

AGING WELL BEGINS HERE!

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.

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

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:



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, 412-339-5407
Kendra Vaughn Program Coordinator: Kvaughn@jccpgh.org, 412-697-3515
Amy Gold, Information & Referral Specialist: agold@jccpgh.org, 412-697-3528

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



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

AgeWell at the JCC Squirrel Hill

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 to the right, 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!



BetterAge

AgeWell at the JCC Choral Group will Sing the National Anthem at the Pittsburgh Pirates Jewish Heritage Night

Oh say, can you see... some familiar faces on the field at PNC Park?

Our very own Choral Group will have the honor of performing the National Anthem at the Pittsburgh Pirates Jewish Heritage Night on Tuesday, August 18th, before a game versus the Detroit Tigers.



The AgeWell at the JCC Choral Group has been filling the halls of the JCC with music since 1980. The group meets every Friday at noon in Levinson B, unless they are giving a performance offsite. New members are always welcome- there are no auditions, and you don't need to know how to read sheet music!

Interested in attending the game? We have a limited number of discounted tickets in section 107- South Hills AgeWell members will also be in our group! Tickets come with a Hebrew "Pittsburgh" Jersey! Contact Liz Sherlock at Lsherlock@jccpgh.org or 412-278-1785 for tickets.



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

August 2026 Programs & Events

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

Unique Events this Month

- Fantasy Football**
8/18, 1-2PM, Rm 310
Join the AgeWell Fantasy Football draft, led by Arthur Cohen. This is a free league.
- Open Puzzle Time**
8/27, 10AM-12PM, Rm 202
Relax, unwind, and work on a jigsaw puzzle with friends.

Health and Wellness

- Nutrition with BJ**
8/13, 11AM-12PM, Rm 202
Dr. Friedman will provide information about how to eat healthy on a budget. Recipes and food resources will be provided.
- Blood Pressure Screenings (by JAA RN)**
2nd & 4th Wednesday of the month
11AM-12PM, Palm Court
- 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.
- Medicare Made Simple with MediConnect**
8/10, 1:30-2:30PM, Rm 310
Join Sean Horn of MediConnect Insurance for an informal, educational talk about maximizing your Medicare options.
- Breathe PA: Sleep Apnea**
8/25, 1-2PM, Rm 202
Breathe PA helps residents of Western Pennsylvania achieve and maintain optimal lung health.

Art and Creativity

- Watercolor Together!**
8/17-Room 310, 8/24-Robinson Art Room
9:45-11:45AM
Open watercolor studio led by Yafa Negrete. Bring your own watercolor supplies.

- 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. This month:
8/7: Painted Shells
8/14: Clay Dragon's Eyes
8/21: Neurographic Art/Reverse Coloring
8/28: Beaded Pomegranates

- Crochet Club**
8/13, 1:15 - 2:45PM, Rm 202
Bring your fiber projects and stitch together! Liz can teach crochet to newbies.
- Art History in Color**
8/26, 11AM-12PM, Rm 202
Learn some art history while coloring!
- Make your Morning**
8/12, 8/19, 10:30AM-12PM, Rm 202
Wake up your day with a different creative project each week!

Game Groups

- Chess Club**
Mondays, 11AM-12PM, Rm 202
Come learn and play chess!
- Scrabble Club**
Mondays, 1:30PM, Levinson A (JCafé)*
*Moving to Rm 310 starting 8/17
Scrabble open play, for novices to experts.
- Rummikub Club**
Tuesdays, 2-4PM, Rm 310
Let's play Rummikub- we can teach you!
- 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, including newbies!
- Canasta**
Thursdays starting 8/13, 1-3PM, Levinson A (JCafé)
Come play canasta. Newbies welcome!

Learn Something New

- Aging Well Series**
8/6, 1-2PM, Rm 202
This series will provide helpful information for older adults to feel prepared to Age Well! Presented by Amy Gold, Hillary Green, and Yaacov Sebbag.
- Tech Tutoring**
One-on-one. By appointment only. Contact Liz Sherlock at lsherlock@jccpgh.org or 412-278-1785.
- Drop-in Tech Tutoring**
Palm Court, schedule varies
Our volunteer tutor can answer your questions on a first come, first served basis.
- Seniors for Safe Driving**
8/7, 1-4PM, Rm 202
Registration required, \$17. Sign up at seniorsforsafedriving.com.
- Let's All Support the Quest for Women and Gender Justice and Equity**
8/11, 1:30-2:30PM, Rm 202
Presented by Weiming Gorman, associate professor of the communications department at University of Pittsburgh.
- Financial Literacy**
8/14, 8/28, 1:30-2:30PM, Rm 202
Presenter Sarah Wu will cover a different financial topic in each session.
- Tree Identification with Kara**
8/18, 11AM-12PM, Rm 202
Come learn the basics of tree identification! We'll practice outside, weather permitting.
- What the Voter Should Know About the Next Election with LWV**
8/20, 1:15-2:30PM, Rm 202
Join the League of Women Voters for this informative presentation about elections.
- 5 Wishes Advanced Care Planning Discussion**
8/24, 11AM-12:30PM, Rm 310
- Meet ARIA: Your Guide to Aging Services**
8/27, 2:30PM, Rm 202
Hear from the Area Agency on Aging about ARIA, their Aging Resource Information Assistant- available 24/7 for quick answers.

Recurring Group Programs

- Conversational French**
Mondays, 1-2PM, Rm 202*
*8/3 in Rm 318
Attendees must be comfortable speaking at a fluent or semi-fluent level.
 - Book Club**
Last Monday of each month (8/31)
11AM-12PM, Rm 310 or online on the VSA.
August Book: *Midnight in the Garden of Good and Evil* by John Berendt
 - Spanish Conversation Group**
8/10, 8/24, 10-11AM, Rm 202
For intermediate & advanced speakers.
 - Choral Group**
Fridays, 12-1PM
New members always welcome! You do not need to read sheet music and there are no auditions.
 - Coffee & Conversations with Amy**
8/27, 1:15-2:15PM, Rm 202
Open discussion on a different topic every month, led by Amy, AgeWell's Information and Referral Specialist.
 - Memory Cafe**
8/3, 1-2:30PM, Rm 202
A safe & welcoming space for individuals with dementia & their care partners to connect with others with similar experiences.
 - Discussion Group**
Tuesdays, 10-11AM, Rm 202
 - Weekly Movie**
Wednesdays, 1PM, Rm 202
- ## Jewish Life
- Book of Mitzvos of the Rambam with Rabbi Yehudah Gorkin**
Mondays, 12:30-1PM, Levinson A (JCafé)
 - Jewish History with Professor Alex Orbach**
Fridays, 10-11AM, Rm 202*
*8/14, 8/21 in Rm 318
 - Lunch & Learn Weekly Torah Conversation**
Fridays, 12- 1PM, Levinson A (JCafé)