

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 September 2026

Rosh Hashanah, Yom Kippur, & National Senior Center Month: Happy Days Begin Here

Chaplain Mickey B

September holds so many wonderful reasons to celebrate at AgeWell: National Senior Center Month and the beginning of the Jewish High Holiday season, with Rosh Hashanah & Yom Kippur. These days serve as a reminder that it is not enough to just live longer, but that it's important to fill your days with opportunities to live well.

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

That spirit feels especially fitting during National Senior Center Month, whose theme this year is "Happier Birthdays Happen Here." As the National Council on Aging's program guide puts it:

"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! This year, we were able to increase the opportunities for community connection through the introduction of new programs and services to help people truly AgeWell. If you have visited either of our sites this summer, you might have noticed the construction on our buildings, as we evolve to create more spaces where the community can thrive. In treating the new year as a milestone to make changes for the better, we also invite you to try out some of our new programs including Wits Workout and Bingocise. And, perhaps most importantly, we thank you for your commitment as we continue to build something that cannot be measured in a construction schedule or program attendance: everyday meaningful connections.

Whether you are joining us for a class, meeting a new friend at JCafe, 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 and sweet year to all.



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

September 2026 Programs & Events

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

Health and Wellness

- Fiber is Fun**
9/10, 1PM, Levinson B
Presented by Melina Vuocolo, Nutrition and Dietetics Graduate Student at the University of Pittsburgh.
- Medicare Expert Tabling**
9/16, 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 Medication Screening**
Proactively screen your drug & supplement regimen for potential risks. Participants will receive a \$15 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.

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, incuding newbies!
- Canasta**
Thursdays, 1-3PM, Levinson A (JCafé)
Come play canasta. Newbies welcome!

Unique Events this Month

- Celebrate Senior Center Month**
9/3, 1-3PM, Palm Court
Join us to celebrate with a birthday party. Enjoy games, treats, and more. We will also be hosting an activity fair - come see what AgeWell has to offer!

Art and Creativity

- Watercolor Together!**
9/14, & 9/28, 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**
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:
9/4: Rosh HaShannah Simanim Magnets & Trinket Dishes
9/11: Drawing the Sounds of the Shofar
9/18: Fish Head Foil Relief
9/25: Button Tree Art
- Make your Morning**
9/2, 9/9, 9/16, 9/23, 10:30AM-12PM, Rm 202
Wake up your day with a different creative project each week!
- Crochet Club**
9/10, 1:15 - 2:45PM, Rm 202
Bring your fiber projects and stitch together! Liz can teach crochet to newbies.
- Art History in Color**
9/30, 11AM-12PM, Rm 202
Learn some art history while coloring!

Learn Something New

- The Media as Puppeteer**
9/8, 9/15, & 9/22, 1-2:30PM, Rm 202
Join author Elizabeth Rodenz as she presents in a three-part series about how the media affected our lives in the past and how it continues to do so.
- 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.
- The Wonderful World of Peppers**
9/15, 11AM-12PM, Rm 202
Whether you love sweet bell peppers or can't get enough heat, there's something for everyone in this program all about peppers. We'll explore how they ripen, why some are mild and others are hot, and other surprising facts.
- Ask a Meteorologist**
9/29, 11AM-12PM, Rm 202
Join Brian Hitton Jr., WTAE Meteorologist for a presentation on weather patterns, weather reporting, and the science behind it all.
- Legislative Update with Senator Roy Afflerbach**
9/30, 10-11AM, Rm 202
Join Senator Roy Afflerbach, Ret. for an informational legislative update. Roy will provide updates on what's happening in the State Capitol related to the Department of Aging and issues impacting older adults. He will also share timely information and ways we can advocate for and support Pennsylvania's older adults.

Recurring Group Programs

- Conversational French**
Mondays, 1-2PM, Rm 202
Attendees must be comfortable speaking at a fluent or semi-fluent level.
- Book Club**
Last Monday of each month (9/28)
11AM-12PM, Rm 310 or online on the VSA.
August Book: *Theo of Golden* by Allen Levi
- Choral Group**
Fridays, 12-1PM
New members are always welcome! You do not need to read sheet music and there are no auditions.
- Coffee & Conversations with Amy**
9/24, 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**
9/14, 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
- Lunch & Learn Weekly Torah Conversation**
Fridays, 12- 1PM, Levinson A (JCafé)