



The Macedonia FACE Active for Life Senior Center has a number of amazing partnerships. One of our newest is with the Fiber Arts Guild of Pittsburgh. This summer they decorated parks, building and fences around the city with their "Portals" project. They installed these colorful crocheted, knit, woven, embroidered and mixed media pieces around the city in parks, along fences and on buildings.

A few of the decommissioned pieces were donated to the center and hung in our garden. The works are beautiful and make the garden visible to passersby on Centre Avenue. In September, our members will collaborate with the guild to create additional Portals to embellish the garden fence.



Information & Referrals

Macedonia FACE Active for Life Senior Center provides seniors and their families with information about services available in the community.

Call 412-636-4903 to speak with a member of the Senior Center staff.

Suggestions or

Comments?

Give us a call at our main office

412-281-2573!



Macedonia FACE Active for Life Senior Center

September 2025 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Although we are in the waning days of summer, there are still a ton of adventures to be had at the Macedonia FACE Active for Life Senior Center. Below is a preview of what to expect in September:

- A visit to The Shore Thing, Riverlife's barge along the Allegheny River
- A Monday Morning Music concert with Preston McKenzie
- A presentation by La'Vette Wagner about the RAND Corporation health studies in the Hill District
- Art activities with two local artists
- A gallery talk at Nafasi on Centre
- A meeting with music students from Duquesne University
- A session to work with the Fiber Arts Guild to make additional Portals for the garden fence
- Work with Grow Pittsburgh to make Oyas (clay watering pots for the garden)

Additional events may be added to the schedule. Be sure to check the bulletin boards for updates!



The Macedonia FACE Active for Life Senior Center will be closed on Monday, September 1st and will reopen on Tuesday, September 2nd at 8AM



Give Meaningfully to

**United Way Contributor #888941
Combined Federal Campaign
#14659**



United Way of
Southwestern Pennsylvania

Note: A number of activities –based inside and outside of the center— are confirmed after the calendar is printed. Those activities are displayed and distributed at the Senior Center.

Please note that special events and trips require sign-up in advance. Special programs may have a small fee for participation. The fee will be included in the description. Activities are subject to change.



DAILY PROGRAM GUIDE

MONDAYS

Cardio H2O- Aqua Aerobics

Mondays @ 10:00AM

Greater mobility, reduced pain and fatigue, and enhanced sleep quality are just a few of the benefits of a regular fitness workout in the pool.

Garden Meeting

Monday, 9/2 @ 10:00AM

Join the Garden Committee to work in the garden and make “oyas,” clay pots to water the plants.

Virtual Reality

Monday, 9/8 @ 10:00AM

Join Dr. Tim Huang, from the University of Pittsburgh to create an interactive history of spaces in the Hill using personal memory, community history and technology.

Coffee with an Artist

Monday, 9/8 and 9/29 @ 10:00AM

Join us for coffee and painting on Monday mornings. We will have a changing list of artists for these sessions.

Chair Yoga

Monday, 9/8 and 9/15 @ 12:30PM

Join us for a focused and relaxed chair yoga instruction that focuses on slow breathing, gentle movements and intentions.

Monday Morning Music

Monday, 9/15 @ 10:00AM

Join us for a morning concert with musician Preston McKenzie.

Teenie Harris Building

Monday, 9/29 @ 9:00AM

Join us as we continue to enjoy off-site programming at the Teenie Harris Building, 2195 Webster Avenue. This program includes Coffee with an Artist at 10:00 AM.

African Dance

9/29 @ 12:30PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. It is an interactive and culturally relevant way to get fit.

TUESDAYS

Chair Yoga

Tuesdays @ 10:00AM

This class is tailored for seniors, offering gentle poses, mindful breathing, and relaxation techniques to promote flexibility, strength, and inner peace.

Active@Any Age Circuit

Tuesdays @ 12:15PM, YMCA Fitness Studio

Increase strength, range of movement and improve balance, coordination and agility.

Beginner Soul Line Dancing

Tuesdays @ 1:00PM

A beginner's class that will teach the fundamentals of line dancing.

Wal-Mart Shopping Trip

Tuesday, 9/2 @ 9:30AM

Join other members for a Wal-Mart shopping trip.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Casino Trip

Tuesday, 9/9 @ 9:30AM

Join us for an outing to the Rivers Casino.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Steel Smiling Senior Support Group

Tuesday, 9/9 and 9/23 @ 1:00PM

Join us for facilitated mental wellness conversations that includes topics such as self-care.

Restaurant Trip

Tuesday, 9/16 @ 10:30AM

Join other members for lunch at a local eatery.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Shopping Trip

Tuesday, 9/23 @ 9:30AM

Join other members for a shopping excursion.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 10AM

Greater mobility and increased muscle strength are just a few of the benefits of regular pool workout.

Bible Study

Wednesdays @ 10:30AM

Join the study group as they make their way through the Bible week by week.

WEDNESDAYS (CONT.)

Dance Party

Wednesday, 9/10 and 9/24 @ 12:30PM

Join Norma Jean Barnes as she choreographs dances through the decades.

Diabetes Prevention Workshop

Wednesday, 9/17 @ 12:00PM

Duquesne University Nursing School offers a series of workshops on diabetes prevention.

Please note that the session in September is on a Wednesday.

Health Presentation

Wednesday, 9/17 @ 10:45AM

Join us for a health presentation by staff from the UPMC Living At Home Program.

InterPlay

Date To Be Determined @ 12:15PM

Join Lois McClendon for InterPlay sessions that combine music, storytelling and movement.

THURSDAYS

Tai Chi

Thursdays @ 10:00AM

Tai chi is a form of slow motion movements that has numerous benefits such as improving balance, focus, and overall flexibility.

Active At Any Age Stretch/Balance

Thursdays @ 11:00AM

This class will focus on strength and mobility while seated and standing.

Mobility & Balance Class

Thursdays @ 12:00PM

Offered by the Parkinson Foundation Western PA this class will be held at the Teenie Harris Center (2195 Webster Ave) as an outreach program. Hosted by KBK Foundation. The classes are most beneficial for those who have difficulty with balance and/or walking. **Transportation is provided. Call 412-636-4903 or stop in to sign up.**

Chicago Style Stepping and Movement

Thursdays @ 12:15PM

Learn the latest line dances with Darryl Daughtry in the Fitness Center.

Chair Yoga

Thursday, 9/4, 9/11 and 9/18 @ 12:30PM

Join us for a focused and relaxed chair yoga instruction that focuses on slow breathing, gentle movements and intentions.

Riverlife

Thursday, 9/18 @ 10:00AM

Come join us as we explore Riverlife's "The Shore Thing" barge along the North Shore.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

THURSDAYS (CONT.)

RAND Corporation Hill District Health Studies

Thursday, 9/25 @ 10:00AM

Join La'Vette Wagner, Field Coordinator, for the PHRESH Project, as she shares details about health studies of the Hill District.

Community Forum

Thursday, 9/25 @ 12:30PM

Join us for a conversation about ways we can enhance the activities at the center.

FRIDAYS

BINGO

Fridays @ 12:00PM

Join us for BINGO. You must be a registered member of the senior center. Register by the day before in order to play.

Active@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

Increase strength, range of movement and improve balance, coordination and agility.

Therapeutic Chair Massage

Friday, 9/12, 9/19 and 9/26 @ 10:00AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. **Pre-registration required. Call 412-636-4903 or stop in to sign up.**

Storytelling & the Arts

Friday, 9/12, 9/19 and 9/26 @ 10:00AM

Join Baba Amir Rashidd as we explore the art, culture and history of the Hill via stories.

University of Pittsburgh—Pharmacy Students

Friday, 9/19 @ 10:00AM

Talk with Pitt Pharmacy students for a medication checks.

