

AgeWell at the JCC South Hills

Reflecting on a New Year

Submitted by an AgeWell Member

As another birthday approaches, I've taken some time to reflect on 2025, what I have learned about myself, & to set realistic goals & expectations for 2026. In this eighth decade of my life, I realize more than ever how important it is for me to have a realistic plan with achievable goals & expectations. Last year, I set some goals that were not very realistic. There was a major gap between what I wanted to do, what I thought I could do, & what I was actually able to do. It was a rather difficult lesson, but an important one. My goal for 2026 is to have a plan, learning from my 2025 experience, that is more authentic for this time in my life. It isn't easy to accept the reality of life & aging, but it is something that I am coming to terms with.

Since the JCC is an important part of my life, my first major plan was related to maintaining a healthy exercise plan. I started with the older adult exercise class schedule & signed up for a class that seemed doable for me. Shortly into the first class, I realized that even though I wanted to take the class & I thought I could, it was more than I was ready for. It was a very difficult decision, but I left the class early. I was embarrassed to leave the room, but it was something I needed to do.

Despite shortcomings & disappointments that we all experience in life, we should never be scared to try something new. For me, the perfect outcome of a life lesson is to come to terms with what I want to do, what I think I can do, & what I can actually do. **In this stage of life, balance feels less like giving up & more like learning how to live well within my own limits.**

February 2026

Celebrating 3 Years of AgeWell at the JCC South Hills!

As many members will remember, February 2023 was an exciting time for the South Hills JCC. Through support from the Jack Buncher Foundation, AgeWell at the JCC expanded to offer a second senior center location in the South Hills. This was the result of many years of advocating for senior services in the South Hills. Foundation funding allowed AgeWell at the JCC to develop a pilot program that included congregate meals 3 days a week, social clubs, & a variety of health, wellness, & educational programs. In the first year of service, we aimed to serve 200 individuals.

In the past 3 years, we have far exceeded the expectations of this pilot. We have registered over 2000 participants, provided unique program opportunities on a daily basis, & in September 2024, our center was designated a Focal Point Senior Community Center site through the Allegheny County DHS Area Agency on Aging. We thank each member who has been part of our story as we've developed & grown to meet the needs & wants of our vibrant community.

Later this month, we invite you to participate in the 2026 Annual AgeWell Member Survey. We hope that you will take this opportunity to provide feedback as we continue to develop new programs & services. Stay tuned for more details on how to complete the survey.

We hope you will join us for programs & events in February as we celebrate this milestone!



January Programs & Events

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

Shiv'at HaMinim / 7 Species of Israel Watercolor Garland Workshop, 2/2 at 10:30 am

On Tu B'Shvat, make a watercolor garland of the 7 species of agricultural products praised in the Torah as being special to the land of Israel. All skill levels are welcome.

Tu B'Shvat Fruit & the Soul Meditation, 2/2 at 1:30 pm

Learn the significance of Tu B'Shvat, the new year for the trees, through a discussion of the 4 dimensions of the Tu B'Shvat seder.

Dementia Friends Information Session, 2/3 at 10 am

This 1-hour information session will cover 5 key messages about dementia & what it is like to live with dementia. As a Dementia Friend, you will turn your understanding into practical actions to make a positive difference in the lives of people living with dementia.

The Day after "The Day The Music Died," 2/4 at 10:30 am

On February 3, 1959, American rock & roll musicians Buddy Holly, Ritchie Valens, & "The Big Bopper" J. P. Richardson were all killed in a plane crash. It was a dark day, later referred to as "The Day The Music Died" in American Pie. Learn about the impact this event had on the families & fans in this informative program.

Yarn Octopus Puppets, 2/4 at 1:30 pm

Learn how to make simple, silly yarn puppets. All skill levels are welcome.

Beginner Spanish with Mariá! 2/5 at 11 am

Join Mariá, an AgeWell member & native Spanish speaker, for an inspired, beginner-focused learning session.

Puzzle Piece Bookmark Craft, 2/5 at 1:30 pm

Help make "thank you for being a piece of our story" puzzle piece bookmarks to hand out on AgeWell's third anniversary!

Digital Decluttering Workshop, 2/9 at 10:30 am

Feeling overwhelmed by photos, apps, & constant notifications? Come learn practical strategies to clean up your electronic devices & stay organized.

Mondrian-Inspired Hearts Craft, 2/10 at 10:30 am

Piet Mondrian was a geometric painter & pioneer of his craft. In this simple & stunning workshop, you will get a feel for acrylic paints.

Make a No Bake Cheesecake!, 2/10 at 1:30 pm

Register by Monday, 2/9, by contacting the AgeWell office. There is a \$5 supply fee for this program.

Movie Screening: When Harry Met Sally, 2/10 at 3 pm

College graduates Harry Burns (Billy Crystal) & Sally Albright (Meg Ryan) share a contentious car ride, during which they argue about whether men & women can ever truly be platonic friends. Ten years later, Harry & Sally meet again at a bookstore, & see if there's truth in the statement.

Cocoa & Connections, 2/11 at 10:30

Enjoy some hot cocoa & play a conversation-based card game to build deeper connections.

Love Trivia, 2/11 at 2 pm

Love is in the air! Test your knowledge of famous Hollywood couples & enjoy a Shirley Temple.

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

**Learn Your Love Language,
2/12 at 10 am**

There are 5 major love languages. Do you know yours? Come learn about each language & discover how you can better relate to your loved ones.

Visible Mending Class, 2/12 at 1:30 pm

Breathe new life into your wardrobe through the art of visible mending in this hands-on workshop. Learn creative techniques to repair & embellish your clothing, transforming tears, holes, & worn fabric into unique, wearable art.

Movie Screening: *The American President*, 2/12 at 10 am

With the end of his first term in sight, widowed President Andrew Shepherd (Michael Douglas) knows that overwhelming public support will guarantee his re-election. But, when he falls in love with lobbyist Sydney Ellen Wade (Annette Bening), his approval ratings drop. As a rival candidate goes on the attack, Shepherd must choose between his career & love.

Surgery: Is It Needed? 2/13 at 1:30pm

Join Hess Physical Therapy to explore when surgery may be appropriate, when movement-based care can help, & how PT fits into long-term outcomes.

**Israeli Culture Group,
2/13 & 2/27 at 1:30 pm**

Join JCC Of Greater Pittsburgh Community outreach specialist Dean Aseef to learn more about Israeli culture.

**Name that Tune: Love Songs,
2/16 at 1:30 pm**

How well do you know famous tunes? Check your knowledge of classic love songs.

Sleep Hygiene, 2/17 at 10:30 am

Learn how consistent daily habits & environmental adjustments promote better sleep quality, regulate mood, & improve cognitive function.

Iris Paper Folding Craft, 2/17 at 3 pm

Originating in Holland, iris folding is used to make intricate designs for greeting cards & quilts.

Movie Screening: *The Bucket List*, 2/18 at 10 am

Billionaire Edward Cole & car mechanic Carter Chambers are complete strangers, until fate lands them in the same hospital room. The men have two things in common: a need to come to terms with who they are & what they have done with their lives, & a desire to complete a list of things they want to see & do before they die.

Make a Derby Fascinator, 2/18 at 11 am

Learn how to make derby hats from recycled materials.

**The Things That Connect Us: Puzzles & Games,
2/19 at 1:30 pm**

Does your family have a special game? Have you ever enjoyed a puzzle with a friend? Join us to discuss the ways in which we connect with others through play.

Group Outing: Mix Candle Company, 2/19

Create your own custom candle! From fragrance to finish, every detail is your to design. **Register by 2/12 by contacting Mickey Benson.**

**Managing Family Dynamics & Stress,
2/20 at 1:30 pm**

Learn effective ways to manage complicated family dynamics & stress from University of Pittsburgh professor Beth Mulvaney, MSW, LCSW.

iPhone 101, 2/23 at 10:30 am

This beginner-friendly session is designed to help you use your iPhone with confidence. Questions are encouraged!

**Estate Planning with Entrusted Legacy Law,
1/26 at 1:30 pm**

Ashley Sharef, Esq., founding attorney of Entrusted Legacy Law will host a practical discussion about estate planning. Questions are encouraged!

**Quick Draw,
2/26 at 10:30 am**

Improve your creative eye through a series of fast drawing prompts to better help you understand shape & color.

**Movie Screening:
The Princess Bride,
2/26 at 1:30 pm**

A fairy tale adventure about a beautiful young woman & her one true love.

**Lunch Outing: Bella's
Italian Restaurant, 2/27
at 12:30 pm**

Register by Monday, 2/23 by contacting Hayley Krebs.

**White Wine Primer,
2/27 at 1:30 pm**

Experience an introduction to white wines. Register by contacting Hillary Green.

Please note:

The JCC will be closed on Friday, February 6 for an agency-wide Staff Care Day. Please be sure to place your JCafe lunch reservation for Monday, February 9 by 12pm on Thursday, February 5.

AgeWell
at the JCC South Hills

Ongoing Programs

500 Bid Card Game, 2/9 & 2/23 at 1 pm

Blood Pressure Screening with JAA Staff,
2/10 & 2/24 from 10-11 am

Blood Pressure Screening with a Volunteer,
2/12 & 2/26 from 9:30-10:30 am

Book Club, 2/17 at 1:30 pm

Canasta, Thursdays from 1-3 pm

Conversations with Amy Discussion Group, 2/25 at 10 am

Counseling Hours, By Appointment

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

Garden Club, 2/13 at 12 pm

Topic: **Deer Resistant Planting**

Grief Support Group, 2/10 & 2/24 at 10:30 am

Individual Technology Tutoring, By Appointment

Information & Referral Services, By Request

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

Knitting & Crochet Club, 2/12 & 2/23 at 11 am

Mah Jongg, Tuesdays from 1-3 pm

Meditation with Awaken Pittsburgh, 2/4 & 2/18 at 12 pm

Memory Café, 2/18 at 2 pm

Men's Discussion Group, 2/17 at 11 am

National Parks Discussion Group, 2/11 at 12 pm

Paper Quilling, 2/11 at 11 am & 2/26 at 1:30 pm

Pinochle, Each Friday from 1-3 pm

Puzzle Swap, Available Daily During AgeWell Office Hours

**Reiki-Infused Sound Bathing with the 10.27 Healing
Partnership**, 2/2 at 12pm

Rummikub, Fridays at 11 am

Scrabble, Mondays at 1:30 pm

AgeWell at the JCC South Hills February Programs

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 10:30 Watercolor Garland Workshop 12 Sound Bathing 12:30 JCafe 1:30 Tu B'Shvat Fruit Seder 1:30 Scrabble	February 3 10 Dementia Friends Information Session 12:30 JCafe Lunch 1 Mah Jongg	February 4 10:30 The Day After "The Day the Music Died" 12 Meditation 12:30 JCafe 1:30 Yarn Octopus Puppets	February 5 11 Beginner Spanish 12:30 JCafe 1 Canasta 1:30 Bookmark Craft	February 6 The JCC is closed for Staff Care Day
February 9 10:30 Digital Decluttering Workshop 12:30 JCafe 1 500 Bid 1:30 Scrabble	February 10 9-12 Drop in Technology Tutoring 10 BP Screening 10:30 Grief Support Group 10:30 Mondrian Heart Craft 12:30 JCafe 1 Mah Jongg 1:30 No Bake Cheesecake 3 Movie: <i>When Harry Met Sally</i>	February 11 10:30 Cocoa & Connections 11 Quilling 12 National Parks Discussion Group 12:30 JCafe 2 Love Trivia	February 12 9:30 BP Screening 10 Learn Your Love Language 11 Knitting & Crochet Club 12:30 JCafe 1:30 Visible Mending Class 1 Canasta	February 13 10 Movie: <i>The American President</i> 11 Rummikub 12 Garden Club 12:30 JCafe 1 Pinochle 1:30 Surgery: Is It Needed? With Hess PT 1:30 Israeli Culture Group

AgeWell at the JCC South Hills February Programs

Monday	Tuesday	Wednesday	Thursday	Friday
February 16 12:30 JCafe 1:30 Scrabble 1:30 Name That Tune: Love Songs	February 17 9-12 Drop In Tech Tutoring 10:30 Sleep Hygiene 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club 3 Iris Paper Folding Craft	February 18 10 Movie: <i>The Bucket List</i> 11 Make a Derby Fascinator 12 Meditation 12:30 JCafe 2 Memory Cafe	February 19 12:30 JCafe 1 Canasta 1:30 The Things That Connect Us: Puzzles & Games 2 Group Outing: Mix Candle Co	February 20 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Managing Family Dynamics & Stress with Professor Beth Mulvaney
February 23 10:30 iPhone 101 11 Knitting & Crochet Club 12:30 JCafe 1 500 Bid 1:30 Scrabble	February 24 9-12 Drop In Tech Tutoring 10 BP Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	February 25 10 Conversations with Amy 12:30 JCafe 1:30 Estate Planning with Entrusted Legacy Law	February 26 9:30 BP Screening 10:30 Quick Draw 12:30 JCafe 1 Canasta 1:30 Paper Quilling 1:30 Movie: <i>The Princess Bride</i>	February 27 11 Rummikub 12:30 Lunch Outing 12:30 JCafe 1 Pinochle 1:30 White Wine Primer 1:30 Israeli Culture Group