



Thanksgiving is a special opportunity for us to stop. To count our blessings. To celebrate family. To break bread. To express love. To share traditions. To watch football. To make memories. To laugh together. To cry collectively. To recall our elders. To hold hands. To dance joyously. To sing oldies. To be thankful. To laugh loudly. To embrace tightly. To take pictures. To fuss again. To tell stories. To be together. To be thankful, together, for all that has been given to us.

Please join us for a Thanksgiving meal at the center on Wednesday, November 26th at 11:00AM.

You must register in advance because space is limited. To register, stop in and sign up or call 412-636-4903.

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

November 2025 412-281-2573

www.MacedoniaFACE.org



Happy Thanksgiving

The Center will be closed on:

- Friday, November 7th
- Thursday, November 27th
- Friday, November 28th



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

A MESSAGE FROM US TO YOU

Dear Friends,

It's hard to believe how quickly this year has gone by. It's time to start thinking about Thanksgiving, togetherness and gratitude. The world is so full of stress and strife. We're busy trying to keep up with the changing times and the unexpected. Before we know it, the hustle and bustle of the Christmas holidays will be upon us. It is a time for our souls to stop for a moment and to think about the blessings in our lives.

At the senior center, we will gather to celebrate the Thanksgiving holiday with a wonderful meal together on Wednesday, November 26th at 11:00AM. **Registration is required in advance to participate in this meal.** It will be a wonderful opportunity to stop and to collectively reflect on the things for which we are grateful. Family. Good health. Friends. Home. Food. Love. Life.

On Friday, November 7th, the Macedonia FACE Active for Life Senior Center will be closed for Staff Development.

The Center will be closed in observance of Thanksgiving on Thursday, November 27th and Friday, November 28th. The Center will resume regular operating hours on Monday, December 1st.

Please 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 center.

Special events and trips require you to sign-up in advance. Special programs may have a small participation fee. The fee will be included in the description. All 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.

Active@Any Age Balance

Mondays @ 10:00AM, YMCA Fitness Studio

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

Book Presentation by author Pamela Hailey

Monday, 11/3 @ 10:00AM

Join Macedonia FACE Senior Center member, Pamela Hailey, as she reads from her book, "My Life Is Gracefully Broken." A special lunch will be served following the talk. **Advanced registration is required. Call 412-636-4903 or stop in to sign up.**

Greater Hill District Neighborhood Reinvestment Fund

Monday, 11/3 @ 12:30PM

Kirk Holbrook, Project Manager of the Greater Hill District Neighborhood Reinvestment Fund, will talk about the fund.

Virtual Reality

Mondays, 11/3 and 11/17 @ 10:00AM

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

Technology Project with Jennifer Nwogu

Monday, 11/10 @ 10:00AM

Join us for an opportunity to participate in a technology project regarding seniors and the use of technology. **Space is limited and you must sign up in advance. Call 412-636-4903 or stop in to sign up.**

Garden Meeting

Monday, 11/10 @ 12:30PM

Join the Garden Committee to work in the garden and plan for the end of the season.

Teenie Harris Building

Monday, 11/24 @ 9:00AM

Join us as we hold programming off-site at the Teenie Harris Building, 2195 Webster Avenue.

TUESDAYS

Active@Any Age Tai Chi

11:00AM, YMCA Fitness Studio

Come and learn the benefits of slow movements that can help with balance, focus and overall flexibility.

TUESDAYS (CONT.)

Line Dancing

Tuesdays @ 1:00PM, Fitness Studio

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

Casino Trip

Tuesday, 11/11 @ 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.

Technology Project with Jennifer Nwogu

11/11 @ 10:00AM

Join us for an opportunity to participate in a technology project regarding seniors and the use of technology. **Space is limited and you must sign up in advance. Call 412-636-4903 or stop in to sign up.**

Steel Smiling Senior Support Group

Tuesdays, 11/11 and 11/25 @ 1:00PM

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

Restaurant Trip

Tuesday, 11/18 @ 10:30AM

Join other members for lunch at a local eatery.

Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.

Shopping Trip

Tuesday, 11/25 @ 9:30AM

Join other members for a shopping trip. Site to be determined. **Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.**

WEDNESDAYS

Active@Any Age Cycling

Wednesdays @ 9:15AM, Cycling Studio

Come enjoy the benefits of cycling.

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00AM

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

Thanksgiving Dinner

Wednesday, 11/26 @ 11:00AM

Join us for a Thanksgiving celebration. **You must register for this event. Call 412-636-4903 or stop in to sign up. Space is limited.**

WEDNESDAYS (CONT.)

Art with Rachael

Wednesdays @ 10:00AM

Enjoy a variety of crafts with Senior Center Supervisor, Rachael Webster.

Active@ Any Age Circuit

Wednesdays @ 10:00AM, YMCA Fitness Studio

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

Bible Study

Wednesdays @ 10:30AM

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

Chair Yoga

Wednesdays @ 11:00AM, Fitness Studio

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

Dance Party

Wednesday, 11/12 and 11/26 @ 12:30PM

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

Community Forum

Wednesday, 11/19 @ 12:30PM

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

InterPlay

Date to be Determined @ 12:15PM

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

THURSDAYS

Wal-Mart Shopping Trip

Thursday, 11/6 @ 9:30AM

Join other members for a Wal-Mart shopping trip. **Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 or stop in to sign up.**

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.

THURSDAYS (CONT.)

Chair Yoga

Thursdays @ 1:00AM, Fitness Studio

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

Line Dancing

Thursdays @ 1:00PM, Dance Studio

Learn the latest line dances with Darryl Daughtry.

Detroit Urban Ballroom

Thursdays @ 2:00PM, Fitness Studio

Learn the smooth moves of ballroom dancing with Darryl Daughtry.

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 Avenue) 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 available. Call 412-636-4903 or stop in to sign up.**

Diabetes Prevention Workshop

Date To Be Announced 12:00PM

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

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 At Any Age Stretch/Balance

Fridays @ 11:00AM, Fitness Studio

This class will focus on strength while seated and standing.

Active@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

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

Storytelling & the Arts

Friday, 11/14 @ 10:00AM and 11/21 @ 12:30PM

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

August Wilson Archives

Friday, 11/21 @ 10:00AM

Join us as we look at articles, photos and other materials from the August Wilson Archives at the University of Pittsburgh.