



Martin Luther King, Jr. Day—Monday, January 19, 2026

It is not just a day off from school and work. It is a chance to consider that the fight for equality, liberty and inclusion still goes on. So as we approach January 19th, remember that some old shadows are alive and well in our country. Think about how you can make positive change - big and small - to make sure we and our neighbors live with dignity. Although there are attempts to erase his works from our consciousness, we have to remember him and say his name. Below are some inspirational words from Dr. King:

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

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

January 2026 412-281-2573

www.MacedoniaFACE.org



Happy New Year. The Senior Center will be closed Thursday, January 1st and Friday, January 2nd. The center re-opens on Monday, January 5th.

We are also closed on Monday, January 19th for Martin Luther King Jr. Day. The Senior Center reopens on Tuesday, January 20th.

A MESSAGE FROM US TO YOU

Dear Friends,

Happy New Year! January is a positive time of the year. The holiday bustle is over. The potential of new beginnings hangs in the air. The opportunity to make a fresh start is here. Days slowly grow longer. Resolutions remain fresh and unbroken.

Resolutions have their roots with the Romans. January is named after the two-faced Roman god, Janus, who looks forward to new beginnings as well as backwards for reflection and resolution.

So each January, we name the things we want to change, improve or stop. Those wishes are written on slips of paper, spoken over wine, scribbled in journals or whispered quietly to loved ones. No matter how you bring your resolution into existence, change doesn't happen over night. It comes day by day. Remember that each day is an opportunity for redemption. A possibility to start again. May 2026 bring you joy and happiness.

The Senior Center will be closed on Thursday, January 1st and Friday, January 2nd for the New Year holiday. The Senior Center will re-open on Monday, January 5th at 8:00 am.

In observance of Martin Luther King Jr. Day, we will be closed on Monday January 19th. We resume our regular hours on Tuesday, January 20th at 8:00am.

See you at the Senior Center!



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

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

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.

Active@Any Age Balance

Mondays @ 10:00AM, YMCA Fitness Studio

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

Virtual Reality

Dates to be announced.

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

Monday Morning with an Artist

Monday, 1/26 @ 10:00AM

Join us for an opportunity to participate in a hands on arts activity.

Video Exercise

Mondays @ 12:30PM

Join us for exercises via the internet. Your input on this class will determine what we do.

Garden Meeting

Monday, 1/12 @ 12:30PM

Join the Garden Committee to work in the garden and plan for the next growing season.

Teenie Harris Building

Monday, 1/26 @ 9:00AM

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

TUESDAY

Active@Any Age Tai Chi

Tuesdays, 11:00AM, YMCA Fitness Studio

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

Active@Any Age Circuit

Tuesdays @ 12:15PM, YMCA Fitness Studio

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

Line Dancing

Tuesdays @ 1:00PM, Fitness Studio

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

Wal-Mart Shopping Trip

Tuesday, 1/6 @ 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, 1/13 @ 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

Date to be announced

Join us for an opportunity to participate in a technology project regarding seniors and 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

Tuesday, 1/13 and 1/27 @ 1:00PM

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

Restaurant Trip

Tuesday, 1/20 @ 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, 1/27 @ 9:30AM

Join other members for shopping outing.

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

Activities with UPMC Living At Home Program

Tuesday, 1/27 @ 12:30PM

Join Mataya Hoskey, from the UPMC Living At Home Program for a variety of fun health related games and activities.

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 regular pool workout.

Art with Rachael

Wednesdays @ 10:00AM

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

WEDNESDAYS (CONT.)

Active 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

Wednesdays, 1/14 and 1/28 @ 12:30PM

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

Community Forum

Wednesday, 1/21 @ 12:30PM

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

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.

Chair Yoga

Thursdays @ 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.

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.

THURSDAYS (CONT.)

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 limited. Call 412-636-4903 or stop in to sign up.**

Nutrition Education Classes

Thursdays, 1/8, 1/15, 1/22 and 1/29 @ 10:00AM

Join us for a series of nutrition and food demonstrations offered by Penn State Cooperative Extension.

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 @ 11:15AM, Fitness Studio

This class will focus on strength while seated and standing.

Storytelling & the Arts

Fridays, 1/9, 1/16 and 1/23 @ 10:00AM

Join us as we explore the art, culture and history of the Hill via stories. Storyteller to be announced.

