

AgeWell at the JCC South Hills

September 2026

Celebrating the Month Ahead! **By Chaplain Mickey Benson**

September holds many wonderful reasons to celebrate. The Jewish High Holiday season & National Senior Center Month serve as reminders that it's not just about living longer, but the importance of filling your days with opportunities to live & age well.

Rosh Hashanah acts as a new beginning. In Hebrew, "rosh" means "head," & "shanah" means "year," referencing both the calendar date & the provision of spiritual direction for the year, in the same way the head dictates the direction for the body. Yom Kippur, the Day of Atonement, offers an opportunity for reflection & strengthened commitment to the things that make us feel connected through repentance, prayer, & charity. Together, these holidays provide a welcome opportunity to reaffirm dedication to growth & well-being.

That spirit feels especially fitting during National Senior Center Month, celebrated this year with the theme "Happier Birthdays Happen Here." As described by the National Council on Aging, "This is where better years take shape. This is where communities come together. This is where happier birthdays happen."

And we have so much to celebrate! Whether you are joining us for a class, meeting a new friend at J Cafe, sharing your talents through volunteering, or simply spending time with others in the lobby, you are helping make AgeWell a place where better years take shape. Shanah tovah umtukah, a good & sweet year to all.

Call for Submissions: **Grandparents Day Photo Gallery**

In honor of Grandparents Day, celebrated on September 13, AgeWell at the JCC is creating a photo gallery display featuring our members & their cherished grandchildren or beloved grandparents.

You are invited to share a photo of yourself with your grandchildren or grandparents. Whether it's a recent snapshot or a treasured photo, it will be a valuable part of the gallery to celebrate the love we recognize on Grandparents Day.

Photos can be emailed to Hayley Krebs at hkrebs@jccpgh.org. You are welcome to include names or a short caption with the photo for display. Photos will be displayed on the board outside of the AgeWell office starting on Monday, September 14.

Please submit your photo by Friday, September 11.

AgeWell at the JCC South Hills **Registration Hours**

Monday: 9AM to 12PM

Tuesday: 9AM to 12PM & 2PM to 4PM

Wednesday: 9AM to 12PM

**Thursday: 9AM to 12PM &
2PM to 4PM**

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September Programs & Events

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

Tissue Paper Flower Centerpiece Craft, 9/3 at 10:30 AM

Make quick & easy tissue paper flowers using pipe cleaners, tissue paper, & a few folds! The flowers will be used as centerpieces for the upcoming Senior Center Month celebration.

Senior Center Month Activity Fair, 9/3 from 12:30 to 2 PM

Explore all that AgeWell at the JCC has to offer! Learn about upcoming programs & services during Senior Center Month.

Wits Workout, Thursdays at 2 PM

Train your brain & make social connections through this educational cognitive health program! **This program is a 6-week series. Register by contacting Hillary Green.**

Tree ID with Kara, 9/4 at 11 AM

Come learn the basics of tree identification! Clues like leaf shape, bark texture, & overall form help to tell one species from another.

Senior Center Month Celebration, 9/4 at 1:30 PM

"Happier Birthdays Happen Here!" Celebrate with games, treats, & more. If you would like to participate in a gift exchange, please bring a wrapped gift valued at no more than \$15.

Movie: Inside Out, 9/8 at 1:30 PM

When 11-year-old Riley moves to a new city, her Emotions help her through the transition. Joy, Fear, Anger, Disgust, & Sadness work together, but when Joy & Sadness get lost, they must journey through unfamiliar places.

Beaded Pomegranate Craft, 9/9 at 10:30 AM

Pomegranates are first mentioned in the Torah in Exodus 28:33-35 as part of the instructions for the making of priestly garments. Learn to sew ornate pomegranates as we prepare for the Jewish High Holidays.

Webinar: Think Before You Click, 9/9 from 1 to 4 PM

This virtual workshop on cyber crime prevention is cohosted by the PA Offices of Homeland Security & Attorney General.

Introduction to Generative AI, Starting on 9/10 at 10 AM

This 4-part course provides an introduction to generative artificial intelligence (GenAI). Students will explore the fundamentals of AI, learn to interact with various GenAI models, explore prompt engineering techniques, understand responsible AI practices, & identify practical applications for their personal use cases. **Register by 9/8 by contacting Hayley Krebs.**

Floral Arranging Workshop, 9/10 at 10 AM

All skill levels are welcome. **Register by 9/3 by contacting Hayley Krebs.**

Balance & Falls Prevention Workshop, 9/10 at 1:30 PM

Join Hess PT to learn common causes of falls, how to determine your risk of falling, & how to address this risk.

Garden Club Meeting, 9/11 at 12 PM

Come to this informal meeting of the Garden Club to share your summer successes, ask your lingering gardening questions, & set the agenda for upcoming meetings in October through May.

Movie Screening: Eternal Sunshine of the Spotless Mind, 9/14 at 10:30 AM

After learning that his ex-girlfriend (Kate Winslet) had an experimental medical procedure to purge all memories of him, a man (Jim Carrey) decides to do the same with her.

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

**Watercolor Open Studio,
9/14 & 9/28 at 10:30 AM**

Explore watercolor in a group setting with the freedom to try various painting techniques in self-guided studio time.

Webinar: What the Midterms Mean for Older Adults, 9/15 at 12 PM

Join nationally recognized aging policy leader Bob Blancato for a nonpartisan conversation about how the midterm elections may shape policies affecting older adults & caregivers. From health & long-term care to federal funding & aging services, this session will help you understand the issues, opportunities, & challenges ahead.

**Fish Head Folk Art Foil Relief Craft,
9/16 at 10:30 AM**

The artistic term relief is from the Latin verb “relevo” meaning “to raise”. Interpret this aspect of the holidays through unique folk art using motifs from the Sephardic Jewish tradition of fish heads for the new year.

**YellowDot Safety Program,
9/17 Time TBD**

Join Highway Safety Professionals to learn how to assist yourself & neighbors in the “golden hour of emergency”. The workshop includes assistance filling out emergency information & a YellowDot kit to be placed in your car in case of emergency.

State of AgeWell, 9/17 at 11 AM

Join AgeWell at the JCC Division Director Sharon Feinman for an inside look at what’s happening across AgeWell at the JCC. Hear about new & expanding programs, partnerships, initiatives, & what’s on the horizon. Share your ideas about how we can continue to grow & meet the changing needs & interests of our community.

Webinar: Narcolepsy, 9/17 at 12 PM

Mary Schneider was diagnosed with narcolepsy at age 34 after experiencing symptoms for decades. She is now a patient advocate & artist in Philadelphia. Learn about narcolepsy through her experiences.

Movie: Earth, Wind, & Fire (To Be Celestial vs That’s the Weight of the World), 9/18 at 10:30 AM

Directed by Ahmir Questlove Thompson, this documentary explores the musical origins & lasting cultural impact of Earth, Wind & Fire.

Falls Free CheckUp, 9/22 from 10 AM to 12 PM

The National Council on Aging’s Falls Free CheckUp is a quick, 13-question tool that helps older adults evaluate their risk of falling & provides tailored prevention steps.

Spanish with Maria, 9/23 at 11 AM

Join Maria, a native Spanish speaker, for an inspired, beginner-focused learning session. Come learn easy & fun phrases for travel & socialization.

Navigating the Journey to Senior Care Living: What Families Need to Know, 9/23 at 1:30 PM

Join CarePatrol for an open discussion intended to ease the stress & uncertainty families often face when considering a transition to personal care, memory care, or independent living.

Medicare 101, 9/29 at 10 AM

Topics will include Medicare Supplemental, Medicare Advantage, Prescription Drug Plans, & preparing for Medicare Annual Enrollment. The speaker is Amy Smerker of Fogarty Insurance Advisors.

Legislative Update with Retired Senator Roy C Afflerbach, 9/30 at 10 AM

Roy will provide updates on what’s happening in the state Capitol related to the Department of Aging & issues impacting older adults. He will also share timely information & ways we can advocate for & support Pennsylvania’s older adults.

Apples and... Honey Ants? Exploring the Art of Yaratji Young Workshop, 9/30 at 1:30 PM

Yaritji Young is known for bold & vibrant paintings that blend traditional, ecological, & modern elements. Her distinct style depicts the landscape & spirituality of her ancestral homeland through the tunneling of the Honey Ant. As the Jewish calendar moves from the high holidays to the Sukkot festival, emulate Young’s style by creating artwork incorporating imagery from the Jewish holidays.

Please Note: The JCC is closed on the following days: September 12 & 13 (Rosh Hashanah), September 21 (Yom Kippur), & September 26 (Sukkot). Additionally, the AgeWell Office is closed on September 7 for Labor Day.

Ongoing Programs

Ageless Biking Group,

Contact Hayley Krebs for details

Book Exchange, Available Daily During AgeWell Office Hours

Blood Pressure Screening with JAA Staff, 9/8 & 9/22 from 10-11 AM

Blood Pressure Screening with a Volunteer, 9/17 from 9:30-10:30 AM

Book Club, 9/15 at 1:30 PM

Canasta, Thursdays from 1-3 PM

Conversations with Amy Discussion Group, 9/30 at 10 AM

Creativity Group, 9/24 at 1:30 PM

Drop-In Technology Tutoring,

Tuesdays from 9 AM-12 PM

Grief Support Group, 9/8 & 9/22 at 10:30 AM

HomeMeds Medication Screening,

By Appointment with Hillary Green

Information & Referral Services,

By Request

JCafe Congregate Lunch Program,

M-F from 12:30-1:30 PM Registration Required

Knitting & Crochet, 9/10 & 9/28 at 11 AM

National Parks Discussion Group, 9/10 at 11AM

Mah Jongg, Tuesdays from 1-3 PM

Meditation with Awaken Pittsburgh,

9/2 & 9/16 at 12 PM

Memory Café, 9/16 at 2 PM

Men's Discussion Group, 9/15 at 11 AM

Peer Support Counseling Hours,

By Appointment

Pinochle, Fridays from 1-3 PM

Puzzle Swap, Available Daily During AgeWell Office Hours

Rummikub, Fridays at 11 AM

Scrabble, Mondays at 1:30 PM

Coming Soon

October 2 Forest Bathing

October 6 Vaccination Clinic

Returning October 9 & 23 Israeli Culture Group

October 9 & 23 Wines of the Fingerlakes with Dennis Sweeney

October 14 Day Trip

Cuyahoga Valley Scenic Railroad
(**Registration Deadline 9/10**)

October 15 Maybe It's Your Medication with Dr. Hedva Barenholz Levy

October 28 Seniors for Safe Driving

October 29 Medical Marijuana Presentation

November 12 AgeWell Murder Mystery: A Murder at the Museum

Take the BetterAge Health Assessment!

BetterAge offers a free & confidential 10-minute assessment about your health & well-being. After you complete the assessment, you can explore your personal health & well-being report & recommendations. See what small steps might make sense for you!

Scan here to complete the assessment:



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	September 1 9-12 Drop In Tech Tutoring 12:30 JCafe 1 Mah Jongg	September 2 12 Meditation 12:30 JCafe	September 3 10:30 Tissue Paper Flower Craft 12:30 JCafe 12:30 AgeWell Activity Fair 1 Canasta 2 Wits Workout	September 4 11 Rummikub 11 Tree ID with Kara 12:30 JCafe 1 Pinochle 1:30 Senior Center Month Celebration
September 7 Labor Day <i>AgeWell Office Closed- Fitness Center Open with Limited Hours</i>	September 8 9-12 Drop In Tech Tutoring 10-11 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg 1:30 Movie: <i>Inside Out</i>	September 9 10:30 Beaded Pomegranate Craft 12:30 JCafe 1 Webinar: <i>Think Before You Click</i>	September 10 10 Intro to AI 10 Floral Arranging 11 Knitting & Crochet Club 11 National Parks Discussion Group 12:30 JCafe 1 Canasta 1:30 Balance & Falls Prevention Workshop 2:30 Wits Workout	September 11 11 Rummikub 12 Garden Club 12:30 JCafe 1 Pinochle <i>Deadline to Submit Grandparents Day Gallery Photos</i>
September 14 10:30 Watercolor Open Studio 10:30 Movie: <i>Eternal Sunshine of the Spotless Mind</i> 12:30 JCafe 1:30 Scrabble	September 15 9-12 Drop In Tech Tutoring 11 Men's Discussion Group 12 Webinar: <i>What the Midterm Elections Mean for Older Adults</i> 12:30 JCafe 1 Mah Jongg 1:30 Book Club	September 16 10:30 Fish Craft 12 Meditation 12:30 JCafe 2:30 Memory Cafe	September 17 YellowDot Safety Program 9:30 Blood Pressure Screening 10 Intro to AI 11 State of AgeWell 12 Webinar: <i>Narcolepsy</i> 12:30 JCafe 1 Canasta 2 Wits Workout	September 18 10:30 Movie: <i>Earth, Wind, & Fire</i> 11 Rummikub 12:30 JCafe 1 Pinochle

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September 28 10:30 Watercolor Open Studio 11 Knitting & Crochet 12:30 JCafe 1:30 Scrabble	September 29 9-12 Drop In Tech Tutoring 10 Medicare 101 12:30 JCafe 1:30 Scrabble	September 30 10 Conversations with Amy 10 Legislative Update 12:30 JCafe 1:30 Apples and... Honey Ants?		