

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.

Find us on Facebook!

Search "AgeWell at the JCC" to connect with us on Facebook, or scan the QR code.



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



Questions? Contact:

Darlene Cridlin, Manager of Government Contracts & Compliance: 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

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. During the hours listed below, you can walk into our office without an appointment and get registered- just bring a photo ID with your current address, or with supporting documentation of your current address (utility bill, lease, etc.).

Walk-in Registration Hours:

Monday: 9AM-12PM
Tuesday: 9AM-4PM
Wednesday: 9AM-4PM
Thursday: 9AM-4PM
Friday: 9AM-4PM

BetterAge: Your Personalized Guide to Living Well

BetterAge is a personalized program to promote awareness, action, and achievement in your health journey. It starts with a quick assessment, followed by specific and actionable recommendations to promote living well. Focus areas include physical, mental, and social health. Take the assessment and explore your personal health and wellbeing report and get recommendations- Scan the QR code to get started!



AgeWell at the JCC Squirrel Hill October 2026

Stay Steady: Medicines That May Affect Balance

Ava Amato & Connor Friedman, University of Pittsburgh Student Pharmacists

Did you know some common medications can increase your risk of falling? Falls are a leading cause of injury in adults over 60, and certain drug classes can affect balance, alertness, or blood pressure.

Five medication groups to watch closely include benzodiazepines (used for anxiety or sleep), antidepressants, antipsychotics, blood pressure medications (antihypertensives), and opioid pain relievers. While these medicines can be very helpful, they may cause side effects such as dizziness, sleepiness, confusion, or a sudden drop in blood pressure when standing (called orthostatic hypotension). Any of these can raise the chance of losing your balance.

This does not mean you should stop your medications on your own. Instead, take a proactive approach. Rise slowly from sitting or lying down, use handrails when available, and keep your medication list updated. If you've noticed new dizziness, unsteadiness, or recent falls, tell your pharmacist or healthcare provider.

A quick medication review can often identify safer options, dose adjustments, or timing changes that reduce fall risk while still managing your health conditions.

Staying informed about your medications is one important step toward staying steady, safe, and independent.

Get your Medications reviewed by a pharmacist through HomeMeds!

A Giant Eagle Pharmacist will review your medication profile. Participants will receive a \$15 gift card from Giant Eagle upon completion. To make an appointment, **contact Joe Acevedo at jacevedo@jccpgh.org or 412-697-1186.**

Use NCOA's Falls Free Checkup to evaluate your falls risk, then get recommendations and resources!



You can send your results to your doctor when you're done. Scan the QR code or go to: <https://www.ncoa.org/tools/falls-free-checkup>



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

October 2026 Programs & Events

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

Health and Wellness

- Open Enrollment Medicare 101**
10/6, 1:15-2:15PM, Rm 202
Join PA Medi for an educational Medicare session designed to provide valuable insights into Medicare.
- Open Enrollment Medicare Consultations**
10/27, 11AM-2PM, Rm 202
Make an appointment for a free one-on-one consultation with PA Medi: 412-661-1438.
- Medicare Expert Tabling**
10/14, 10AM-1PM, Palm Court
Stop by the table and ask the Licensed Insurance Agent anything!
- Blood Pressure Screenings (by JAA RN)**
2nd & 4th Wednesday of the month
11AM-12PM, Palm Court
- HomeMeds Hub**
Tuesdays, 1:15-3PM, Palm Court
A trained Pharmacy Student will review your medications and work with professional pharmacists to identify potential concerns.
- Medical Marijuana in PA**
10/20, 1PM, Rm 202
Learn about potential benefits of medical marijuana use, important considerations for older adults, product types, dosing, and safety best practices.
- Maybe It's Your Medications**
10/15, 11AM-12PM, Rm 202
Presented by Dr. Hedva Barenholz Levy.

Unique Events this Month

- Outing to the Frick**
10/6, 10AM. \$18, Register by 10/2 by contacting Kara Loyd at KLoyd@jccpgh.org.
Join us on an outing to The Frick! We'll explore the French Moderns exhibition and the permanent displays.
- Vaccination Clinic**
10/12, 9AM-12PM, Rm 202.
Flu, Covid, and RSV/Pneumonia shots available. Make an appointment by contacting Liz at Lsherlock@jccpgh.org.

Jewish Life

- Book of Mitzvos of the Rambam with Rabbi Yehudah Gorkin**
Mondays, 12:30-1PM, Levinson A (JCafé)

Jewish Life, continued

- Jewish History with Professor Alex Orbach**
Fridays, 10-11AM, Rm 202
- Lunch & Learn Weekly Torah Conversation**
Fridays, 12- 1PM, Levinson A (JCafé)

Learn Something New

- Pitt Cyber's Digital Survival Skills: Avoiding Frauds and Scams**
10/1, 1:25-2:15PM, Rm 202
Scams are getting harder to spot. Protect yourself by learning the psychological methods scammers use to trick people into giving up personal information.
- Conversational Hebrew**
Wednesdays: 10/7, 10/14, 10/21, 10/28, 2:30-3:15PM, Rm 316
Join Ivan Frank to learn basic phrases and become familiar with the Hebrew alphabet. All skill levels welcome!
- Healing with Humor**
10/13, 1-2PM, Rm 202
Join Jenny Vaporetti from NAMI for a presentation on the science of humor and how it heals our minds and bodies.
- Fall Foliage Walk**
10/15, 1:30-3PM, Meet at Darlington Enrance
Join Program Coordinator Kara Loyd on a fall foliage walking tour. We'll identify trees along the way.
- All About Mushrooms**
10/20, 11AM-12PM, Rm 202
Join us for a look at the fungal kingdom and learn about mushrooms' surprising role in nature, medicine, and food.
- 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.
- Pittsburghers for Public Transit Tabling**
10/6, 11AM-1PM, Palm Court
Evelyn Ulysse from PPT will provide information on current issues impacting transit.

Learn Something New, continued

- Pittsburghers for Public Transit (PPT)**
10/15, 1:15-2:30PM, Rm 202
10/20, 12-4PM, Meet in the Palm Court
On Oct 15th, learn about PPT, how to sign up for Senior ConnectCards, and how to use transit apps to plan trips. On Oct 20th, join the guided Transit Tour to build confidence using PRT.

Art and Creativity

- Watercolor Together!**
10/26, 9:45-11:45AM, Robinson Art Room
Open watercolor studio led by Yafa Negrete. Bring your own watercolor supplies.
- The Creative Current with Chaplain Mickey**
Fridays, 1:30-3:30PM, 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:
10/2: Ecological & Personal Maps
10/23: Oil Pastel Transfers: Chagall's Moses With The Tablets Of Law
10/30: Acrylic Paint String Pull Einstein Portraits
- Playing with "Joyful Noise" with Hope Gelfand Alcorn**
10/9, 1:30-3:30PM, Rm 310
Currently on display in the American Jewish Museum, Hope Gelfand Alcorn's art invites the viewer into joy through works that span abstraction and textile traditions. Hope will be joining us for an activity inspired by her work "Starfish Belly" where we will play around with color, communication, and pattern-making.
- Make your Morning**
10/7, 10/14, 10/21, 10:30AM-12PM, Rm 202
Wake up your day with a different creative project each week!
- Art History in Color**
10/28, 11AM-12PM, Rm 202
Learn some art history while coloring!
- Crochet Club**
10/8, 1:15 - 2:45PM, Rm 202
Bring your fiber projects and stitch together! Liz can teach crochet to newbies.
- Fall Wreath Making**
10/22, 11AM-12:30PM, Rm 202
Registration is required for this fun, fall wreath making workshop- contact Kara Loyd at KLoyd@jccpgh.org. All supplies will be provided!
- Poets Sharing their Work**
10/22, 1-2PM, Rm 202
Share poetry- by you, or your favorite poet.

Game Groups

- Chess Club**
Mondays, 11AM-12PM, Rm 202
Come learn and play chess!
- Scrabble Club**
Mondays, 1:30PM, Rm 310
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, 1-3PM, Levinson A (JCafé)
Come play canasta. Newbies welcome!

Recurring Group Programs

- Conversational French**
Mondays, 1-2PM, Rm 202
Attendees must be comfortable speaking at a fluent or semi-fluent level.
- Spanish Conversation Group**
10/5, 10/19, 10-11AM, Rm 202
For intermediate to advanced speakers.
- Book Club**
Last Monday of each month (10/26)
11AM-12PM, Rm 310 or online on the VSA.
October Book: *The First Ladies* by Marle Benedict and Victoria Christopher Murray
- Choral Group**
Fridays, 12-1PM, Levinson B
New members are always welcome! You do not need to read sheet music and there are no auditions.
- Coffee & Conversations with Amy**
10/29, 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**
10/5, 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