

AGING WELL BEGINS HERE!

Want to Get Involved?

Contact us to become a volunteer!

CheckMates:

Amy Gold at agold@jccpgh.org
or 412-697-3528

JCafe:

Kendra Vaughn at kvaughn@jccpgh.org
or 412-697-3515

Tech Tutoring, Running a Program:

Liz Sherlock at Lsherlock@jccpgh.org
or 412-278-1785

About AgeWell at the JCC

AgeWell at the JCC, a Nationally Accredited Senior Center, provides seamless delivery of services to Pittsburgh's older adults by providing support to live as independently as possible. AgeWell at the JCC programs are designed to foster social networking and offer health and wellness programs designed to help older adults stay fit—physically, mentally, and socially. AgeWell at the JCC is one program consisting of two locations: AgeWell at the JCC in Squirrel Hill and AgeWell at the JCC in South Hills. Our goal is to redefine aging at every chapter of life.



Offerings Include:

- Kosher lunch Monday through Friday
- Information and referral services
- Evidence-based and evidence-informed health and wellness programs
- Education opportunities in-person and online through Virtual Senior Academy
- Social programs and clubs
- Volunteer opportunities

How to Register for AgeWell at the JCC

Participants must be 60 years or older and a resident of Allegheny County to join AgeWell at the JCC. Services include Community Membership to the JCC and access to JCafe meals.

Appointments are preferred. Please call or stop by the office to make an appointment.

Questions? Contact:

Darlene Cridlin, Department Director: Dcridlin@jccpgh.org, 412-697-3517
Liz Sherlock, Program Coordinator: Lsherlock@jccpgh.org, 412-278-1785
Kara Loyd, Program Coordinator: KLoyd@jccpgh.org, 412-697-5407
Kendra Vaughn Program Coordinator: kvaughn@jccpgh.org, 412-697-3515
Amy Gold, Information & Referral Specialist: agold@jccpgh.org, 412-697-3528

AgeWell at the JCC Squirrel Hill July 2026

Dignity, Belonging, and Disability Pride Kendra Vaughn, Program Coordinator

July is best known as the month we celebrate the birth of the United States as an independent nation. We gather with family and friends, fire up our grills, and watch fireworks to celebrate our country's history. But July is also an important month for something else that also deserves celebration: Disability Pride Month. On July 26, 1990, the Americans with Disabilities Act (ADA) was signed into law. This landmark civil rights legislation prohibits discrimination against people with disabilities and requires equal access in employment, public services, transportation, businesses, and other public spaces. The ADA is incredibly important, because life before its passing was often marked by significant barriers. People with disabilities frequently encountered inaccessible buildings and transportation, limited employment opportunities, exclusion from businesses and community spaces, and widespread assumptions that disability meant a person was less capable or less valuable. It was not uncommon for those with disabilities to experience social isolation or be unnecessarily institutionalized.

The ADA has made progress in expanding access, opportunity, independence, and inclusion. Yet barriers have not disappeared. People with disabilities also continue to experience ableism and stigma, including the harmful belief that a person's value depends on their productivity or financial contribution. At AgeWell and the JCC, we reject that idea. Every person has inherent worth simply because they exist. None of us are meant to navigate life entirely on our own. We are all interdependent in countless ways throughout our lives: for health, companionship, knowledge, encouragement, and practical support. True human progress has always been built on connection, mutual care, and community. We also provide information and referral services to link people to resources so they can live fuller lives with dignity.

As we celebrate Disability Pride Month, we honor both the progress that has been made and the work that still lies ahead to build communities where every person feels like they belong. At AgeWell, we remain committed to fostering our own welcoming community. Whether you have a disability, care for someone who is disabled, or simply wish to become an ally for disability inclusion, you are an important part of our community. Everyone deserves to be seen, valued, supported, and celebrated.

Find us on Facebook!

Search "AgeWell at the JCC" to connect with us on Facebook.

Join our new member Facebook group! This group is a place to connect with members outside of the JCC.

Scan here to join the Squirrel Hill AgeWell group:



Virtual Senior Academy (VSA)

The VSA offers classes Monday-Friday online on virtualsenioracademy.org. Some classes are in hybrid format and also take place in person at the JCC.



AgeWell
at the JCC

July 2026 Programs & Events

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

Chess Club

Mondays, 11AM-12PM, Rm 202
Come learn and play chess!

Conversational French

Mondays, 1-2PM, Rm 202
Attendees must be comfortable speaking at a fluent or semi-fluent level.

Scrabble Club

Mondays, 1:30PM, Levinson A (JCafé)

Book of Mitzvos of the Rambam with Rabbi Yehudah Gorkin

Mondays, 12:30-1PM, Levinson A (JCafé)

Book Club

Last Monday of each month (July 27th)
11AM-12PM, Rm 310 or online on the VSA.
July Book: Buckeye by Patrick Ryan

Drop-in Tech Tutoring

Palm Court
Mondays, 11AM-1PM
Mondays, 3-5PM
Tuesdays 12-1PM
**Note that the Drop-in Tech Tutoring schedule changes frequently and unexpectedly due to volunteer availability.*

Tech Tutoring

One-on-one. By appointment only.
Contact Liz Sherlock at
lsherlock@jccpgh.org or 412-278-1785.

Discussion Group

Tuesdays, 10-11AM, Rm 202

Rummikub Club

Tuesdays, 2-4PM, Rm 310

Weekly Movies

Wednesdays, 1-2PM, Rm 202

Blood Pressure Screenings (by JAA RN)

2nd & 4th Wednesday of the month
11AM-12PM, Palm Court.

Bridge Club

Thursdays, 9-10AM, Rm 310
This club is for medium-advanced players.

Mah Jongg

Thursdays, 1-3PM, Rm 310
All skill levels welcome-we can teach you!

Jewish History

Fridays, 10-11AM, Rm 202

Lunch & Learn Weekly Torah Conversation

Fridays, 12- 1PM, Levinson A (JCafé)

Choral Group

Fridays, 12-1PM, Levinson B
New members are always welcome. No auditions and no music reading skills required!

The Creative Current with Chaplain Mickey

Every Friday, 1:30PM, Rm 310
Learn about a new style of art with Mickey every week, or continue paper quilling! This is open to all skill levels.

Memory Café

7/13, 1-2:30PM, Rm 310
This is a safe and welcoming space for individuals with dementia and their care partners to connect with others with similar experiences.

Coffee & Conversations with Amy

7/30, 1:15-2PM, Rm 202

Financial Literacy for Seniors Series

7/10, 7/31, 1:30-2:30PM, Rm 202
Presenter Sarah Wu will cover a new topic twice this month.

Crochet Club

7/9, 1:15 - 2:45PM, Rm 202
Bring your fiber projects and stitch together! Liz can teach crochet to newcomers.

Spanish Conversation Group

7/27
10-11AM, Rm 202
For intermediate & advanced speakers.

Art History in Color

7/29, 11AM-12PM, Rm 202
Learn some art history while coloring!

Art Club: Art Show and Tell

7/7, 1PM, Rm 202
Bring in your own art, or your favorite piece(s) made by another artist! We'll share stories, discover new artists, and talk about different ways of examining art. Feel free to attend without submitting artwork as well.

Medicare Expert Table

7/8, 10AM-1PM, Palm Court
Stop by the table and ask the Licensed Insurance Agent anything!

Nutrition with BJ

7/9, 11AM-12PM, Rm 202
Dr. Friedman will provide information about how to eat healthy on a budget. Recipes and food resources will be provided.

Nourish to Flourish: Quick, Affordable Meals to Support Brain Health

7/13, 1-2PM, Rm 310
Join Dementia Friendly PA to learn about choosing foods from different food groups, shopping on a budget, and making quick and simple meals to support brain health.

How to Self-Publish

7/14, 1:15PM, Rm 202
Author Janice Mckenzie will share her experiences with self-publishing.

Crip Camp Documentary Screening

7/16, 10AM, Rm 202
Join us for a screening of *Crip Camp: A Disability Revolution*.

Disability is Not a Bad Word!

7/16, 1:30PM, Rm 202
Join Alisa Grishman—a nationally recognized disability rights advocate, founder of Access Mob Pittsburgh, and local leader in the disability community—to talk about what it means to be disabled, how to advocate for yourself and others, and how you can get involved with disability advocacy efforts right here in Pittsburgh.

Language Unlocked: An Introduction to Linguistics

7/17, 1-2PM, Rm 202
Join Maddie Bloomquist as she presents on what linguists consider language, the components that make up language, and how linguists investigate language systematically.

Google Earth How-To

7/21, 1:15PM, Rm 202
Liz will lead you through Google Earth, a free tool you can use to virtually tour many real places- in 3D!

Tisha B'av Collage and Study

7/24, 11AM-12PM, Rm 202
Connecting to ideas of finding beauty in brokenness, we will create collages using magazines and texts from Lamentations.

How to Stay Healthy while Caregiving

7/28, 2:30PM, Rm 202 or online on the VSA
Join Jensine Peoletti-Hatcher, PhD, Assistant Professor in the Department of Psychology at Portland State University, for an engaging program on maintaining your own health and well-being while caring for a loved one.

Aging Well Series

7/2, 7/23, 7/28, 8/6, 1-2PM, Rm 202
This series will provide helpful information for older adults to feel prepared to Age Well! The Aging Well Series will be presented by Amy Gold, Hillary Green, and Yaacov Sebbag.

HomeMeds Medication Screening

Proactively screen your drug & supplement regimen for potential risks. Participants will receive a \$25 gift card from Giant Eagle. To make an appointment or if you have any questions, contact Joe Acevedo at jacevedo@jccpgh.org or 412-697-1186.