



Get on the bus and experience several fun attractions around the city. Excursions are open to members of the Macedonia FACE Active for Life Center, who register in advance. Transportation is provided, but is limited. Lunch will be offered during select trips.

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

August 2023

412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Welcome to August, the month when the Macedonia FACE Active for Life Center hits the road to experience Pittsburgh!

Every Thursday, we are going to the Farmer's Market in Market Square to purchase fresh fruits, veggies and other goods from local farmers and vendors.

In addition to our regular trips to shop, eat and game, we will be visiting several cultural venues. With our partners at the Pittsburgh Parks Conservancy, we will be checking out the "From Slavery to Freedom" exhibit at the Senator John Heinz History Center. We will also explore the "From Slavery to Freedom" Garden at the Frick Environmental Center. We will be taking in the works at the Andy Warhol Museum and indulging our inner children by playing at the Children's Museum. Box lunches will be provided for some trips.

If you want to join the fun, you have to be a member of the Senior Center and reserve a place on the bus. Seating is limited, so call 412-636-4901.

August 1st is National Night Out. Join your neighbors to make the Hill safer.



Our Mission

To encourage the development of healthy families.



United Way of Southwestern Pennsylvania
United Way Contributor #888941
Combined Federal Campaign #14659



DAILY PROGRAM GUIDE



MONDAY

Cardio H2O- Aqua Aerobics

Mondays @ 10:00 AM

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.

Coffee and Paint

Mondays @ 10:30 AM

Join us as we paint on canvas while enjoying your favorite beverage.

Vacant Property Study

Monday, August 14 @ 12:15 PM

Join the staff of Grounded Strategies and community representatives as they discuss the vacant property study in the Hill District.

Andy Warhol Museum Trip

Monday, August 21 @ 9:30 AM

Join us for a visit to the Andy Warhol Museum on the Northside. Space is limited. Reserve your spot by calling 412-636-4903.

Good Mood Food

Monday, August 28 @ 11:00 AM

Join us for a healthy food conversation and demonstration led by Christina White, a Schweitzer Fellow and Pitt Medical student.

African Dance

Monday, August 28 @ 12:15 PM

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

TUESDAY

Dance and Be Fit with Roland Ford

Tuesdays @ 11:00 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford. Exercises are cardio and low impact, alternating between standing and sitting.

Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

Men's Discussion Group

Tuesday, August 8 and August 22 @ 1:00 PM

Join the discussion group to talk about men's issues.

Steel Smiling Senior Support Group

Tuesday, August 8 and August 22 @ 1PM

Join us for facilitated mental wellness conversations that includes topics of self-care among other topics.

TUESDAY (CONT.)

Healthy Breakfast Demonstration

To Be Announced

Join Melita Terry, Senior Community Engagement Coordinator, University of Pittsburgh, Alzheimer's Disease Research Center, for a healthy breakfast demonstration

Information Seeking

Tuesday, August 1 @ 10:00 AM

Join us for a focus group on legitimate information sources and best practices for information seeking.

Casino Trip

Tuesday, August 1 @ 11:00 AM

Join us for an visit to the Rivers Casino. Transportation is provided, but limited. Pre-registration is required. Reserve your spot by calling 412-636-4903

Chess Club

Tuesdays August 1, 15 and 29, 12:00- 3:00 PM.

The chess club is open for beginning and experienced players. The club is facilitated by Community Engagement Officer Dave Shifren.

Wal-Mart Shopping Trip

Tuesday, August 8 @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation provided and pre-registration required. Reserve your spot by calling 412-636-4903

Virtual Reality Project

Tuesday, August 15 @ 10:00AM

Join Dr. Tim Huang, from the University of Pittsburgh and Charlene Foggie-Barnett, from the Teenie Harris Collection at the Carnegie Museum of Art, to create an interactive history of spaces in the Hill using personal memory, community history and technology.

Restaurant Outing

Tuesday, August 22 @10:30 AM

Join other members for lunch at a local eatery. Transportation is provided but pre-registration required. Reserve your spot by calling 412-636-4903.

Shopping Trip

Tuesday, August 29 @ 9:30AM

Join us for a shopping trip. Destination to be determined. Transportation to and from the Senior Center will be provided. Pre-registration required.

WEDNESDAY

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00 AM

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

Fiber Arts Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

Bible Study

Wednesdays @ 11:00 AM

Making our way through the Bible week by week. The study group is led by Pastor McFarland.

Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

Therapeutic Chair Massage

Wednesdays, August 2, 16, and 23 @ 10AM

Join Delores Gavins, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required. Reserve a spot by calling 412-636-4903

Children's Museum Trip

Wednesday, August 9 @ 9:30 AM

Join us as we let our inner children out to play! Space is limited. Pre-registration is required. Reserve your spot by calling 412-636-4903.

Community Forum

Wednesday, August 16 @10:00 AM

Join us for a conversation about activities and changes at the senior center.

THURSDAY

Farmer's Market Trips

Join us for trips to the Market Square Farmer's Market. Register for a spot and you will get Food Bucks to use at the market. Space is limited. Call 412-636-4901 to reserve a space.

Tai Chi

Thursdays @ 10:00 AM

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

Short Stories Session

Thursday, August 3 and August 17 @12:30 PM

Join Community Engagement Officer Dave Shifren for a discussion of short stories.

THURSDAY (CONT.)

Dance Party

Thursday, August 10 and August 24 @ 12:15 PM

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

FRIDAY

BINGO

Fridays @ 12:00 PM

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 Strength

Fridays @ 12:00 PM, YMCA Fitness Studio

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

Storytelling & the Arts

August 4 and August 18 @ 10:00 AM

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

UMPC Blood Pressure Screenings

Friday, August 4 @ 11 AM

Join the UPMC Living-at-Home Nurses who will be available to speak with you about any health issues and check your blood pressure.

InterPlay

August 4 and August 18 @ 12:15 PM

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

Pittsburgh Parks Conservancy

Friday, August 11 and August 25 @ 10 AM

Join the staff from the Pittsburgh Parks Conservancy for two trips this month. On August 11, there will be a visit to the Heinz History Center to see the "From Slavery to Freedom" exhibit. On August 25, there will be a trip to the Frick Environmental Center to see the "From Slavery to Freedom Garden." Space is limited. Call 412-636-4901 to reserve a space.

