibility requirements apply.

Artist Trading Cards, 11/11 at 10 am

Meet new creative friends & make trading cards to share!

Enjoy the Holidays & Eat Healthy Too, 11/11 at 12 pm

It's easy to get swept up in the excitement of holiday festivities & abandon your healthy eating patterns. Join this virtual discussion with Coach SheriAnne, hosted by AARP, to get 12 tips that will help you enjoy the holiday cheer without making "go on a diet" one of your New Year's resolutions.

A Charlie Brown Thanksgiving, 11/11 at 1:30 pm

Celebrate the season with a familiar favorite! Enjoy themed activities inspired by the classic cartoon.

Documentary: Jacqueline Kennedy Onassis: In A Class Of Her Own, 11/12 at 10 am

Take an intriguing look into the private life of one of America's most beloved first ladies.

Hayley Maher Krebs, Department Director: hmaher@jccpgh.org, 412-697-3552

Mickey Benson, Program Coordinator: mbenson@jccpgh.org, 412-278-1795

Hillary Green, Program Coordinator: hgreen@jccpgh.org 412-278-1780

World Kindness Day, 11/12 at 1:30 pm

Enjoy guided reflection, discussions, & various crafts to get in the giving & loving spirit!

How to Use Spotify, 11/13 at 10 am

Learn how to download & navigate Spotify, a music streaming platform, to curate playlists on your mobile devices.

Webinar: Empowerment Through Advocacy: Calling Pennsylvania Home, 11/13 at 11 am

This webinar will introduce several local projects & advocacy efforts around home-sharing options, Accessory Dwelling Units & more.

Filling the Empty Chair: Honoring & Remembering Loved Ones Who Have Died, 11/13 at 1:30 pm

Grief for the death of a loved one is felt deeply. Come share stories of your loved ones & make their memory a blessing.

Documentary: Dolphins Up Close with Bertie Gregory, 11/14 at 10 am

Bertie aims to film thousands of dolphins in migration as they unite for one of the ocean's most spectacular feeding events off the coast of Portugal.

Book Discussion: Let Them by Mel Robbins, 11/14 at 1:30 pm

Discuss the Let Them theory, which encourages people to understand that they cannot control the actions & emotions of others, & to focus on what they can control: their own thoughts, reactions, & well-being.

Loop Yarn Finger Knitting, 11/17 at 10:30 am & 11/19 at 1:30 pm

Learn how to use "loop yarn" to create fuzzy scarves. **Contact Mickey Benson to register.**

Documentary: Diana: The Woman Inside, 11/18 at 10 am

Twenty years after Diana's death, this film rewrites many of the myths of her legacy.

Royal-Tea Tasting, 11/18 at 11:30 am

Join us for a culinary journey, tasting the beverages of royalty. In celebration of National Princess Day, this program will also feature trivia on unique etiquette rules of royals.

Movie: The Princess Diaries, 11/18 at 3 pm

Mia (Anne Hathaway) is thrown for a loop when, from out of the blue, she learns the astonishing news that she's a real-life princess! Mia begins a comical journey toward the throne when her strict & formidable grandmother, Queen Clarisse Renaldi (Julie Andrews), shows up to give her "princess lessons."

Conversations with Amy, 11/19 at 10 am

Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. This month's topic will be "Holidays Can Be Happy & Stressful". If you or someone you know needs additional resources or support, contact Amy at agold@jccpgh.org or (412) 697-3528.

Bowling Outing, 11/20 at 2 pm

Let's go bowling! **Contact Mickey Benson for details.** Register by 11/13.

The Book of Joshua: Then & Now with Rabbi Hindy, 11/20 at 11:30 am

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.

Red Flags For Seniors Presented by the District Attorney's Office, 11/20 at 1 pm

Cyndie Carioli, senior justice advocate, will be sharing information about common scams & providing tips on how to recognize fraud messages.

Volunteer Clearances Workshop, 11/21 at 10 am

This workshop will help you get started on PA Acts 33 & 34 & the mandated reporter training. If you have a laptop, bring it to this session.

Wine Primer Lesson, 11/21 at 1:30 pm

Have you ever wanted to learn about wine but were afraid to ask? Come learn about different types of wine, including taste profiles & qualities, & suggestions for holiday meal pairings & wine gifting. This will not be a tasting event.

We're Not Really Strangers Game, 11/24 at 11 am

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

Embroidered Snail Workshop, 11/25 at 10:30 am

Stitch up a sweet snail in this beginner-friendly embroidery primer!

Word Games, 11/25 at 11 am

Join the group to play collaborative word games!

Movie: Dead Poet's Society, 11/26 at 10 am

A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions & high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents & the school.

Ongoing Programs

Blood Pressure Screening with JAA Staff,

11/11 from 10-11 am

Book Club, 11/18 at 1:30 pm

BP Screening with a Volunteer,

11/6 from 9:30-10:30 am

Canasta, Thursdays from 1-3 pm

Counseling Hours, by appointment

Drop-In Technology Tutoring,

Tuesdays from 9 am-12 pm

Individual Technology Tutoring,

by appointment only

Information & Referral Services, by request

Knitting & Crochet Club, 11/13 & 11/24 at 11 am

JCafe Congregate Lunch Program,

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

Mah Jongg, each Tuesday from 1-3 pm

Meditation with Awaken Pittsburgh,

11/5 & 11/19 at 12 pm

Memory Café, 11/19 at 2 pm

Men's Discussion Group, 11/18 at 11 am

National Parks Discussion Group,

11/12 at 12 pm

Paper Quilling,

11/12 at 11 am & 11/20 at 1:30 pm

Pinochle, each Friday from 1-3 pm

Puzzle Swap, available every day during

AgeWell office hours

Reiki-Infused Sound Bathing with the 10.27

Healing Partnership, 11/3 & 11/17 at 12 pm

Reiki Share, 11/7 at 1 pm

Theater Club, 11/17 at 12 pm