



**Join us for our Seniors Support Group led by Steel Smiling on October 8th and October 22nd at 1:00 PM**

**You must sign up in advance for the Mask Making workshop on October 10th and October 15th at 12:15 PM.**



**The Halloween Party on October 31st is at 12:15 PM. If you are interested in coming for the festivities, you must sign up in advance.**



**To register for any activities, stop up to the Senior Center to sign up or call us at 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

October 2024

412-281-2573

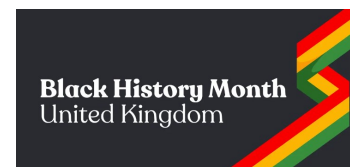
[www.MacedoniaFACE.org](http://www.MacedoniaFACE.org)

### A MESSAGE FROM US TO YOU

Dear Friends,

Join Macedonia FACE on Tuesday, October 8th, at the August Wilson Center as we celebrate 30 years of service. This is our annual event to support the programs of the agency. For more details about purchasing tickets, please visit our website at [www.macedoniaface.org](http://www.macedoniaface.org) or call 412-281-2573

**Did you know that Black History Month in the UK and Ireland is observed in October?**



**Macedonia FACE has accomplished a lot last fiscal year!**

- **Over 46,000 meals were delivered to 262 seniors**
- **Over 185 seniors participated in activities at the senior center**
- **Over 500 shuttle trips to and from the center and to community events**

**Join us as we celebrate!**

### This Month's Outings:

**Tuesday, October 8th @ 9:00 AM, Trip to Wal-Mart  
Tuesday, October 15th @ 10:30 AM, Restaurant Trip**

**SPACE IS LIMITED! PLEASE SIGN UP IN ADVANCE.**



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

# DAILY PROGRAM GUIDE



## MONDAYS

### 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.

### Matilda Theiss Health Series

Monday, October 14th @ 10:00 AM

Join a representative from UPMC as they present on an identified health topic.

### Chair Yoga

Mondays, October 7th, 14th & 21st @ 12:30 PM

Join us for focused and relaxed chair yoga instruction.

### Breast Cancer Informational Talk

Monday, October 14th @ 10:00 AM Join Tiara Parker from UPMC Hillman Cancer Center as she shares information about breast cancer.

### Duquesne University Writing Center

Mondays, October 14th and October 28th @ 10:00 AM Work with the students from the Duquesne University Writing Center to create a community newsletter.

### Charles "Teenie" Harris Building

Monday, October 21st @ 10:00 AM

Join us for a day of programming at the Charles "Teenie" Harris Building. Please note that the Senior Center will be operating out of this location for the whole day.

### African Dance

Monday, October 28th @ 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

### Active@Any Age Strength

Tuesdays @ 12:00 PM, YMCA Fitness Studio

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

### Wal-Mart Shopping Trip

Tuesday, October 8th @ 9:30 AM

Join other members for a Wal-Mart shopping trip. Transportation is provided and seating is limited. To register call 412-636-4903. Pre-registration required.

## TUESDAYS (CONT.)

### Steel Smiling Senior Support Group

Tuesday, October 8th and October 22nd @ 1:00 PM

Join us for a facilitated mental wellness conversation that includes topics of self-care among others.

### Restaurant Outing

Tuesday, October 15th @ 10:30AM

Join other members for lunch at a local eatery. Transportation is provided. Seating is limited and you must pre-register.

### Shopping Trip

Tuesday, October 22nd @ 10:00 AM

Join other members for a shopping trip to a location to be determined. Transportation is provided and seating is limited. To register call 412-636-4903. Pre-registration required.

### Casino Trip

Tuesday, October 29th @ 10:00 AM

Join us for a visit to the Rivers Casino. Transportation is provided and seating is limited. To register call 412-636-4903. Pre-registration required. THIS DATE CHANGE IS FOR OCTOBER ONLY.

## WEDNESDAYS

### Community Forum

Wednesday, October 9th @ 9:00 AM

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

### 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

Wednesdays @ 10:00AM

Join a fiber arts class lead by members of the senior center.

### Bible Study

Wednesdays @ 10:30 AM

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

### Pottery Workshop

Date to be announced and artist to be announced. Learn how to fashion and paint small pottery items. Registration is required. Call 412-636-4903 to pre-register.

### Dance Party

Wednesday, October 9th and 23rd @ 12:15 PM

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

## WEDNESDAYS (CONT.)

### Virtual Reality

Wednesday, October 16th @ 12:15 PM

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.

## 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.

### On The Move

Thursdays @ 11:00 AM

On The Move is offered by the Thelma Lovette YMCA. The class will focus on strength and mobility with a combination of seated and standing exercises.

### Active@Any Age Strength

Thursdays @ 12:00 PM, YMCA Fitness Studio

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

### Mask Making Workshop

Thursday, October 10th and 17th @ 12:15 PM

Make and decorate your own Halloween mask with artist, Amir Rashidd.

### Conversation with Deputy of U.S. Health and Human Services- Deputy Secretary Andrea Palm

Thursday, October 17th @ 9:00 AM

Join the U.S. Deputy of Health and Human Services to talk about the benefits of the Inflation Reduction Act and answer questions.

### Lunch and a Movie

Dates to be determined @ 11:00 AM -1:00 PM

Enjoy lunch and a movie on our large screen television.

### Halloween Party

Thursday, October 31st @ 11:30 AM

Come to the center for a howling good time party. Seating is limited and you must sign up in advance. Call 412-636-4903 to pre-register.

## FRIDAYS

### Active@Any Age Strength

Fridays @ 12:00PM, YMCA Fitness Studio

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

### 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.

### Storytelling & the Arts

Friday, October 4th, 11th and 18th @ 10:00 AM

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

### Health Presentation

Friday, October 11th @ 11:00 AM

Join Beleigh Butler for a series of talks on a variety of health topics.

### Therapeutic Chair Massage

Friday, October 11th, 18th & 25th @ 10:00 AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required.

### Vaccination Clinic

Friday, October 18, 10:00AM- 12:00PM  
Fitness Studio

Come to the Senior Center to get your shots for Covid-19, RSV, Shingles, Tetanus, Pneumonia and Flu. Pre-registration preferred.

### InterPlay

Friday, October 18th @ 12:15 PM

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

### Blood Pressure & Medication Check

Friday, October 25th @ 10:00 AM

Join University of Pittsburgh School of Pharmacy students who will be available to get your blood pressure and medications checked.

