

AgeWell at the JCC South Hills

June 2026

HomeMeds Medication Screening Program

Medication overload, misuse, and/or the consistent, long-term use of multiple medications (polypharmacy) account for approximately 30% of all hospital admissions among older adults. Aging affects how the body absorbs & metabolizes drugs. For this reason, older adults are more likely than their younger counterparts to experience serious symptoms from drug interactions such as cognitive impairment, dizziness, or falls. Older adults are also more likely to be treated by specialists who are unaware of one another, & to take medications over many years to manage chronic conditions. These factors increase the risk of duplicate, redundant, or contraindicated drugs.

Through a generous grant from the Jewish Health Foundation, AgeWell members can now proactively screen their drug & supplement regimen for potential risks through HomeMeds, a patented medication reconciliation program. Simply bring a list of your current medications & supplements to be entered into HomeMeds, & if there are any “red flags,” a Giant Eagle Pharmacist will review your medication profile. Participants will receive a \$25 gift card from Giant Eagle upon completion.

To make an appointment or if you have any questions, contact Hillary Green at hgreen@jccpgh.org or 412-278-1780.

Summer at the JCC

As summer arrives, the JCC welcomes the vibrant energy & activity of South Hills Day Camp. The JCC serves people of all ages as an intergenerational community space. While the summer months bring more activity throughout shared spaces in the building, the pool, & the parking lot, they also offer meaningful reminders about the importance of connecting our community across generations.

The energy of the campers is part of what makes our center a lively & welcoming place, just as the year-round presence of our AgeWell members helps to foster connection & wellbeing throughout our community. By sharing our spaces with patience & flexibility, we continue to create an environment where all are welcome.

Thank you for helping us to foster a positive environment for all JCC members this summer. We look forward to a season filled with connection, activity, & community.

AgeWell
at the JCC South Hills

June Programs & Events

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

Movie Screening: *The Devil Wears Prada*, 6/1 at 10 am

This 2006 comedy-drama film follows a bright but unstylish journalist who lands a grueling assistant job under a demanding editor of a top fashion magazine. Starring Anne Hathaway & Meryl Streep.

Acrylic Marker Project, 6/3 at 10:30 am

Learn how to use acrylic marker in the style of Steven Brown's famous multi-colored highland cows, the McCoos.

Optimize Your Oral Health, 6/5 at 12 pm

While brushing your teeth twice daily is essential, there is so much more to a healthy smile! Join South Hills Dental Arts to explore nutrition tips, oral aids, & more.

Wines of Summer, 6/5 or 6/19 at 1:30pm

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

Understanding Metabolic Health, 6/10 at 2 pm

Join Nurse Susan Nadolny for a discussion on how to maximize metabolic health through lifestyle interventions.

Movie Screening: *Remarkably Bright Creatures*, 6/11 at 2 pm

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy & wonder once again. The film stars Sally Field & is based on the bestselling novel.

HomeMeds Medication Screening, 6/12 By Appointment

HomeMeds is a consultation that addresses medication safety by identifying potential adverse effects due to duplication or interactions of medications. **Contact Hillary Green for details or to make an appointment.**

Group Outing: Gateway Clipper Three Rivers Sightseeing Cruise, 6/12

Cruise the three rivers! **Register by 6/5 by contacting Hayley Krebs. There is a \$40 ticket cost for this outing.**

Watercolor Skill Share & Open Studio, 6/17 at 10:30 am

Explore watercolor in a group setting with freedom to try various painting techniques. Light instruction will be provided.

CBD Wellness Products & Supplements, 6/18 at 1:30 pm

Join the CBD Wellness Store to learn about types of CBD products to support your wellness journey with thoughtful, natural solutions.

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

Documentary Screening: *Marty, Life is Short*, 6/19 at 10 am

He's known great love & profound loss, & through it all, his joy shines through. Comic icon Martin Short looks back in this star-studded Netflix documentary.

Diabetes Prevention- Embrace Your Healthiest Self, 6/22 at 10 am

Learn tips to better manage your blood sugar, blood pressure, & overall health. **Register by contacting Hayley Krebs.**

Agamographs Art, 6/24 at 10:30 am

Dive into the style of Israeli artist Yaacov Agam by creating your own agamograph! An agamograph is a 3D piece of art made from two 2D pictures. Participants will create & splice their own kinetic art in this workshop.

Webinar: Tech Tips for Emergency & Disaster Preparedness, 6/25 at 10 am

Technology is an essential part of being prepared for emergencies & natural disasters. This session will explore how technology can help you prepare & stay up to date during emergencies.

Creativity Group, 6/25 at 1:30 pm

Creatives of all disciplines & experience levels are welcome to join this new group designed to help grow creative self-confidence & unlock new artistic potential.

Volunteer Clearances Workshop, 6/29 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.

Paper Mache Foil Frames, 6/30 at 10:30 am

Learn to make whimsical paper mache frames for mini paintings!

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Registration Hours

Monday: 9 am to 12 pm

Tuesday: 9 am to 12 pm & 2 pm to 4 pm

Wednesday: 9 am to 12 pm

Thursday: 9 am to 12 pm & 2 pm to 4 pm

New Fitness Offerings at the JCC

Bingocize

Bingocize is a 10-week evidence-based workshop combining Bingo, exercise, & falls prevention education. To register, stop by the front desk.

Igia Movement for Health

This is a somatic movement chair-based practice focused on improving physical, emotional, & mental wellbeing. It uses the brain-body connection to alleviate tension & encourage pain-free aging while improving balance, posture, & coordination. **Register in the JCC app.**

Ongoing Programs

500 Bid Card Game, 6/8 & 6/22 at 1pm

Ageless Biking Group,

Contact Hayley Krebs for details

Book Exchange, Available Daily During
AgeWell Office Hours

Blood Pressure Screening with JAA

Staff, 6/9 & 6/23 from 10-11 am

Blood Pressure Screening with a

Volunteer, 6/11, 9:30-10:30 am

Book Club, 6/16 at 1:30 pm

Canasta, Thursdays from 1-3 pm

**Conversations with Amy Discussion
Group**, 6/24 at 10 am

Drop-In Technology Tutoring,

Tuesdays from 9 am-12 pm

Thursdays from 4-5 pm

Grief Support Group,

6/9 & 6/23 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, 6/11 & 6/22 at 11 am

National Parks Discussion Group,
6/10 at 12 pm

Mah Jongg, Tuesdays from 1-3 pm

Meditation with Awaken Pittsburgh,
6/3 & 6/17 at 12 pm

Memory Café, 6/17 at 2 pm

Men's Discussion Group,
6/16 at 11 am

Paper Quilling, 6/25 at 1:30 pm (No
Meeting on 6/10)

Peer Support Counseling Hours,
By Appointment

Pinochle, Fridays from 1-3 pm

Puzzle Swap, Available Daily During
AgeWell Office Hours

**Reiki-Infused Sound Bathing with the
10.27 Healing Partnership**,
6/22 at 12pm

Rummikub, Fridays at 11 am

Scrabble, Mondays at 1:30 pm

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 1 10 Movie: <i>The Devil Wears Prada</i> 12:30 JCafe 1:30 Scrabble</p>	<p>June 2 9-12 Drop in Tech Tutoring 12:30 JCafe 1 Mah Jongg</p>	<p>June 3 10:30 Acrylic Marker Art 12 Meditation 12:30 JCafe</p>	<p>June 4 10:30 Wits Workout 12:30 JCafe 1 Canasta 4-5 Drop In Techn Tutoring</p>	<p>June 5 11 Rummikub 12 Optimize Your Oral Hygiene 12:30 JCafe 1 Pinochle 1:30 Summer Wines</p>
<p>June 8 12:30 JCafe 1 500 Bid 1:30 Scrabble</p>	<p>June 9 9-12 Drop in Tech Tutoring 10-11 Blood Pressure Checks 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg</p>	<p>June 10 12 National Parks Discussion Group 12:30 JCafe 2 Understanding Metabolic Health</p>	<p>June 11 9:30-10:30 Blood Pressure Checks 10:30 Wits Workout 11 Knitting & Crochet Club 12:30 JCafe 1 Canasta 2 Movie: <i>Remarkably Bright Creatures</i> 4-5 Drop In Tech Tutoring</p>	<p>June 12 Outing: River Cruise HomeMeds Medication Screening 11 Rummikub 12:30 JCafe 1 Pinochle</p>
<p>June 15 12:30 JCafe 1:30 Scrabble</p>	<p>June 16 9-12 Drop In Tech Tutoring 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club</p>	<p>June 17 10:30 Watercolor Studio 12 Meditation 12:30 JCafe 2 Memory Cafe</p>	<p>June 18 12:30 JCafe 1 Canasta 1:30 CBD Wellness Products 4-5 Drop In Tech Tutoring</p>	<p>June 19 10 Documentary: <i>Marty, Life is Short</i> 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Summer Wines</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 22 10 Diabetes Prevention 11 Knitting & Crochet 12 Reiki-Infused Sound Bathing 12:30 JCafe 1 500 Bid 1:30 Scrabble</p>	<p>June 23 9-12 Drop In Tech Tutoring 10 Blood Pressure Checks 10:30 Grief Support Group 12:30 JCafe</p>	<p>June 24 10 Conversations with Amy 10:30 Agamographs Art 12:30 JCafe</p>	<p>June 25 10 Tech Tips for Emergency Preparedness 12:30 JCafe 1 Canasta 1:30 Paper Quilling 1:30 Creativity Group 4-5 Drop In Tech Tutoring</p>	<p>June 26 1 Rummikub 12:30 JCafe 1 Pinochle</p>
<p>June 29 10 Volunteer Clearances Workshop 12:30 JCafe 1:30 Scrabble</p>	<p>June 30 9-12 Drop In Tech Tutoring 10:30 Paper Mache Foil Frames 12:30 JCafe 1 Mah Jongg</p>			