

# AgeWell at the JCC South Hills

March 2026

## New in March: AgeWell Registration Hours

Starting in March, the AgeWell office will implement registration hours. These are designated times during the week that a staff member will be available to meet with new members or existing members who need to renew their AgeWell membership. We hope that this change will allow for more consistent & reliable availability for members who need to register or renew, while allowing our staff the time needed to plan high quality programs & services.

If you need to renew your membership, or if you have friends who would like to register as AgeWell members, please visit us during the following times:

**Monday from 9 am to 12 pm**

**Tuesday from 9 am to 12 pm or 2 pm to 4 pm**

**Wednesday from 9 am to 12 pm**

**Thursday from 9 am to 12 pm or 2 pm to 4 pm**

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## Celebrating Purim

The Talmud famously says, "Mishenichnas Adar marbin b'simchah," "When Adar enters, we increase joy" (B. Ta'anit 29a). As we enter the Hebrew month of Adar, we prepare for the joy of Purim. We invite you to embrace the spirit of the holiday at the JCC in your own meaningful way. The celebration of Purim points us to four special commandments, each one offering inspiration for how we can become more connected to one another.

- **Mishloach Manot: Sharing Gifts of Food**  
Encourage friendship & generosity. Engage with this value with AgeWell through creating small baskets to hold your gifts (3/2). A warm smile & a friendly conversation can be just as nourishing as a meal!
- **Matanot La'Evyonim: Gifts to Those in Need**  
Learn the importance of supporting our community. The March jewelry fundraiser sale (3/9 - 3/13) is a wonderful opportunity to give back while finding something beautiful for yourself or a loved one. Every purchase helps strengthen the AgeWell programs we all enjoy.
- **Seudat Purim: The Festive Meal**  
Celebrate gathering together in joy. Participate in the spirit of community & shared experiences that define the holiday by gathering for a meal in the JCafe.
- **Megillat Esther: Hearing the Purim Story**  
Learning & courage go hand in hand. Expand your horizons by learning Spanish (3/5), exploring new gardening skills (3/20), or starting a new creative hobby like embroidering a matzo cover in preparation for Passover (3/19).

**Purim teaches that small acts create big impact.**

This March, let's celebrate by giving, learning, gathering, & growing together. Thank you all for sharing your gifts with our community & increasing joy at the JCC!

# March Programs & Events

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

## **Mishloach Manot Paper Basket & Bows Workshop, 3/2 at 10:30 am**

The scroll of Esther (9:19) instructs us to send gifts to one another for the Purim holiday. Participants will make baskets & bows to hold mishloach manot treats.

## **Documentary Screening: Salt Fat Acid Heat, 3/4, 11, & 18 at 1:30 pm**

Chef & food writer Samin Nosrat travels around the world to demystify & explore the central principles of what makes food delicious. This 4-part Netflix documentary series is based on the James Beard Award-winning book of the same name.

## **Webinar: Staying In Touch As Landlines Change, 3/4 at 3 pm**

Did you know traditional landline service relies on copper lines that providers are retiring due to rising maintenance costs & aging infrastructure? Join Senior Planet for a live, virtual presentation that will cover the benefits of newer phone technologies & what next steps you can expect.

## **Quick, Draw!, 3/5 at 10:30 am**

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

## **Beginner Spanish with Mariá, 3/5 at 1:30 pm**

Join Maria, a native Spanish speaker & AgeWell member, for an inspired, beginner-focused learning session. Learn easy & fun phrases for travel & socialization. Olè!

## **Jewelry Repair Workshop, 3/6 at 11 am**

Learn how to restring & repurpose donated pieces.

## **Jewelry Sale, 3/9 to 3/13 from 9 am to 5 pm**

Refresh your jewelry box & share the sparkle while supporting AgeWell at the JCC. All pieces will be available on a pay-what-you-wish basis. Proceeds will support supplies for upcoming AgeWell programs.

## **Google Maps 101, 3/12 at 10 am**

Participants will learn how to get started with Google Maps, how to plan a route, special features, & more.

## **Watercolor Birds Workshop, 3/12 at 1:30 pm**

Birds are colorful symbols of joy & life. Prepare for spring by painting birds in this beginner-friendly workshop.

## **What's Your Personality Type?, 3/13 at 10 am**

Introvert or extrovert? Thinking or feeling? Explore the different personality characteristics & where you land on each spectrum.

## **Tendinitis Explained, 3/13 at 1:30 pm**

Participants will learn common causes of tendinitis, what contributes to tendon pain, & practical strategies to reduce pain. Presented by Hess PT.

## **Medical Marijuana in Pennsylvania, 3/16 at 11:30 am**

Join Trulieve for a clear introduction to PA's medical marijuana programs, including how the state-approved program works, eligibility, & registration requirements.

Hayley Maher Krebs, Department Director: [hkrebs@jccpgh.org](mailto:hkrebs@jccpgh.org), 412-697-3552

Mickey Benson, Program Coordinator: [mbenson@jccpgh.org](mailto:mbenson@jccpgh.org), 412-278-1795

Hillary Green, Program Coordinator: [hgreen@jccpgh.org](mailto:hgreen@jccpgh.org) 412-278-1780

### **3D Scandinavian Butterfly Coloring, 3/18 at 11 am**

Color a bouquet of mesmerizing butterflies as we welcome the springtime season.

### **Embroidered Matzo Cover Craft, 3/19 at 11 am**

Learn how to create your own matzo cover for Passover, using heirloom embroidery elements. **Register by contacting Mickey Benson. There is a \$5 supply fee for this program.**

### **Transitions: Introduction to Downsizing with Angie Flowers, 3/19 at 1:30 pm**

Are you considering moving to a smaller home but do not know how to do it? Join Real Estate Agent Angie Flowers of Coldwell Banker for information on how to downsize including choosing a home appropriate for your changing needs, financing your purchase, & selling your existing home.

### **Movie Screening: *Eleanor the Great*, 3/20 at 10 am**

After a devastating loss, witty & proudly troublesome Eleanor Morgenstein, age 94, tells a tale that takes on its own dangerous life.

### **White Wine Primer, 3/20 at 1:30 pm**

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

### **Support Women Artists Now (SWAN) Craft, 3/24 at 10:30 am**

Create vibrant paper swans inspired by famous female artists.

### **Group Outing: South Hills Beauty Academy, 3/25**

Get a high-quality manicure performed by Pittsburgh's premier cosmetology students. **Register by contacting Mickey Benson by 3/18. There is a \$10 cost for this outing.**

### **Zendoodle, 3/26 at 10:30 am**

Express yourself with color in this loosely-guided drawing meditation.

### **Virtual Speaker: An Introduction to Healthy Fitness & Aquatics, 3/27 at 1:30 pm**

MaryAnne Haggerty, founder of Healthy Fitness and Aquatics, believes in a personalized approach to health & fitness. She is a seasoned exercise physiologist who specializes in cancer exercise, corrective exercise, & aquatic therapy. Join this information session to learn more about Healthy Fitness & Aquatics! This presentation will be streamed live at the JCC, & also available online at [virtualsenioracademy.org](http://virtualsenioracademy.org).

### **Being Resourceful, 3/31 at 10 am**

How do you solve problems, achieve goals, & overcome daily challenges? Come learn practical tips to become more adaptable & resilient when faced with difficult situations.

## **Call For Speakers**

AgeWell at the JCC welcomes guest speakers from our community! Whether you are a retired professional with special skills, or if you have knowledgeable neighbors or family who would like to share their talent with our members, you may consider hosting a program with AgeWell. Contact Hayley Krebs for more information.

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## Ongoing Programs

**500 Bid Card Game**, 3/9 & 3/23 at 1 pm

**Blood Pressure Screening with JAA**

**Staff**, 3/10 & 3/24 from 10-11 am

**Blood Pressure Screening with a**

**Volunteer**,

3/19 & 3/26 from 9:30-10:30 am

**Book Club**, 3/17 at 1:30 pm

**Canasta**, Thursdays from 1-3 pm

**Conversations with Amy Discussion**

**Group**, 3/25 at 10 am

**Counseling Hours**, By Appointment

**Drop-In Technology Tutoring**,

Tuesdays from 9 am-12 pm

**Garden Club**, 3/20 at 12 pm

Topic: **Spring Pruning Tips for**

**Roses & Other Perennials**

**Grief Support Group**,

3/10 & 3/24 at 10:30 am

**Individual Technology Tutoring**,

By Appointment

**Information & Referral Services**,

By Request

**Israeli Culture Group**,

3/13 at 1:30 pm

**JCafe Congregate Lunch Program**,

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

**Knitting & Crochet Club**,

3/12 & 3/30 at 11 am

**Mah Jongg**, Tuesdays from 1-3 pm

**Meditation with Awaken Pittsburgh**,

3/4 & 3/18 at 12 pm

**Memory Café**, 3/18 at 2 pm

**Men's Discussion Group**, 3/17 at 11 am

**National Parks Discussion Group**,

3/11 at 12 pm

Topic: **Yosemite National Park**

**Paper Quilling**,

3/11 at 11 am & 3/26 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**,

3/16 & 3/30 at 12pm

**Rummikub**, Fridays at 11 am

**Scrabble**, Mondays at 1:30 pm

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>March 2</b> 10:30 Mishloach Manot Craft 12:30 JCafe 1:30 Scrabble</p>	<p><b>March 3</b> 9-12 Drop In Technology Tutoring 12:30 JCafe 1 Mah Jongg</p>	<p><b>March 4</b> 12 Meditation 12:30 JCafe 1:30 Documentary: <i>Salt Fat Acid Heat</i> 3 Staying in Touch as Landlines Change</p>	<p><b>March 5</b> 10:30 Quick, Draw! 12:30 JCafe 1 Canasta 1:30 Beginner Spanish</p>	<p><b>March 6</b> 11 Jewelry Repair Workshop 11 Rummikub 12:30 JCafe 1 Pinochle</p>
<p><b>March 9</b> Jewelry Sale 12:30 JCafe 1 500 Bid 1:30 Scrabble</p>	<p><b>March 10</b> Jewelry Sale 9-12 Drop in Technology Tutoring 10 BP Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg</p>	<p><b>March 11</b> Jewelry Sale 11 Quilling 12 National Parks Discussion Group 12:30 JCafe 1:30 Documentary: <i>Salt Fat Acid Heat</i></p>	<p><b>March 12</b> Jewelry Sale 10 Google Maps 101 11 Knitting &amp; Crochet Club 12:30 JCafe 1 Canasta 1:30 Watercolor Birds Workshop</p>	<p><b>March 13</b> Jewelry Sale 10 What's Your Personality Type? 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Tendinitis Explained With Hess PT 1:30 Israeli Culture Group</p>
<p><b>March 16</b> 11:30 Medical Marijuana in PA 12 Theater Club 12 Sound Bathing 12:30 JCafe 1:30 Scrabble</p>	<p><b>March 17</b> 9-12 Drop In Tech Tutoring 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club</p>	<p><b>March 18</b> 11 3D Scandinavian Butterfly Coloring 12 Meditation 12:30 JCafe 1:30 Documentary: <i>Salt Fat Acid Heat</i> 2 Memory Cafe</p>	<p><b>March 19</b> 9:30 BP Screening 11 Embroidered Matzo Covers 12:30 JCafe 1 Canasta 1:30 Transitions: Intro to Downsizing</p>	<p><b>March 20</b> 10 Movie: <i>Eleanor the Great</i> 11 Rummikub 12 Garden Club 12:30 JCafe 1 Pinochle 1:30 White Wine Primer</p>

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<p><b>March 23</b>                      12:30 JCafe                      1 500 Bid                      1:30 Scrabble</p>	<p><b>March 24</b>                      9-12 Drop In Tech                      Tutoring                      10 BP Screening                      10:30 SWAN Craft                      10:30 Grief                      Support Group                      12:30 JCafe                      1 Mah Jongg</p>	<p><b>March 25</b>                      10 Conversations                      with Amy                      12:30 JCafe                      Group Outing:                      South Hills                      Beauty Academy</p>	<p><b>March 26</b>                      9:30 BP                      Screening                      10:30 Zendoodle                      12:30 JCafe                      1 Canasta                      1:30 Paper                      Quilling</p>	<p><b>March 27</b>                      11 Rummikub                      12:30 JCafe                      1 Pinochle                      1:30 Intro to                      Healthy Fitness &amp;                      Aquatics</p>
<p><b>March 30</b>                      11 Knitting &amp;                      Crochet Club                      12 Sound Bathing                      12:30 JCafe                      1:30 Scrabble</p>	<p><b>March 31</b>                      9-12 Drop In Tech                      Tutoring                      10 Being                      Resourceful                      12:30 JCafe                      1 Mah Jongg</p>			