

AgeWell at the JCC South Hills

October 2026

Student Spotlight: Emma Waxman

Emma is joining the AgeWell team as an intern for the 2026-2027 school year. She is currently in her second year of the Master of Social Work program at the University of Pittsburgh. She is also working towards a certificate in Nonprofit Management. Emma previously interned at United Way of Southwestern Pennsylvania. Prior to starting her degree, she worked in refugee resettlement in her home state of New Jersey.

In her free time, Emma enjoys the arts & loves to knit & crochet. She is passionate about making communities more welcoming & is excited to continue meeting everyone in the AgeWell community. She will be joining several programs such as Memory Cafe, crafts, & J Cafe. Stop by the AgeWell office to say hi to Emma! She can be reached at ewaxman@jccpgh.org.



Tips to Keep Medications Organized & Safe

Written by University of Pittsburgh Student Pharmacists

One of the best ways to stay safe with medications is to build a few smart daily habits. Here are some small steps that can help you stay organized & safe:

- **Keep an updated medication list.** Write down every prescription, medicine, vitamin, & supplement you take. An accurate list helps your healthcare team spot duplicate therapies & dangerous interactions.
- **Try to use one pharmacy whenever possible.** Filling prescriptions at the same pharmacy allows your pharmacist to check for drug interactions & keep a complete record of your medications.
- **Set reminders that work for you.** Whether it's a weekly pillbox, phone alarm, calendar alert, or smart device, reminders can greatly reduce missed or double doses.

Interested in learning more about medication safety? Join us on October 15 for Understanding Medications as We Age with Dr. Hedva Barenholtz!

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**

AgeWell
at the JCC South Hills

October Programs & Events

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

Local Scams & Fraud: What You Need to Know & Avoid, 10/1 at 1:30 PM

Learn about the latest scams & fraud & get tips about how to stay safe. The speaker is Cyndie Carioli, Senior Justice Advocate with the Allegheny County DA Office.

National Diabetes Prevention Program Kickoff, 10/2 at 10 AM

The National Diabetes Prevention Program is a lifestyle change program. Any adult can enroll in this program at no cost, regardless of diagnoses or insurance status. Participants learn to better manage weight, blood sugar, cholesterol, mobility & blood pressure. **Register by contacting Hayley Krebs.**

Old Time Radio Performance Group Information Session, 10/2 at 11 AM

This group reenacts radio shows first broadcast in the 1940s & 1950s. All are welcome to come learn more about the group! Shows include The Life of Riley, Father Knows Best, & many others.

Forest Bathing with 10.27 Healing Partnership, 10/2 at 12 PM

Join Shawn Fertitta, trained forest bathing practitioner, for a meditative forest walk. Immersion in nature has positive effects on mental, emotional, & physical health.

Vaccination Clinic, 10/6 By Appointment Contact Hillary Green for an appointment. COVID, flu, & RSV/pneumonia vaccinations will be available.

Playing with "Joyful Noise", 10/6 at 10:30 AM

Hope Gelfand Alcorn's art invites the viewer into joy through works that span abstraction & textile traditions. Enjoy an activity inspired by her work "Starfish Belly".

Scarf Making, 10/7 or 10/8 at 1:30 PM

Join Cantor Rena Shapiro to learn the techniques for this no-tools-required method of making scarves. Contact Mickey Benson to register. Participants must bring their own loop yarn.

Remembrance in the New Year: Communal Grief Ritual, 10/8 at 1:30 PM

Drawing from the structure of the Jewish Yizkor remembrance service, we honor the bonds to our loved ones during this elevated time of the year. All are invited to pause, reflect, share memories, & connect with others who understand the experience of loss.

Wines of the FingerLakes, 10/9 or 10/23 at 1:30 PM

Join wine enthusiast & AgeWell member Dennis Sweeney in a sampling of carefully curated wines of the FingerLakes. **Contact Hillary Green to register. The cost is \$35.**

Israeli Culture Group, 10/9 & 10/23 at 1:30 PM

Each gathering explores a different Israel-focused topic, including daily life, holidays, culture, sports, & more. The group is led by Israeli Shaliach, Dean Aseef.

Unity in Community: Navigating Political Differences, 10/12 at 6:30 PM

This event is part of a series presented by the JCC & YMCA, bringing families, educators, & community members together to explore big ideas, spark dialogue & build connections. This session will feature Dr. Ron Idoko from the Racial Equity Consciousness Institute & Daniel K. Abusuampek from the University of Pittsburgh School of Social Work.

Collage Project: Miriam Schapiro's Lover's Labor, 10/13 at 10:30 AM

Known for combining traditional women's domestic craft methods with high art, Miriam Schapiro defined the Pattern & Decoration movement of the 1970s & 1980s with her bold use of color. In this workshop, participants will remix her "Lover's Labor" piece using paper.

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

CarFit, 10/15 By Appointment

CarFit is a free educational program designed to improve driver safety. Occupational Therapy students will serve as trained volunteers to provide individual information to ensure the safest "fit" for you & your vehicle. To make an appointment, contact the coordinators at har147@pitt.edu or sch79@pitt.edu.

Understanding Medications as We Age: Risks, Benefits, & Red Flags, 10/15 at 11 AM

Dr. Hedva Barenholtz Levy is a geriatric pharmacy specialist. Learn why medications can cause problems, benefits & risks, common side effects, & tips & strategies to empower safe use.

Suncatcher Craft, 10/15 at 11:30 AM

Learn to make simple suncatchers to brighten a room!

Heart-Healthy Nutrition with Dr. Mike Silvestri, 10/15 at 1 PM

Discover how nutrition can become powerful medicine for your heart. This talk explores strategies to reduce inflammation, balance blood sugar, support healthy blood pressure, & uncover research-backed supplements that can support heart health, along with simple, practical food & lifestyle strategies you can use every day.

The Art of Acting: Character & Scene Workshop, 10/15 at 2 PM

Taught by professional acting coach Ashley Rozzi, this interactive acting workshop invites older adults to explore what it truly means to become a character—not simply memorize lines.

Contact Hayley Krebs to register by Friday, 10/9. The cost is \$15.

Fall Foliage Walk, 10/16 at 11 AM

Enjoy a walk around the JCC & surrounding trails, & stop to identify trees along to way. The rain date is 10/23.

Lunch Outing, 10/16 at 12:30 PM

Enjoy a social lunch! Participants will meet at the restaurant & purchase their own meal. To register, text AgeWell member Diana at 412-443-0095.

5 Wishes Advanced Care Discussion, 10/20 at 11 AM

Advance care planning helps you make sure your healthcare wishes are known & honored. This event will introduce the 5 Wishes document. This simple, easy-to-understand tool helps you document what matters most for your future care.

Spanish with Maria, 10/21 at 11 AM

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

Oil Pastel Transfers, 10/22 at 10 AM

Marc Chagall's *La Bible* series blended religious narratives with his signature dreamlike surrealism. Learn a technique called oil pastel transferring to create your own spin on the 1956 lithograph *Moses With The Tablets Of Law*.

Decluttering: Paper Organization 101, 10/22 at 11

Learn proven strategies to organize your letters, bills, & more. Discuss what methods work well for others & declutter your space.

Houseplants Propagation 101, 10/23 at 12 PM

Learn how to take cuttings from houseplants & grow them into new plants! This workshop will be led by Ann Talarek, horticulture specialist & Volunteer Engagement Corrdinator for South Hills Interfaith Movement.

Acrylic Paint String Portraits: Albert Einstein, 10/28 at 10 AM

Albert Einstein once said "creativity is intelligence having fun." Have some fun using a fluid painting technique with strings to capture the chaotic beauty of Einstein's hair.

Medical Marijuana in PA, 10/28 at 11 AM

This program, presented by Trulieve, provides an introduction to PA's medical marijuana program, including an overview of how the system works, eligibility, & registration requirements. Learn about potential benefits & important considerations for older adults, along with guidance on products, dosing, & safety.

All About Mushrooms, 10/30 at 1:30 PM

Take a closer look at the fungal kingdom! Explore the many types of mushrooms & uncover how they "communicate" through vast underground networks. Learn about mushrooms' surprising roles in nature, medicine, & food.

Ongoing Programs

Book Exchange, Available Daily During AgeWell Office Hours

Blood Pressure Screening with JAA Staff,

10/13 & 10/27 from 10-11 AM

Blood Pressure Screening with a Volunteer,

10/1 & 10/15 from 9:30-10:30 AM

Book Club, 10/20 at 1:30 PM

Canasta, Thursdays from 1-3 PM

Conversations with Amy Discussion Group,

10/28 at 10 AM

Creativity Group, 10/29 at 1:30 PM

Drop-In Technology Tutoring,

Tuesdays from 9 AM-12 PM

Grief Support Group, 10/13 & 10/27 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, 10/8 & 10/19 at 11 AM

National Parks Discussion Group, 10/8 at 11AM

Mah Jongg, Tuesdays from 1-3 PM

Meditation with Awaken Pittsburgh,

10/7 & 10/21 at 12 PM

Memory Café, 10/21 at 2 PM

Men's Discussion Group, 10/20 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, 10/5 & 10/19 at 12 PM

Rummikub, Fridays at 11 AM

Scrabble, Mondays at 1:30 PM

Watercolor Open Studio, Mondays at 10:30 AM

Coming Soon

November 2 Healing with Humor with the National Alliance on Mental Illness

November 4 Seniors for Safe Driving

November 10 Medication Safety Clinic

AgeWell
at the JCC South Hills

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:



 **BetterAge**

AgeWell at the JCC South Hills October Programs

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 9:30 Blood Pressure Screening 10 Intro to AI 12:30 JCafe 1 Canasta 1:30 Local Scams & Fraud 2:30 Wits Workout	October 2 10 National Diabetes Program 11 Rummikub 11 Old Time Radio Performance Group 12 Forest Bathing 12:30 JCafe 1 Pinochle
October 5 10:30 Watercolor Open Studio 12 Reiki-Infused Sound Bathing 12:30 JCafe 1:30 Scrabble	October 6 9-12 Drop In Tech Tutoring 9-12 Vaccination Clinic 10:30 Joyful Noise 12:30 JCafe 1 Mah Jongg	October 7 12 Meditation 12:30 JCafe 1:30 Scarf Making	October 8 11 Knitting & Crochet Club 11 National Parks Discussion Group 12:30 JCafe 1 Canasta 1:30 Communal Grief Service 2 Wits Workout	October 9 10 National Diabetes Program 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 Wines of the FingerLakes 1:30 Israeli Culture Group
October 12 10:30 Watercolor Open Studio 12:30 JCafe 1:30 Scrabble 6:30 Unity in Community	October 13 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Collage Craft 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	October 14 12:30 JCafe	October 15 By Appointment: Carfit 9:30 Blood Pressure Screening 11 Understanding Medications as We Age 11:30 Suncatcher Craft 12:30 JCafe 1 Canasta 1 Heart-Healthy Nutrition 2 The Art of Acting	October 16 10 National Diabetes Program 11 Fall Foliage Walk 11 Rummikub 12:30 JCafe 12:30 Lunch Outing 1 Pinochle

AgeWell at the JCC South Hills October Programs

Monday	Tuesday	Wednesday	Thursday	Friday
October 19 10:30 Watercolor Open Studio 11 Knitting & Crochet Club 12 Sound Bathing 12:30 JCafe 1:30 Scrabble	October 20 9-12 Drop In Tech Tutoring 11 5 Wishes 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club	October 21 11 Spanish with Maria 12 Meditation 12:30 JCafe 2 Memory Cafe	October 22 10 Oil Pastel Transfers 11 Decluttering: Paper Organization 12:30 JCafe 1 Canasta	October 23 10 National Diabetes Program 11 Rummikub 12 Houseplants 12:30 JCafe 1 Pinochle 1:30 Wines of the FingerLakes 1:30 Israeli Culture Group
October 26 10:30 Watercolor Open Studio 12:30 JCafe 1:30 Scrabble	October 27 9-12 Drop In Tech Tutoring 10 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	October 28 10 Conversations with Amy 10 Acrylic Paint String Portraits 11 Medical Marijuana in PA 12:30 JCafe	October 29 12:30 JCafe 1 Canasta 1:30 Creativity Group	October 30 10 National Diabetes Program 11 Rummikub 12:30 JCafe 1 Pinochle 1:30 All About Mushrooms