

# AgeWell at the JCC South Hills

April 2026

## Healthy Habits for the Spring Season

By Ava Amato & Connor Friedman, University of Pittsburgh Student Pharmacists

Spring is a great time to refresh your routines & stay medication-safe.

If you experience seasonal allergies, choose products carefully. Some older antihistamines (like diphenhydramine/Benadryl®) can cause drowsiness, confusion, dry mouth, & increase fall risk. Ask your pharmacist about newer “non-drowsy” options that may be safer for daytime use.

While you're spring cleaning, don't forget your medicine cabinet. Check expiration dates & remove medications you no longer use. The safest way to dispose of old prescriptions is through a community medication take-back program or authorized pharmacy drop box. Avoid flushing medicines unless the label specifically says it's safe to do so.

Planning any spring or summer travel? Make a medication checklist before you go. Pack enough medication for your entire trip (plus a few extra days), keep medicines in original labeled containers, & carry them in your hand luggage. It's also a good time to ask your healthcare team whether you're up to date on recommended vaccines such as shingles, pneumonia, RSV, or your annual flu shot.

To learn more about medication safety, join nursing students from Duquesne University at the JCC on 4/14. Additionally, stay tuned for more information about AgeWell at the JCC's HomeMeds Medication Assurance Program, coming soon.

## National Volunteer Month

April is National Volunteer Month! We celebrate the dedication & impact of current volunteers, & encourage new volunteers to get involved. Each month, an average of 18 volunteers generously offer their time to support AgeWell programs.

Volunteering benefits not only the organizations served, but also those who choose to give their time. United Way highlights 25 ways volunteering supports older adults. Here are a few:

- It adds purpose to your life
- It gets you up and moving
- You can use your expertise
- You can fill a need in your community
- It's a learning experience
- You can make unlikely friendships

To read the complete article published by United Way, scan here:



**To learn more about volunteer opportunities at the JCC, visit our Volunteer Fair on April 7.**

Throughout this newsletter, each program that is led by a volunteer is indicated with an asterisk (\*). **Please help us thank our volunteers this month!**

**AgeWell**  
at the JCC South Hills

# April Programs & Events

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

## **Passover Frog Pop Up Cards, 4/3 at 10:30 am**

Celebrate the holiday of Passover with a pop up card project!

## **Documentary Screening: *When Jews Were Funny*, 4/6 at 10 am**

Alan Zweig explores the role of Jewish comedians through history in North American comedy, through interviews & video clips from a wide collection of Jewish comedians & writers.

## **AgeWell at the JCC Volunteer Fair, 4/7 from 9 am to 12 pm**

If you are interested in volunteering, stop by to learn more about open volunteer positions with AgeWell at the JCC!

## **“Picture This” with Age-Friendly Greater Pittsburgh, 4/7, Time TBD**

Join Cassandra Masters from Age-Friendly Greater Pittsburgh for a guided discussion about the “Picture This” art exhibit. The exhibit highlights inter-generational connections across our communities.

## **Matzo “Architecture” Competition, 4/9 at 11 am**

Test your architectural ingenuity in this friendly competition to see who can build the best house out of matzo. Matzo & decorations will be provided, though you are welcome to bring additional supplies.

## **Volunteer Clearances Workshop, 4/10 at 10 am**

Do you want to volunteer, but aren't sure where to start? This workshop will help you get started on PA Acts 33 & 34, which are required by many local volunteer organizations.

## **\*Floral Arranging Workshop, 4/10 at 12 pm**

Join Ann Talarek, horticulture specialist & Volunteer Engagement Coordinator for SHIM to create a floral arrangement. All skill levels are welcome! **Register by Friday, 4/3 by contacting Hayley Krebs.**

## **\*Neck Pain Workshop, 4/10 at 1:30 pm**

Presented by Hess PT, this workshop will cover common causes of neck pain & stiffness. Participants will learn practical tips to reduce pain, how daily habits affect neck health, & how physical therapy can help to improve mobility & strength.

## **Webinar: *The Power of the Outdoors: Supporting Dementia Wellbeing*, 4/13 at 12pm**

This webinar, presented by Dementia Friendly Pennsylvania, will discuss how nature can enhance the wellbeing of people living with dementia & their care partners, common challenges to outdoor engagement, practical tips for safety & accessibility, & adaptable outdoor activities.

## **\*Medication Safety, 4/14 at 10:30 am**

Nursing students from Duquesne University will discuss best practices related to medication management & safety.

## **Movie Screening: *The Ritchie Boys*, 4/14 at 3 pm**

*The Ritchie Boys* is the riveting, untold story of a group of young men who fled Nazi Germany & returned as soldiers in U.S. uniforms. They knew the psychology & the language of the enemy better than anyone. Determined, bright, & inventive, they fought their own kind of war.

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

### **Webinar: Introduction to Artificial Intelligence, 4/15 at 10am**

AI is rapidly transforming the world around us- but what does that mean for you? Join AARP for an introduction to AI that breaks down the essentials.

### **Israeli National Flower Red Calanit (כלנית) Watercolor, 4/15 at 10:30 am**

Darom Adom (דרום אדום) is an annual Israeli festival, held during the Calanit flower's blossoming season. The return of the flowers is a symbol of resilience, reflected in the season's title: "Darom BaLev" The South in Our Hearts. Make your own calanit flower watercolor.

### **Wet-Felted Rock Paperweights Art Class, 4/16 at 2 pm**

Learn how to wet felt unspun fiber into a beautiful, solid surface felt in this Earth Day-inspired art class. **There is a registration fee of \$25. Register by 4/13 by contacting Mickey Benson.**

### **Wits Workout Information Session, 4/17 at 10 am**

Wits Workout is a peer-reviewed, pilot tested, brain health program. Join this information session to learn more about the program & how to participate!

### **\*Wine Primer, 4/17 at 1:30 pm Register by contacting Hillary Green.**

### **Webinar & Discussion: How to Lead with Humanity Amidst Crisis, 4/21 at 10:30am**

Rachel Goldberg-Polin, mother of Hersh Goldberg-Polin z"l, joins Merav Ben-Nun at the Shalom Hartman Institute for the "Teaching Hope in a World on Fire" seminar. Rachel shares deeply personal stories about her son, his legacy as a "professional listener," & her unwavering insistence on the shared humanity of all victims of violence.

### **Documentary Screening: 100 Years of Hebrew Poetry, 4/22 at 10 am**

Poet & anthologist Peter Cole reads from his poems & discusses the history of Hebrew poetry in a powerful video from the Library of Congress.

### **Creative Acting Class, Starting 4/23 at 2 pm**

Step into creativity & confidence! This 4-part acting class is designed for participants who want to learn to express themselves authentically through improv, scene work, & character development while boosting memory, creativity, & connection. **There is a \$70 registration fee for this series. Register by 4/16 by contacting Hayley Krebs.**

### **\*Eat To Heal, 4/24 at 1: 30 pm**

An engaging, practical discussion about how nutrition supports strength, healing, & healthy aging. This session will include simple, actionable tips for building balanced meals, staying hydrated, & choosing foods that promote energy, recovery, & independence.

### **Things That Connect Us: Volunteerism!, 4/27 at 10 am**

Join a discussion about how volunteerism promotes health, wellbeing, & social connection.

### **Purse Bingo, 4/29 at 2 pm**

Play bingo! Win purses! Registration includes one bingo board per round. Additional bingo boards are available for a \$5 donation or a donation of a purse to be used as a prize. The winner of each round will receive a purse. **Register for \$10 by contacting Mickey Benson.**

### **\*Bird-Friendly Stewardship, 4/30 at 2 pm**

Celebrate spring by welcoming birds back into your yard! Participants will learn about natural materials that are best to put out for nesting feathered friends.

## Ongoing Programs

\***500 Bid Card Game**, 4/13 & 4/27 at 1pm

\***Blood Pressure Screening with JAA**

**Staff**, 4/14 & 4/28 from 10-11 am

\***Blood Pressure Screening with a Volunteer**, 4/9 & 4/23, 9:30-10:30 am

\***Book Club**, 4/21 at 1:30 pm

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

**Conversations with Amy Discussion Group**, 4/29 at 10 am

\***Drop-In Technology Tutoring**,

Tuesdays from 9 am-12 pm

\***Garden Club**, 4/10 at 12 pm

Topic: **Floral Arranging (Registration Required)**

\***Grief Support Group**,

4/14 & 4/28 at 10:30 am

\***Individual Technology Tutoring**,

By Appointment

**Information & Referral Services**,

By Request

\***Israeli Culture Group**,

4/10 at 1:30 pm

**JCafe Congregate Lunch Program**,

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

\***Knitting & Crochet**, 4/9 & 4/20 at 11am

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

\***Meditation with Awaken Pittsburgh**,  
4/1 & 4/15 at 12 pm

**Memory Café**, 4/15 at 2 pm

**Men's Discussion Group**, 4/21 at 11 am

\***Paper Quilling**, 4/23 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**,

4/13 & 4/27 at 12pm

**Rummikub**, Fridays at 11 am

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

\***Theater Club**, 4/20 at 12 pm

---

### A Few Announcements...

**Please Note: The JCC is closed on 4/2 & 4/8 in observance of Passover.**

**Save the Date: May is Older Americans Month! AgeWell will host an open house with community partner agencies on Thursday, May 21.**

**Throughout the month of April, visit Age-Friendly Greater Pittsburgh's "Picture This" Art Exhibit in the South Hills JCC Lobby!**

## AgeWell at the JCC South Hills April Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>April 1</b> 12 Meditation 12:30 JCafe 1:30 Documentary: <i>Salt Fat Acid Heat</i>	<b>April 2</b>  <b>JCC Closed in                      Observance of                      Passover</b>	<b>April 3</b> 10 Passover Frog Pop Up Craft 11 Rummikub 12:30 JCafe 1 Pinochle
<b>April 6</b> 10 Documentary: <i>When Jews Were                      Funny</i> 12:30 JCafe 1:30 Scrabble	<b>April 7</b> 9-12 Drop in Tech Tutoring 9-12 Volunteer Fair 12:30 JCafe 1 Mah Jongg "Picture This" Discussion	<b>April 8</b>  <b>JCC Closed in                      Observance of                      Passover</b>	<b>April 9</b> 11 Knitting & Crochet Club 11 Matzo Architecture Contest 12:30 JCafe 1 Canasta	<b>April 10</b> 10 Volunteer Clearances Workshop 11 Rummikub 12 Floral Arranging 12:30 JCafe 1 Pinochle 1:30 Neck Pain Workshop With Hess PT 1:30 Israeli Culture Group
<b>April 13</b> 12 Webinar: <i>The                      Power of the                      Outdoors:                      Supporting                      Dementia                      Wellbeing</i> 12 Sound Bathing 12:30 JCafe 1 500 Bid 1:30 Scrabble	<b>April 14</b> 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Medication Safety 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg 3 Movie: <i>The                      Ritchie Boys</i>	<b>April 15</b> 10 Intro to AI 10:30 Poppy Painting 12 Meditation 12:30 JCafe 2 Memory Cafe	<b>April 16</b> 12:30 JCafe 1 Canasta 2 Wet-Felting Art Class	<b>April 17</b> 10 Wits Workout Information Session 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Wine Primer

## AgeWell at the JCC South Hills April Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>April 20</b>                      11 Knitting &amp; Crochet                      12 Theater Club                      12:30 JCafe                      1:30 Scrabble</p>	<p><b>April 21</b>                      9-12 Drop In                      Tech Tutoring                      10:30 Discussion: <i>How to Lead with Humanity Amidst Crisis</i>                      11 Men's Discussion Group                      12:30 JCafe                      1 Mah Jongg                      1:30 Book Club</p>	<p><b>April 22</b>                      10 Documentary: <i>100 Years of Hebrew Poetry</i>                      12:30 JCafe</p>	<p><b>April 23</b>                      12:30 JCafe                      1 Canasta                      1:30 Paper Quilling                      2 Creative Acting Class</p>	<p><b>April 24</b>                      11 Rummikub                      12:30 JCafe                      1 Pinochle                      1:30 Eat to Heal</p>
<p><b>April 27</b>                      10 The Things that Connect Us: Volunteerism!                      12 Sound Bathing                      12:30 JCafe                      1 500 Bid                      1:30 Scrabble</p>	<p><b>April 28</b>                      9-12 Drop In                      Tech Tutoring                      10 Blood Pressure Screening                      10:30 Grief Support Group                      12:30 JCafe                      1 Mah Jongg</p>	<p><b>April 29</b>                      10 Conversations with Amy                      12:30 JCafe                      2 Purse Bingo</p>	<p><b>April 30</b>                      12:30 JCafe                      1 Canasta                      2 Creative Acting Class                      2 Bird-Friendly Stewardship</p>	