AgeWell at the JCC South Hills

November 2026

Mah Jongg Continues to Grow & Give

You have likely noticed the new bench near the front entrance of the South Hills JCC. This exciting new addition was purchased with funds raised through sales of the 2025 National Mah Jongg League (NMJL) card!

Each year, Mah Jongg players across the country purchase cards that list the hands & rules for the game. Proceeds from card sales go to a charity of choice. The AgeWell Mah Jongg Club recently presented the JCC with a donation of $4092 from 2026 card sales, marking a significant increase from $2400 in 2025. The group leaders, Kathy Jones & Mary Ann Sember, would like to thank all players who sold & purchased cards to help achieve this remarkable goal.

The group, which began with a humble three members in June 2022, has grown to over 100 players. If you have experience playing & would like to join, the group plays each Tuesday at 1 pm... And it's already time to start taking pre-orders for the 2027 NMJL Card! If you would like to order a card from the AgeWell Mah Jongg Club, you can pick up an order form in the AgeWell office. Your card will be mailed directly to you in early April 2027. Plus, the JCC will receive a donation from the NMJL of $7 for every card pre-ordered through our club. Thank you to all who participate in this effort!



AgeWell at the JCC South Hills



November Happenings at the JCC

Election Day, November 3
The JCC is a polling location.

Allegheny County Senior Expo, November 5

We expect the facility to be busier than usual on these days. Please consider carpooling if you visit the JCC with friends or family.

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

November Programs & Events

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

Reiki-Infused Sound Bathing with the 10.27 Healing Partnership, 11/2 & 11/16 at 12 PM

Immerse yourself in the soothing tones of crystal & Tibetan singing bowls, expertly played by Reiki Master Shawn Fertitta. This class is designed for anyone ready to embrace tranquility.

Healing with Humor, 11/2 at 2 PM

Join Jenny Vaporett, NAMI Keystone Pennsylvania, for an interactive session exploring how laughter & humor can support mental health, ease stress, & build resilience. Participants will learn practical, lighthearted techniques for coping with life's challenges.

Seniors for Safe Driving, 11/4 at 1:30 PM

During the course, information is provided on rules of the road, defensive driving tactics, PA motor vehicle laws, & more. Drivers ages 55+ who complete the course are eligible for a discount on car insurance. **Register by visiting seniorsforsafedriving.com.**

How to Make Friends as an Adult, 11/5 at 1:30 PM

Watch Life Coach Jay Shetty's "On Purpose" Podcast "*How to Make Friends as an Adult*" & learn about adult friendships: how to form them, how to sustain them, & how important they are to healthy aging.

Let's Make Ornaments!, 11/9 at 11:30 AM

Each year, senior center across the state are invited to make ornaments for the holiday tree in the Capitol Building in Harrisburg. We will make 3D paper stars & paper snowflakes.

Webinar: *Managing Sleep Apnea to Reduce the Risk of Alzheimer's Disease*, 11/9 at 12 PM

Learn about sleep apnea & Alzheimer's disease. The speaker is Dr. Kimberly Van Dongen, D.O., who is a board-certified sleep medicine physician & Clinical Assistant Professor of Medicine at UPMC.

HomeMeds Medication Screening Clinic, 11/10 from 9 AM to 12 PM

Enter your medications into the HomeMeds portal & have them reviewed by a pharmacist to identify potential medication concerns. Appointments & walk-ins are welcome.

Grief Support Group, 11/10 & 11/24 at 10:30 AM

This drop-in group meets twice monthly & is open to members in any stage of grief.

Decluttering: Keep or Toss, 11/11 at 11 AM

Why do you keep clutter in your home? Do you find it difficult to get rid of sentimental, "just-in-case", or aspirationally "useful" items? Join us to watch the "*Clutterbug*" podcast, where organizing expert Cassandra Aarssen puts the most common clutter excuses on trial, & motivates us to "let go" of excess items.

Knitting & Crochet Club, 11/12 & 11/23 at 11 AM

Bring your current project & join the group! Open to all experience levels.

National Parks Discussion Group, 11/12 at 11 AM

Join this monthly group for an exploration of the National Parks. Each discussion focuses on a different national park with a brief lecture & conversation.

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

Webinar: *Election Outcomes & the Future of Aging Policy*, 11/12 at 12 PM
When the midterms are over, what do the results mean for older adults, caregivers, & the aging services network? Join us for a discussion of the election outcomes & their potential impact on key issues, including Social Security, Medicare, Medicaid, caregiving, & aging services. Learn what to watch for as policymakers set priorities & explore ways to stay informed & engaged in the policy decisions that affect older adults & their families.

Garden Club: Holiday Cacti, 11/13 at 12 PM
Learn about three varieties of holiday cacti, how to propagate, when to prune, & optimal placement for blooming & fertilizing.

Radial Symmetry Printmaking, 11/16 at 1 PM
The Hebrew name for stork comes from the root chesed, which means loving kindness. In this workshop celebrating the Ethiopian Jewish holiday of Sigd, explore these symbols of migration & connectedness through art by making cards using popular Ethiopian art motifs.

Vivistim Screening for Stroke Survivors, 11/17 from 9 AM to 12 PM
If you are a stroke survivor, you could be a candidate for this neuromodulation therapy that helps the brain relearn new movements. Stop by to learn more & receive a free screening.

Men's Discussion Group, 11/17 at 11 AM
Join this monthly group for fellowship & casual conversation.

Book Club, 11/17 at 1:30 PM
No assigned reading, just come prepared to share which books you've been enjoying lately!

Felt Pie Welcome Banner Craft, 11/17 at 3 PM
Celebrate the season with a handmade English & Hebrew welcome garland that's as sweet as it looks! In this workshop, you'll craft a variety of cozy felt pie slices as well as a cheery welcome sign for guests.

Conversations with Amy Discussion Group, 11/18 at 10 AM
Join AgeWell's Information & Referral Specialist, Amy Gold, MSW, for an informal, monthly discussion group. This is an opportunity to connect with others, enjoy interesting conversations, & explore topics relevant to older adults.

Memory Cafe, 11/18 at 2 PM
Memory Cafe is a monthly social program for people living with cognitive decline & their care partners. This month, we will explore what we are grateful for in our lives.

Creativity Group, 11/19 at 1:30 PM
Discuss creative prompts, try new materials, & share stories about what is inspiring you. Each meeting will have dedicated time & materials available to engage in creative work through guided prompts.

Effective Communication Strategies to Connect with People Diagnosed with Alzheimer's Disease, 11/20 at 1:15 PM
Join the Alzheimer's Association for a discussion about communication strategies to engage and communicate with people experiencing cognitive decline.

Holiday Wines with Dennis Sweeney, 11/20 at 1:30 PM
Join AgeWell member & wine enthusiast Dennis Sweeney for a sampling of carefully curated wines perfect for the holidays. **There is a cost of $35. Contact Hillary Green to register.**

Kinsugia Art Class, 11/24 at 1 PM
Kinugusia is a Japanese fabric art that involves pressing fabric into a foam board to create intricate, textured designs.

Medicare Made Easy, 11/30 at 11 AM
Join Sean Horn of MediConnect for an informal, educational talk about maximizing your Medicare options prior to the end of the annual open enrollment period.

Ongoing Programs

Book Exchange, Available Daily During AgeWell Office Hours
Blood Pressure Screening with JAA Staff, 11/10 & 11/24 from 10-11 AM
Book Club, 11/17 at 1:30 PM
Canasta, Thursdays from 1-3 PM
Conversations with Amy Discussion Group, 11/18 at 10 AM
Creativity Group, 11/19 at 1:30 PM
Diabetes Prevention Program, Fridays at 10 AM (Registration Required)
Drop-In Technology Tutoring, Tuesdays from 9 AM-12 PM
Grief Support Group, 11/10 & 11/24 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, 11/12 & 11/23 at 11 AM
National Parks Discussion Group, 11/12 at 11AM
Mah Jongg, Tuesdays from 1-3 PM
Meditation with Awaken Pittsburgh, 11/4 & 11/18 at 12 PM
Memory Café, 11/18 at 2 PM
Men's Discussion Group, 11/17 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, 11/2 & 11/16 at 12 PM
Rummikub, Fridays at 11 AM
Scrabble, Mondays at 1:30 PM
Watercolor Open Studio, Mondays at 10:30 AM

Coming Soon

December 3 Encore Career & Volunteer Fair
December 4 & 18 Israeli Culture Group
December 10 Body Mechanics Workshop with Hess PT
December 11 Holiday Wines with Dennis Sweeney

Please Note: The Murder Mystery program, previously advertised for November, has been rescheduled for January 21.

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 November Programs

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 10:30 Watercolor Open Studio 12 Reiki-Infused Sound Bathing 12:30 JCafe 1:30 Scrabble 2 Healing with Humor	**November 3** 9-12 Drop In Tech Tutoring 12:30 JCafe 1 Mah Jongg *Election Day*	**November 4** 12 Meditation 12:30 JCafe 1:30 Seniors for Safe Driving	**November 5** 12:30 JCafe 1 Canasta 1:30 How to Make Friends as an Adult	**November 6** 10 Diabetes Prevention Program 11 Rummikub 12:30 JCafe 1 Pinochle
Novmeber 9 10:30 Watercolor Open Studio 11:30 Let's Make Ornaments! 12 Webinar: Sleep Apnea & Alzheimer's Disease 12:30 JCafe 1:30 Scrabble	**November 10** 9-12 Drop In Tech Tutoring 9-12 HomeMeds Medication Clinic 10-11 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg	**November 11** 11 Decluttering: Keep or Toss? 12:30 JCafe	**November 12** 11 Knitting & Crochet Club 11 National Parks Discussion Group 12 Webinar: Election Outcomes 12:30 JCafe 1 Canasta	**November 13** 10 Diabetes Prevention Program 11 Rummikub 12 Garden Club 12:30 JCafe 1 Pinochle

AgeWell
at the JCC South Hills

AgeWell at the JCC South Hills October Programs

Monday	Tuesday	Wednesday	Thursday	Friday
November 16 10:30 Watercolor Open Studio 12 Reiki-Infused Sound Bathing 12:30 JCafe 1 Radial Symmetry Printmaking 1:30 Scrabble	**November 17** 9-12 Drop In Tech Tutoring 9-12 Vivistim Stroke Scans 11 Men's Discussion Group 12:30 JCafe 1 Mah Jongg 1:30 Book Club 3 Felt Pie Craft	**November 18** 10 Conversations with Amy 12 Meditation 12:30 JCafe 2 Memory Cafe	**November 19** 12:30 JCafe 1 Canasta 1:30 Creativity Group	**November 20** 10 Diabetes Prevention Program 11 Rummikub 12:30 JCafe 1 Pinochle 1:15 Communication Strategies for Alzheimer's Disease 1:30 Holiday Wines
November 23 10:30 Watercolor Open Studio 11 Knitting & Crochet Club 12:30 JCafe 1:30 Scrabble	**November 24** 9-12 Drop In Tech Tutoring 10-11 Blood Pressure Screening 10:30 Grief Support Group 12:30 JCafe 1 Mah Jongg 1 Kinsugia Art Class	**November 25** 12:30 JCafe	**November 26** Thanksgiving Day- AgeWell Office Closed Fitness Center & Pool Open with Limited Hours	**November 27** 11 Rummikub 12:30 JCafe 1 Pinochle
November 30 10:30 Watercolor Open Studio 11 Medicare Made Easy 12:30 JCafe 1:30 Scrabble				