

AgeWell at the JCC South Hills

December 2025

Reflecting on 2025 & Moving Forward

*By Hayley Maher Krebs, Department Director,
AgeWell at the JCC South Hills*

As we prepare to turn the page on another year, many of us will find ourselves reflecting on our experiences in 2025. It has been a challenging & sometimes divisive year, but I hope each of you can recognize the seemingly small, meaningful moments that brought connection, comfort, & celebration into your life. Each day at the JCC, I see new friendships form, hear laughter throughout the halls, & feel the energy as members move from one class to another. Have you learned something new this year? Or tried a hobby you never expected to enjoy? Supported a friend- or been supported yourself? These are the moments of resilience & joy that I hope we'll carry forward into 2026.

The holiday season can feel heavy for some of us, while for others it's a time of warmth, tradition, & togetherness. Whether you're lighting Hanukkah candles surrounded by grandchildren or sharing a simple Christmas dinner with a few close friends, I hope this season brings you moments of joy. I invite you to celebrate with us throughout December at the JCC, where we'll gather for crafts, shared meals, holiday merriment, & a festive welcome to 2026. May we carry this sense of celebration, inspiration, & community into the new year.

Thank you for being an important part of our community. We're grateful to have been part of your life in 2025, & we hope you'll come celebrate with us as we look towards the new year!

Find us on Facebook!

Search "AgeWell at the JCC" to connect with us on Facebook. And, join our new member Facebook group! This group is a place to connect with members outside of the JCC. Scan here to join:



Need help navigating Facebook? Join AgeWell for Facebook 101 on Monday, December 8!



AgeWell
at the JCC South Hills

December Programs & Events

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

Apple iPhone Basics, 12/1 at 10:30 am

This class will cover some iPhone basics, tips & tricks, & the Legacy contact feature.

How to Use Pinterest, 12/2 at 11 am

Learn how to use the Pinterest website to organize all your creative ideas.

Polar Night, Arctic Light, 12/3 at 1 pm

Join AARP Connecticut for a virtual journey above the Arctic Circle to learn about the polar night.

Ask a Geriatrician with

Dr. Matt Koperwas, 12/3 at 2:30 pm

Dr. Koperwas is a licensed geriatrician with AHN & has over 10 years of experience in family medicine & geriatrics. He will share an overview of healthy aging & provide a question & answer session.

Life Lessons from 100 Year Olds You Didn't Know You Needed, 12/4 at 10:30 am

Learn about Cornell University's Legacy Project, which collects advice from people in their 80s, 90s, & 100s on how to live a happy life.

Felt Star Charms Craft, 12/5 at 1:30 pm

Unleash your creativity with cheerful felt charms! Minimal sewing is required.

Falls Prevention Screening, 12/8 from 10 am to 12 pm

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.

Facebook 101, 12/8 at 10:30 am

Come learn how to set up a Facebook account & best practices for being safe on social media.

Winter Watercolor, 12/8 at 1:30 pm

Try your hand at salt-and-watercolor resist art with a simple, snowy scene.

Learn About Sleep Apnea with Breathe PA, 12/9 at 11 am

Join Breathe PA to learn about sleep apnea & the patient assistance program. **Register by Friday, 12/5 by contacting Beth Rudel at brudel@jccpgh.org or 412-339-5407.**

Hanukkah Kinugusia, 12/9 at 2 pm

Kinugusia is a Japanese fabric art that involves pressing fabric into a foam board to create intricate, textured designs. **There is a \$10 registration fee for this program. Register by Friday, 12/5 by contacting Mickey Benson.**

Group Outing: Phipps Winter Magic Show, 12/10

The holiday season isn't complete without a trip to Phipps! Meet at the JCC & travel to Phipps for a self-guided adventure. Tickets are \$23, & participants must be registered with ACCESS for transportation. **Register by 12/3 by contacting Mickey Benson.**

Get Organized with Google Calendar, 12/11 at 12 pm

Plan, share, & stay ahead with Google Calendar! Join AARP Vermont for a virtual program to learn how Google Calendar can simplify your life.

Hayley Maher Krebs, Department Director: hkrebs@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

Folded Fabric Baubles Craft, 12/11 at 2 pm

Make a fabric bauble using just a little bit of fabric & folding skills. No sewing required!

Coffee & Conversation with Dean, 12/12 & 12/19 at 10:30 am

Join JCC of Greater Pittsburgh Community Shaliach, Dean Aseef, to learn more about the holiday of Hanukkah in America & Israel.

Managing Anxiety, 12/12 at 11:30 am

Learn what stress does to the body & explore some simple methods to calm yourself during challenging times.

Lunch Outing, 12/12 at 12:30 pm

Join AgeWell members at Cucina Vitale in Green Tree. **Register by Monday, 12/8 by contacting Hayley Krebs.**

Movie Screening: K-Pop Demon Hunters, 12/12 at 1:30 pm

Prepare to discuss what's possibly the most popular kids movie of 2025 with your grandchildren! K-Pop Demon Hunters features a unique combination of music, animation, & a fantastical demon-hunting plot.

Holiday Music in Hawaii, 12/15 at 12:45 pm

Beat the winter blues with a singalong led by Cantor Kalix Jacobson, featuring a mix of Jewish melodies & winter holiday classics.

Magnet Craft, 12/16 at 10:30 am

Create some sweet or sassy refrigerator magnets in this relaxing craft.

Conversations with Amy, 12/17 at 10 am

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

Dreidel Craft, 12/17 at 11 am

Make & decorate beautiful hanging dreidels.

Seniors for Safe Driving Class, 12/17 at 1:30 pm

During the course, information is provided on rules of the road, defensive driving tactics, Pennsylvania motor vehicle laws, & more. Drivers over the age of 55 who complete the course are eligible for a discount on car insurance. **Register by visiting seniorsforsafedriving.com.**

Group Outing: Visit the Frick, 12/18

The Scandinavian Home integrates folk, decorative, & fine art with "home" as a central metaphor, mirroring the tastes & convictions of the period's collectors & creators. Tickets are \$20. **Register by 12/10 by contacting Mickey Benson.**

The Things that Connect Us: Books!, 12/19 at 11:30 am

Explore how books & stories bring people together. Come to this program prepared to share how reading has created connection in your life!

Movie Screening: Tick, Tick...BOOM!, 12/23 at 10 am

Directed by Lin-Manuel Miranda & named one of the best films of 2021 by the American Film Institute, this semi-autobiographical musical dramedy tells the story of Jonathan Larson, the composer who would go on to change the world of musical theater with the smash hit Rent.

Word Games, 12/23 at 11 am

Join Hillary for collaborative word games!

Merriment with Mickey, 12/25

Looking to start some holiday traditions of your own? Stop by the AgeWell office for a day of cookie decorating, a countdown of funny home videos, & maximum silliness.

Documentary Screening: Hilma, 12/26 at 10 am

Explore Hilma af Klint's enigmatic life, now recognized as one of the Eastern European's first abstract artists.

Noon Year's Eve Party, 12/31

Ring in the new year with a spectacular celebration hosted by AgeWell staff members Mickey, Hillary, & Hayley!

Do you have an idea for a program that you don't see listed here? Let us know! We welcome new ideas & volunteers to help support programs.

Ongoing Programs

Blood Pressure Screening with JAA Staff

12/9 from 10-11 am

Book Club, 12/16 at 1:30 pm

BP Screening with a Volunteer, 12/18 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, 12/11 & 12/22 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, 12/3 & 12/17 at 12 pm

Memory Café, 12/17 at 2 pm

Men's Discussion Group, 12/16 at 11 am

National Parks Discussion Group, 12/10 at 12 pm

Paper Quilling, 12/10 at 11 am

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, 12/8 & 12/22 at 12 pm

Theater Club, 12/15 at 12 pm

AgeWell at the JCC South Hills December Programs

Monday	Tuesday	Wednesday	Thursday	Friday
December 1 10:30 iPhone Basics 12:30 JCafe	December 2 9-12 Drop In Tech Tutoring 11 How to Use Pinterest 12:30 JCafe 1 Mah Jongg	December 3 12 Meditation 12:30 JCafe 1 Polar Night, Arctic Light 2:30 Ask a Geriatrician	December 4 10:30 Lessons from 100 Year Olds 12:30 JCafe 1 Canasta	December 5 11 ASL Class 12:30 JCafe 1 Pinochle 1:30 Felt Star Charms
December 8 10-12 Falls Risk Screenings 10:30 Facebook 101 12 Sound Bathing 12:30 JCafe 1:30 Winter Watercolor	December 9 9-12 Drop In Tech Tutoring 10-11 Blood Pressure Screening 11 Breathe PA 12:30 JCafe 1 Mah Jongg 2 Hanukkah Kinugusia	December 10 11 Paper Quilling 12 National Parks Discussion Group 12:30 JCafe Group Outing: Phipps	December 11 11 Knitting & Crochet Club 12 Get Organized with Google Calendar 12:30 JCafe 1 Canasta 2 Fabric Bauble Craft	December 12 10:30 Coffee & Conversation 11:30 Managing Anxiety 12:30 Lunch Outing: Cucina Vitale 12:30 JCafe 1 Pinochle 1:30 Movie Screening: K-Pop Demon Hunters
December 15 12 Theater Club 12:30 JCafe 12:45 Singalong with Cantor Kalix Jacobson	December 16 9-12 Drop In Tech Tutoring 10:30 Magnet Craft 11 Men's Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club	December 17 10 Conversations with Amy 11 Dreidel Craft 12 Meditation 12:30 JCafe 1:30 Seniors for Safe Driving 2 Memory Cafe	December 18 9:30 Blood Pressure Screening 12:30 JCafe 1 Canasta Group Outing: The Frick	December 19 10:30 Coffee & Conversation 11:30 The Things That Connect Us: Books 12:30 JCafe 1 Pinochle
December 22 11 Knitting & Crochet 12 Sound Bathing 12:30 JCafe	December 23 9-12 Drop In Tech Tutoring 10 Movie: Tick, Tick... Boom! 11 Word Games 12:30 JCafe 1 Mah Jongg	December 24 12:30 JCafe	December 25 Merriment with Mickey 12:30 JCafe 1 Canasta	December 26 10 Documentary: Hilma 12:30 JCafe 1 Pinochle
December 29 12:30 JCafe	December 30 12:30 JCafe 1 Mah Jongg	December 31 Noon Year's Eve Party 12:30 JCafe		