

AgeWell at the JCC South Hills

May 2026

Celebrate Older Americans Month!

Each May, the Administration for Community Living (ACL) leads the national celebration of Older Americans Month. This is a time to recognize the significant contributions of older adults in communities across the county & to highlight aging trends. For service providers, it is a time to reaffirm commitments to serving older adults.

This year's theme is *Champion Your Health*. This theme focuses on prevention, wellness, & personal responsibility as cornerstones of healthy aging. It promotes taking an active role in managing your own health, advocating for yourself, accessing preventive care, & making informed decisions to support independence & well-being.

At the JCC, this theme comes to life each day. Whether attending to fitness classes, accessing preventive screens like blood pressure monitoring, or participating in educational lectures, AgeWell members are actively engaged in their health & wellness.

As you read through this newsletter, we challenge you to try a new activity this month to take another step towards championing your own health!



The Holiday of Shavuot

As the spring turns to summer, we look forward to observing Shavuot, which begins at sundown on May 21st. Shavuot marks the completion of the 49-day count from Passover, & highlights the community coming together to receive the Torah. It is a time for us to reflect on our traditions, read from the Book of Ruth, & decorate our space with flowers & greenery. We welcome all to take part in our upcoming holiday activities to celebrate this festive occasion!



The JCC will be closed on Friday, May 22 in observance of Shavuot.

The AgeWell office will be closed on Monday, May 25 in observance of Memorial Day. The fitness center will be open with limited hours that day.

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May Programs & Events

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

Wines of Spain, 5/1 at 1:30 pm

Join wine enthusiast & AgeWell member Dennis Sweeney in an exploration of Spanish wines. **There is a \$35 cost for this program. Register by contacting Hillary Green.**

Movie Screening: *Hold on to Your Music, A Mother's Legacy*, 5/4 at 10 am

This gripping multigenerational story follows pianist Lisa Jura, who went to London on the Kindertransport. This film is a sweeping testament to survival, the power of music, & the enduring strength of a mother's love.

Seniors for Safe Driving Class, 5/6 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.

Wits Workout, Starting on 5/7 at 10:30 am

Train your brain & make new social connections through this educational cognitive health program! **This program is a 6-week series. Register by contacting Hillary Green.**

HomeMeds Medication Screening, 5/8 By Appointment

HomeMeds is a consultation that addresses medication safety by identifying potential adverse effects due to duplication of medications. Make an appointment to have your medications reviewed. You will be contacted by a pharmacist if any concerns are identified. **Contact Hillary Green for details.**

Vertigo & Dizziness Workshop, 5/8 at 1:30 pm

Join Hess PT to learn the difference between vertigo, dizziness, & balance disorders, & how you can restore your stability & confidence.

Zendoodle & Reverse Coloring, 5/11 at 11 am

Express yourself with color in this loosely-guided drawing meditation, covering the techniques of Zendoodle & Reverse Coloring.

Erik Able-Inspired Hawks Craft, 5/12 at 10:30 am

Try your hand at Erik Able's style of creating with this guided acrylic marker class to step into bolder use of colors, geometric patterns, & motifs found in the work of this American artist.

Movie Screening: *Monty Python & The Holy Grail*, 5/12 at 12 pm

A comedic portrayal of the grim circumstances of the middle ages, as told through the story of King Arthur & framed by a modern-day murder investigation.

Outing: Senior Justice & Wellness Expo, 5/13 at 9:15 am

Join AgeWell at the JCC to visit the Senior Justice & Wellness Fest! Lunch will be provided. The event will include guest speakers, health screenings, prescription disposal, prizes, & more. Participants wishing to utilize group transportation from the JCC must be registered with ACCESS Transportation Systems. **Register by 5/1 by contacting Hayley Krebs.**

Hayley 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

Brain Health Workshop, 5/13 at 1:30 pm

Research reveals there are ways to slow the process of cognitive decline & minimize risk. Participants will learn 6 simple & effective strategies for preserving & strengthening brain function. This workshop is hosted by SilverSneakers®.

Rainbow Gradient Paper Mosaic Craft, 5/14 at 2 pm

Assemble an original, abstract rainbow masterpiece in preparation for Shavuot.

Faux Flower Crowns Craft, 5/18 at 1:30 pm

Make your own flower crown in honor of Shavuot.

Shavuot Yizkor Service, 5/19 at 1:30 pm

All are welcome to participate in a memorial prayer service & discussion honoring deceased loved ones.

Ageless Biking Group, 5/20

The biking group will meet at a local trail. For details, contact Hayley Krebs.

Candy Canines Craft, 5/20 at 10:30 am

Try your hand at the confectionary arts by making a dachshund out of chocolate.

Coffee with the Director, 5/21 at 9:30 am

Join AgeWell at the JCC Division Director Sharon Feinman for coffee & conversation.

Older Americans Month Open House, 5/21 from 10:30 am to 12:30 pm

Explore resources & supports in your community! AgeWell will be joined by numerous community partner agencies who will share information tables.

Get to Know the Jewish Association on Aging, 5/21 at 11 am

Attend an informative presentation from Nadine Kruman, MSW, LSW, Care Navigator from the JAA. Nadine will share how the JAA supports older adults & families through senior living options, healthcare & rehabilitation services, memory care, & community & home-based supports.

Movie Screening: The Temptations- Legends in Concert, 5/21 at 3 pm

Spend an afternoon with the Detroit quintet, as they bring showmanship to their hits, including “My Girl”, & “Papa Was a Rolling Stone”.

Hypothetical Situation Hierarchy Game, 5/26 at 10:30 am

If everyone read minds, would relationships improve or break? If you could bring back any canceled TV series, how would you end it? Discuss the answers to these questions & many more in this game!

Medicare Made Simple with MediConnect, 5/26 at 1:30 pm

An informal, educational talk about maximizing your Medicare options.

Introduction to Essential Somatics® Movement with Monette Shuttleworth, 5/27 at 2 pm

Inspired by her own healing journey, Monette offers gentle movement sequences that retrain the brain & body through neuromuscular re-education (“pandiculation”). These slow, mindful movements help release chronic tension & restore comfort, mobility, & ease.

Outing: Pittsburgh Glass Center, 5/28 at 10 am

Explore the Pittsburgh Glass Center! **There is a \$20 entry fee for this outing. Register by 5/15 by contacting Hillary Green.**

Nourish Your Mind with Dr. Mike Silvestri, 5/28 at 1:30 pm

Dive into how to maintain & enhance cognitive function as you age, including research-backed diet & lifestyle strategies to help keep your brain sharp & thriving over time.

Documentary Screening: Hack Your Health: Secrets of Your Gut, 5/29 at 10 am

Delve into the digestive system & demystify the role gut health plays in your overall well-being.

Ongoing Programs

500 Bid Card Game, 5/11 at 1pm

Blood Pressure Screening with JAA

Staff, 5/12 & 5/26 from 10-11 am

Blood Pressure Screening with a

Volunteer, 5/7 & 5/21, 9:30-10:30 am

Book Club, 5/19 at 1:30 pm

Canasta, Thursdays from 1-3 pm

Conversations with Amy Discussion

Group, 5/27 at 10 am

Drop-In Technology Tutoring,

Tuesdays from 9 am-12 pm

Grief Support Group,

5/12 & 5/26 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, 5/7 & 5/18 at 11 am

National Parks Discussion Group,

5/21 at 12 pm

Mah Jongg, Tuesdays from 1-3 pm

Meditation with Awaken Pittsburgh,

5/6 & 5/20 at 12 pm

Memory Café, 5/20 at 2 pm

Men's Discussion Group,

5/19 at 11 am

Paper Quilling,

5/13 at 11 am & 5/28 at 1:30 pm

Pinochle, Fridays from 1-3 pm

Puzzle Swap, Available Daily During

AgeWell Office Hours

Reiki-Infused Sound Bathing with the

10.27 Healing Partnership,

5/11 at 12pm

Rummikub, Fridays at 11 am

Scrabble, Mondays at 1:30 pm

Theater Club, 5/18 at 12 pm

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Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Wines of Spain
May 4 10 Movie Screening: <i>Hold on to Your Music, A Mother's Legacy</i> 12:30 JCafe 1:30 Scrabble	May 5 9-12 Drop in Tech Tutoring 12:30 JCafe 1 Mah Jongg	May 6 12 Meditation 12:30 JCafe 1:30 Seniors for Safe Driving Class	May 7 9:30 Blood Pressure Checks 10:30 Wits Workout 11 Knitting & Crochet Club 12:30 JCafe 1 Canasta 2 The Art of Acting	May 8 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Vertigo & Dizziness Workshop With Hess PT
May 11 11 Zendoodle & Reverse Coloring 12 Sound Bathing 12:30 JCafe 1 500 Bid 1:30 Scrabble	May 12 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Grief Support Group 10:30 Acrylic Marker Craft 12:30 JCafe 1 Mah Jongg 2 Movie: <i>Monty Python & The Holy Grail</i>	May 13 Outing: Senior Justice & Wellness Fest 11 Paper Quilling 12:30 JCafe 1:30 Brain Health Workshop	May 14 10:30 Wits Workout 12:30 JCafe 1 Canasta 2 The Art of Acting 2 Rainbow Gradient Paper Mosaic Craft	May 15 11 Rummikub 12:30 JCafe 1 Pinochle

AgeWell at the JCC South Hills April Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 18 11 Knitting & Crochet 12 Theater Club 12:30 JCafe 1:30 Scrabble 1:30 Faux Flower Crown Craft</p>	<p>May 19 9-12 Drop In Tech Tutoring 11 Men's Discussion Group 12:30 JCafe 1:30 Book Club 1:30 Shavuot Yizkor Service</p>	<p>May 20 Ageless Biking Group 10:30 Candy Canines Craft 12 Meditation 12:30 JCafe 2 Memory Cafe</p>	<p>May 21 9:30 Coffee with the Director 9:30 Blood Pressure Checks 10:30 Wits Workout 10:30 Older Americans Month Open House 11 Get to Know JAA 12 National Parks Discussion Group 12:30 JCafe 1 Canasta 3 Movie: <i>The Temptations- Legends in Concert</i></p>	<p>May 22 Closed in observance of Shavuot</p>
<p>May 25 Closed in observance of Memorial Day</p>	<p>May 26 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Grief Support Group 10:30 Hypothetical Situation Hierarchy Game 12:30 JCafe 1 Mah Jongg 1:30 Medicare Made Simple</p>	<p>May 27 10 Conversations with Amy 12:30 JCafe 2 Introduction to Essential Somatics</p>	<p>May 28 Outing: Pittsburgh Glass Center 10:30 Wits Workout 12:30 JCafe 1 Canasta 1:30 Nourish Your Mind 1:30 Paper Quilling</p>	<p>May 29 10 Movie: Hack Your Health: Secrets of Your Gut 11 Rummikub 12:30 JCafe 1 Pinochle</p>