



### Information & Referrals

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

Call 412-315-0992 extension 5007 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

April 2023

412-281-2573

[www.MacedoniaFACE.org](http://www.MacedoniaFACE.org)

#### Important Dates:

**4/6– Senior Center will close at 12PM for a Staff Meeting.**

**4/7– Senior Center will be closed in observance of Good Friday.**

**4/9**

**Happy Easter to you and your family!**



#### Our Mission

To encourage the development of healthy families.



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

### A MESSAGE FROM US TO YOU

Dear Friends,

**Happy Spring! The birds are singing. The flowers are blooming. The days are longer and full of sunshine.**

**Writer Langston Hughes wrote about the season so eloquently in his poem, April Rain Song:**

#### April Rain Song

Let the rain kiss you  
 Let the rain beat upon your head  
 with silver liquid drops  
 Let the rain sing you a lullaby  
 The rain makes still pools on the sidewalk  
 The rain makes running pools in the gutter  
 The rain plays a little sleep song on our roof at night  
 And I love the rain

– Langston Hughes



#### Things to do during the spring:

- Sit and listen to the rain
- Plant Flowers
- Declutter a small space
- Look for rainbows
- Walk in a park
- Listen to the birds sing
- Buy a fun umbrella
- Go on a picnic

# DAILY PROGRAM GUIDE



## MONDAY

### Cardio H2O- Aqua Aerobics

Mondays @ 10 AM

Greater mobility, reduced pain and fatigue, increased muscle strength 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 during a guided painting lesson.

### Walk with A Doc

Monday, April 10 @ 10 AM

Join Dr. Natalie Gentile as she shares the benefits of walking. Pedometers will be distributed.

### Vacant Property Study

Monday, April 10 @ 12:15 PM

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

### The Benefits of Walking

Monday, April 17 @ 12:15 PM

Join Reggie Howze, Senior Olympian, as he talks about the benefits of walking.

### African Dance

Monday, April 24 @ 12:15 PM

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

## TUESDAYS

### Dance and Be Fit with Roland Ford

Tuesdays @ 11 AM in the Y's Fitness Studio  
Come exercise and dance with Roland Ford and other Senior Center members!  
Exercises are cardio and low impact, alternating between standing and sitting.



## TUESDAY (CONTINUED)

### Active @ Any Age Strength

Tuesdays @ 12PM, YMCA Fitness Studio

Increase strength, range of movement and improve balance, coordination and agility. This class is appropriate for the fit and active, offering modifications for beginners.

### Men's Discussion Group

Tuesdays @ 12:30 PM

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

### Therapeutic Chair Massage

Tuesdays, April 4 & April 18 @ 10AM

The overall health benefits from massage are profound—reducing pain and swelling and decreasing stress. Join Ms. Gavin's, a Certified Massage Therapist, for a chair massage. Please preregister by calling Liz at 412-636-4903.

### Supermarket Presentation with Abdullah Salem

Tuesday, April 4 @ 10 AM

Join Abdullah Salem as he discusses his vision for Salem's Market & Grill in the Hill District.

### Virtual Reality Project

Tuesday, April 11 @ 10 AM

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. The project connects personal memory, community history and technology.

### Steel Smiling Senior Support Group

Tuesday, April 11 and 25 @ 1 PM

Join us for a facilitated mental wellness conversations that includes topics of depression, self-care and other topics identified by the group.

## TUESDAY (CONTINUED)

### Shopping Trip

Tuesday, April 18 @ 9:30 AM

Join other members for a shopping trip. Destination to be determined.

Transportation to and from the Senior Center will be provided. You must pre-register for this. Please call Liz at 412-636-4903 to sign up

### Community Forum

Wednesday, April 25 @ 10 AM

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

## WEDNESDAY

### Computer One-On-One

Wednesdays @ 9:00-11 AM

Individual tutoring sessions with an intern. Please sign up for a spot.

### Fiber Arts Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

### Cardio H2O- Aqua Aerobics

Wednesdays @ 10AM

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

### 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.

## THURSDAY

### Tai Chi

Thursdays @ 10 AM  
in the Multipurpose Room

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



## THURSDAY (CONTINUED)

### Cardmaking

Thursday, April 6 @ 10 AM

Join Linda Parks in making individualized greeting cards.

### Short Stories Session

Thursday, April 13 @ 12:30 PM

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

### Creating a Hill District Newsletter

Thursday, April 20 @ 10AM

The team from the Duquesne University's Community Writing Center helps center members document stories and poems of your own creation!

### UMPC Blood Pressure Screenings

April 20 @ 10AM

Join the UPMC Living-at-Home Nurses who will be available to speak with you about any health issues or concerns. Please come and have your blood pressure checked with us!

### Restaurant Outing

Thursday, April 27 @ 10:30 AM

Join other members for lunch at a local eatery. This event has limited capacity. Transportation to and from the Senior Center will be provided. You must pre-register by calling Liz at 412-636-4903.

## FRIDAY

### Storytelling & the Arts

Fridays @ 10:30 AM

Join us as we explore the art, culture and history of the Hill District through stories.

- Storytelling with Baba Amir Rashidd on April 14 and April 21
- Friday Dance Party with Norma Jean Barnes on April 28 @ 12:15PM

### Computer One-On-One

Fridays @ 12—2PM

Individual tutoring sessions with an intern. Please sign up for a spot.