

AgeWell at the JCC South Hills

August 2026

BetterAge: Your Personalized Guide to Living Well

BetterAge believes that everyone, regardless of age, should be able to live & age well. AgeWell at the JCC is pleased to announce a partnership with BetterAge to give all members access to a personalized program to promote awareness, action, & achievement.

Starting today, you can access the BetterAge assessment by scanning the QR code below, clicking the link in the weekly AgeWell email, or visiting the AgeWell office. This tool helps to assess & boost health & wellbeing. It starts with a quick assessment, followed by specific & actionable recommendations to promote living well. Actionable areas include physical, mental, & social health.

Take the assessment & explore your personal health & wellbeing report & recommendations. **Small steps make a big difference!**

To learn more about this program, join AgeWell at the JCC on Friday, August 14 at 10 AM to learn more about the Social Determinants of Health & BetterAge.



AgeWell
at the JCC South Hills

Upcoming Construction at the JCC

Throughout August & early September, you will see construction taking place at the JCC. Beginning on August 15, the hallway leading to the Social Hall & the area adjacent to the AgeWell Office & Studio will be under construction. We are excited to expand these areas to accommodate growing programs, although this will require a brief interruption of services. During this time, programs may be moved to different parts of the facility. To ensure that you have the most up-to-date information, please be sure to check the weekly AgeWell email for program information & the JCC app for information related to fitness classes.

We appreciate your patience as we undergo this exciting project!

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**

August Programs & Events

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

Watercolor Open Studio, 8/3 & 8/10 at 10:30 AM

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

Oil Pastel Class: Koi, 8/3 at 3:30 PM

Oil pastel is a bold & beautiful beginner-friendly medium! Learn how to blend, shade, & use sgraffito to create a serene koi pond scene.

Lung Health with Breathe PA, 8/5 at 10 AM

Breathe PA promotes optimal lung health through education, prevention, awareness, & direct services. Topics include general lung health, smoking cessation, sleep apnea, & the patient assistance program. **Register by 8/3 by contacting Hayley Krebs.**

Aging Well Series: Resources in Your Community, 8/5 at 11 AM

This is the final installment of the 4-part Aging Well series, which covers significant aspects of Aging Well. Amy Gold, AgeWell Information & Referral Specialist, will provide resources for older adults in Allegheny County.

Painted Shell Craft, 8/5 at 1:30 PM

Bring the beauty of the beach inside by using acrylic paint markers to make beachy art.

Get Organized!, 8/6 at 10 AM

What type of organizer are you? The answer to that question can help you maintain an organized, clean, & tidy home. Learn about the four organizing types as well as strategies & insights for each one.

Documentary Screening: *Becoming*, 8/7 at 10 AM

Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes, & connection with others as she tours “Becoming”.

Group Outing: Heinz History Center Tour, 8/12, Morning

Take a stroll down memory lane at the Heinz History Center. **Ticket cost is \$14. Register by 8/3 by contacting Hillary Green.**

Pomegranate Beaded Craft, 8/12 at 10:30 AM

Pomegranates are first mentioned in the Torah as part of the instructions for the making of priestly garments. Prepare for the Jewish high holidays by learning to sew ornate pomegranates. All are welcome.

Movie Screening: *Sandlot*, 8/12 at 1:30 PM

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy & his rowdy team, resulting in many adventures.

Lower Back Pain Workshop, 8/13 at 1:30 PM

Join Hess PT to learn about lower back pain & sciatica. Participants will learn about common causes of these pains & how to speed up recovery.

The Social Determinants of Health, 8/14 at 10 AM
What factors in your life allow you to live well? The social determinants of health (SDoH) are non-medical factors including education, economic stability, & environment that impact overall health outcomes. Join this session to learn more about these factors & the BetterAge assessment.

Sparkling Wine Primer, 8/14 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.**

Meet ARIA: Your Guide to Aging Services, 8/18 at 10 AM
This hands-on presentation from the Allegheny County Area Agency on Aging will introduce ARIA, the Aging Resource Information Assistant, which is an AI tool trained on aging services.

Memory Cafe, 8/19 at 2:30 PM
Please Note: This month's Memory Cafe will be held at Providence Point at 1:30 PM. Memory Cafe is a monthly social program for people living with cognitive decline & their care partners.

Group Outing: Jewish Heritage Night with the Pittsburgh Pirates, 8/18, Evening
Take me out to the ballgame! Celebrate Jewish Heritage Night while the Pittsburgh Pirates take on the Detroit Tigers. The Squirrel Hill AgeWell at the JCC choir will perform the national anthem. **Ticket cost is \$40. Register by contacting Hayley Krebs.**

Dementia Friends Information Session, 8/20 at 10 AM
Join a growing movement to make a positive difference in the lives of people living with dementia. You do not need to have prior knowledge or personal experience with dementia to become a dementia friend.

Group Outing: Wisdom & Wellness Symposium, 8/25, Morning
This event is designed to give clear, practical guidance on the topics that matter most as you age. Participate in engaging expert panels, interactive Q&A sessions, & opportunities to engage with trusted local resources. **Register by 8/18 by contacting Hayley Krebs.**

Forest Bathing with the 10.27 Healing Partnership, 8/28 at 12 PM
Forest Bathing involves immersion in nature. It can have positive effects on mental, emotional, & physical health. The forest bathing program consists of gentle, slow walks in the forest, mindfulness practices, & meditation, led by trained forest bathing practitioners.

Coming Soon
Save the date for these upcoming programs!

- September: Grandparents Day Photo Gallery**
- 9/3 Wits Workout (New Series!)**
- 9/3 Senior Center Month Activity Fair**
- 9/4 Senior Center Month Celebration**
- 9/10 Introduction to Using AI**
- 9/10 Floral Arranging Class**
- 9/10 Balance & Falls Prevention Workshop**
- 9/25: Wines of the Fingerlakes**
- 10/1 Local Scams & Fraud with Cyndie Carioli**

Ongoing Programs

500 Bid Card Game, 8/10 & 8/24 at 1 PM

Ageless Biking Group,

Contact Hayley Krebs for details

Book Exchange, Available Daily During
AgeWell Office Hours

Blood Pressure Screening with JAA

Staff, 8/11 & 8/25 from 10-11 AM

Blood Pressure Screening with a
Volunteer, 8/13 & 8/27, 9:30-10:30 AM

Book Club, 8/18 at 1:30 PM

Canasta, Thursdays from 1-3 PM

Conversations with Amy Discussion

Group, 8/26 at 10 AM

Creativity Group, 8/27 at 1:30 PM

Drop-In Technology Tutoring,

Tuesdays from 9 AM-12 PM

*Check the weekly email for additional
drop in times*

Grief Support Group,

8/11 & 8/25 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, 8/13 & 8/24 at 11
AM

National Parks Discussion Group,

8/13 at 11 AM

Mah Jongg, Tuesdays from 1-3 PM

Meditation with Awaken Pittsburgh,
8/5 & 8/19 at 12 PM

Memory Café, 8/19 at 2: 30 PM

*Please Note: This month's memory cafe
will be held at Providence Point*

Men's Discussion Group, 8/18 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,

8/31 at 12 PM

Rummikub, Fridays at 11 AM

Scrabble, Mondays at 1:30 PM

AgeWell at the JCC South Hills August Programs

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 10:30 Watercolor Open Studio 12-1 Drop In Tech Tutoring 12:30 JCafe 1:30 Scrabble 3:30 Oil Pastel Class	August 4 9-12 Drop In Tech Tutoring 12:30 JCafe 1 Mah Jongg	August 5 10 Lung Health with Breathe PA 11 Aging Well Series 12 Meditation 12:30 JCafe 1:30 Painted Shell Craft	August 6 10 Get Organized 12:30 JCafe 1 Canasta	August 7 10 Documentary: <i>Becoming</i> 11 Rummikub 12:30 JCafe 1 Pinochle
August 10 10:30 Watercolor Open Studio 12-1 Drop In Tech Tutoring 12:30 JCafe 1 500 Bid 1:30 Scrabble	August 11 9-12 Drop In Tech Tutoring 10-11 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	August 12 Group Outing: Heinz History Center 10:30 Pomegranate Bead Craft 12:30 JCafe 1:30 Movie: <i>Sandlot</i>	August 13 9:30-10:30 Blood Pressure Screening 11 Knitting & Crochet Club 11 National Parks Discussion Group 12:30 JCafe 1 Canasta 1:30 Lower Back Pain Workshop	August 14 10 The Social Determinants of Health 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Sparkling Wine Primer
August 17 12:30 JCafe 1:30 Scrabble	August 18 9-12 Drop In Tech Tutoring 10 Meet ARIA 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club Group Outing: Pirates Game	August 19 12 Meditation 12:30 JCafe 2:30 Memory Cafe at Providence Point	August 20 10 Dementia Friends Information Session 12:30 JCafe 1 Canasta	August 21 11 Rummikub 12:30 JCafe 1 Pinochle

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Monday	Tuesday	Wednesday	Thursday	Friday
August 24 11 Knitting & Crochet 12:30 JCafe 1 500 Bid 1:30 Scrabble	August 25 9-12 Drop In Tech Tutoring 10-11 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	August 26 10 Conversations with Amy 12:30 JCafe	August 27 9:30-10:30 Blood Pressure Screening 12:30 JCafe 1 Canasta 1:30 Creativity Group	August 28 11 Rummikub 12 Forest Bathing 12:30 JCafe 1 Pinochle
August 31 12 Reiki-Infused Sound Bathing 12:30 JCafe 1:30 Scrabble				