

AgeWell at the JCC South Hills

July 2026

Member Spotlight: Melissa's DEKA Journey

Submitted by AgeWell Member Melissa Ungar

After retiring & joining the JCC & AgeWell, I was very intimidated hearing about the DEKA workouts. But after months of hesitation, I decided to give them a try. I quickly discovered a supportive group focused on personal progress, strength, & well-being.

Now, nearly a year & a half & over 200 classes later, I am officially hooked.

This past March, I challenged myself by signing up for the DEKA Mile competition. Despite never having competed in a fitness event in my 68 years, I felt motivated by the progress I had made in class. I was nervous about my performance (and my knees), but the experience was incredibly rewarding. Thanks to the exceptional support from all of the trainers, I completed the course in 48 minutes & 40 seconds—not a great time for the true athletes who competed, but far exceeding my own expectations.

I wanted to share this milestone to express my gratitude for the program & the encouragement I've received. I hope my story encourages others who might be hesitant to join the DEKA community!



Sometimes the hardest part is getting started. It's never too late to take the first step—you may be surprised by what you can achieve & who you'll meet along the way!

Interested in writing an article for the monthly newsletter?
We'd love to hear about your experiences!

From Pittsburgh to Puerto Rico!

An AgeWell Pittsburgh bag was spotted soaking up the sun on the beaches of Puerto Rico! Where will you take AgeWell this summer?



AgeWell at the JCC South Hills 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**

AgeWell
at the JCC South Hills

July Programs & Events

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

Zendoodle Dachshund Cards Craft, 7/1 at 10:30 AM

Kick off "hot dog summer" with this red, white, & blue Zendoodle card workshop.

Aging Well Series: The Basics of Aging Well, 7/1 at 11 AM

The 4-part Aging Well series covers significant aspects of Aging Well. "The Basics of Aging Well" covers the vital areas of socialization, exercise, eating & hydration, sleep, & medication management.

Documentary Series: The American Experiment, Wednesdays in July at 2 PM

Life. Liberty. The pursuit of happiness. This sweeping, 5-part historical documentary series traces how the ideals of America's founders gave rise to a nation.

Birkat ha Medina/ Prayer for the Country Wall Art Workshop, 7/8 at 10:30 AM

Create a personalized Jewish home blessing inspired by America 250. Participants will design a unique prayer for their home.

Balance, Supplements, & Mental Health with OsteoStrong, 7/8 at 1:30 PM

OsteoStrong PGH South offers safe, science-based options to naturally increase bone density. OsteoStrong Coach Hannah Schildkamp will share tips on balance, supplements, & mental health as they relate to bone health.

Shoulder Pain & Rotator Cuff Workshop with Hess PT, 7/9 at 1:30 PM

Join Hess Physical Therapy for a workshop on shoulder pain & rotator cuff injuries. Participants will learn common causes of shoulder pain & how to alleviate it.

Brain Health Workshop, 7/10 at 10 AM

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

Watercolor Open Studio, 7/13 at 10:30 AM

Explore watercolor in a group setting with the freedom to try various painting techniques! All materials will be provided.

Dementia Friendly PA Webinar: Nourish to Flourish: Quick, Affordable Meals to Support Brain Health, 7/13 at 1 PM

Join Dementia Friendly PA to learn about choosing foods from different food groups, shopping on a budget, & making quick & simple meals to support brain health. This virtual program will be livestreamed.

"Have I Got a Story to Tell", 7/14 at 10 AM

Join published author Judy Press to learn how to craft your personal story for memoir writing. Everyone has a story worth telling!

Clay Dragon's Eye Craft, 7/15 at 10:30 AM

The dragon eye is a profound spiritual symbol, representing heightened awareness, protection, & luck. Craft your own magical dragon eyes out of clay in this workshop.

**All About the Whiskey Rebellion,
7/16 at 1:30 PM**

In July of 1794, a force of 500+ rebels attacked the Bower Hill home of federal tax inspector John Neville. Learn more about what Hamilton & Washington did next in this engaging discussion.

**Blood Pressure & Heart Health
Education, 7/17 at 10 AM**

Learn the importance of blood pressure management, monitoring, & screening. Participants will gain an understanding of what blood pressure is & the risks associated with high blood pressure, as well as how to follow a heart-healthy diet.

**Sparkling Wine Primer,
7/17 at 1:30 PM**

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

Oil Pastel Parrots, 7/20 at 1:30 PM

Learn the oil pastel techniques of blending, layering, & capturing value through building on a pre-sketched design.

**Ageing Well Series: Advanced Planning,
7/22 at 11 AM**

The 4-part Ageing Well series covers significant aspects of Ageing Well. "Advanced Planning" explores important end-of-life decisions.

Tisha B'Av Mosaic Workshop, 7/22 at 1:30 PM

Inspired by the Jewish theme of finding beauty in brokenness, join a text study & work with mosaic artist Stevo to create symbolic trivets. **There is a \$25 cost for this workshop. Register by 7/17 by contacting Mickey Benson.**

**How to Stay Healthy While Caregiving,
7/28 at 2:30 PM**

Join Jensine Paoletti-Hatcher, a researcher from Portland State University, to learn how to care for yourself while serving as a caregiver. This program is also available virtually on virtualsenioracademy.org.

**Ageing Well Series: Financial Education,
7/29 at 11 AM**

The 4-part Ageing Well series covers significant aspects of Ageing Well. "Finances" addresses living within your means & avoiding scams.

Creativity Group, 7/30 at 1:30 PM

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

A look ahead...

Save the date for these upcoming programs!

8/5 Lung Health with Breathe PA

**8/5 Ageing Well Series: Resources in Your
Community**

8/7 Sparkling Wine Primer

8/12 Group Outing: Heinz History Center Tour

8/13 Lower Back Pain Workshop

**8/18 Group Outing: Jewish Heritage Night
with the Pittsburgh Pirates**

9/3 Wits Workout (New Series!)

9/3 Senior Center Month Activity Fair

9/4 Senior Center Month Celebration

Ongoing Programs

500 Bid Card Game, 7/13 & 7/27 at 1pm

Ageless Biking Group,

Contact Hayley Krebs for details

Book Exchange, Available Daily During
AgeWell Office Hours

Blood Pressure Screening with JAA

Staff, 7/14 & 7/28 from 10-11 am

Blood Pressure Screening with a

Volunteer, 7/9 & 7/23, 9:30-10:30 am

Book Club, 7/21 at 1:30 pm

Canasta, Thursdays from 1-3 pm

**Conversations with Amy Discussion
Group**, 7/29 at 10 am

Drop-In Technology Tutoring,

Tuesdays from 9 am-12 pm

*Check the weekly email for additional
drop in times*

Grief Support Group,

7/14 & 7/28 at 10:30 am

HomeMeds Medication Screening,

By Appointment

Information & Referral Services,

By Request

JCafe Congregate Lunch Program,

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

Required

Knitting & Crochet, 7/9 & 7/20 at 11 am

National Parks Discussion Group,

7/9 at 11 am

Mah Jongg, Tuesdays from 1-3 pm

Meditation with Awaken Pittsburgh,

7/1 & 7/15 at 12 pm

Memory Café, 7/15 at 2 pm

Men's Discussion Group, 7/21 at 11 am

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,

7/6 & 7/20 at 12pm

Rummikub, Fridays at 11 am

Scrabble, Mondays at 1:30 pm

AgeWell at the JCC South Hills July Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>July 1 10:30 Zendoodle Card Craft 11 Aging Well Series 12 Meditation 12:30 JCafe 2 Documentary: <i>The American Experiment</i></p>	<p>July 2 12:30 JCafe 1 Canasta</p>	<p>July 3 AgeWell at the JCC Office Closed <i>Happy Independence Day!</i></p>
<p>July 6 12 Reiki-Infused Sound Bathing 12:30 JCafe 1:30 Scrabble</p>	<p>July 7 9-12 Drop in Tech Tutoring 12:30 JCafe 1 Mah Jongg</p>	<p>July 8 10:30 Prayer for the Country Wall Art 12:30 JCafe 1:30 PM Balance, Supplements, & Mental Health 2 Documentary: <i>The American Experiment</i></p>	<p>July 9 9:30-10:30 Blood Pressure Checks 11 Knitting & Crochet Club 11 National Parks Discussion Group 12:30 JCafe 1 Canasta 1:30 Shoulder Pain Workshop</p>	<p>July 10 10 Brain Health Workshop 11 Rummikub 12:30 JCafe 1 Pinochle</p>
<p>July 13 10:30 Open Watercolor Studio 12:30 JCafe 1 500 Bid 1 Webinar: <i>Nourish to Flourish</i> 1:30 Scrabble</p>	<p>July 14 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10 "Have I Got a Story to Tell" 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg</p>	<p>July 15 10:30 Clay Dragon's Eye Craft 12 Meditation 12:30 JCafe 2 Memory Cafe 2 Documentary: <i>The American Experiment</i></p>	<p>July 16 12:30 JCafe 1 Canasta 1:30 All About the Whiskey Rebellion</p>	<p>July 17 10 Blood Pressure & Heart Health 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Sparkling Wines</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>July 20 11 Knitting & Crochet 12 Reiki-Infused Sound Bathing 12:30 JCafe 1:30 Scrabble 1:30 Oil Pastel Parrots</p>	<p>July 21 9-12 Drop In Tech Tutoring 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club</p>	<p>July 22 11 Aging Well Series 12:30 JCafe 1:30 Tisha B'Av Mosaics 2 Documentary: <i>The American Experiment</i></p>	<p>July 23 9:30 Blood Pressure Screening 12:30 JCafe 1 Canasta</p>	<p>July 24 11 Rummikub 12:30 JCafe 1 Pinochle</p>
<p>July 27 12:30 JCafe 1 500 Bid 1:30 Scrabble</p>	<p>July 28 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg 2:30 How to Stay Healthy While Caregiving</p>	<p>July 29 10 Conversations with Amy 11 Aging Well Series 12:30 JCafe 2 Documentary: <i>The American Experiment</i></p>	<p>July 30 12:30 JCafe 1 Canasta 1:30 Creativity Group</p>	<p>July 31 11 Rummikub 12:30 JCafe 1 Pinochle</p>