



**Courtesy of a generous donation there will be a special Thanksgiving meal at the Senior Center on Monday, November 20.**

**In order to participate, YOU MUST REGISTER BY NOVEMBER 15 AT 2PM. To register, call Liz at 412-636-4903. NO EXCEPTIONS!**

### 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 2023

412-281-2573

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

**The Macedonia FACE Active for Life Senior Center is closed 11/23 & 11/24 in observance of Thanksgiving.**



### 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,

Thanksgiving is the time of year when we all pause and think about the blessings that we have enjoyed during the year.

For some people, this month represents the chance to spend extra time and share a meal with friends, family and the special people in our lives.

For some of our neighbors, this season means loneliness, hunger and isolation. This year, the members of the Macedonia FACE Active for Life Senior Center want to embrace our fellow residents with love and warmth. The center will be collecting food, toiletries, and paper goods for the Jubilee Kitchen. We will be sending our love and care to those who need it most during this holiday.

We encourage others, who have the capacity, to do something special for those who are suffering and alone during this season of abundance. If you can, volunteer at a house of worship or community organization. Give a can of food or loaf of bread to a food pantry. Or just speak to a stranger. Sometimes a warm "hello" can fill an empty heart in ways we can never imagine.



**Have a Happy Thanksgiving!**



# DAILY PROGRAM GUIDE



## MONDAYS

### **Cardio H20- 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.

### **Good Mood Food**

Monday, November 6 @ 11:00AM

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

### **Chair Yoga**

Mondays, November 13, 20 & 27th @ 12:15PM

Chair yoga is a gentle form of yoga that adapts traditional poses and stretches, making them accessible to individuals with limited mobility, primarily performed while sitting in a chair.

### **Information Seeking with Jennifer Nwogu**

Monday, November 13 @ 10:00AM

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

### **Coffee and Paint**

Monday, November 13 @ 10:30AM

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

### **Thanksgiving Celebration**

Monday, November 20 @ 11:00AM

Thanks to the generosity of a donor a special Thanksgiving meal at the Senior Center is being provided. **YOU MUST REGISTER BY NOVEMBER 15 AT 2PM TO PARTICIPATE.** Call 412-636-4903 to register.

### **Food As Medicine**

Monday, November 27 @ 10:00AM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

### **African Dance**

Monday, November 27 @ 12:15PM

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 @ 12:00PM, YMCA Fitness Studio

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

### **Casino Trip**

Tuesday, November 7 @ 10AM

Join us for an visit to the Rivers Casino. Transportation is provided, but limited. Call 412-636-4903 to reserve your spot.

### **Let's Talk Seizures**

Tuesday, November 7 @12:15PM

Join Dr. Yassa from UPMC Mathilda Theiss Health Center for a conversation about seizures.

### **Wal-Mart Shopping Trip**

Tuesday, November 14 @ 9:30AM

Join other members for a Wal-Mart shopping trip. Transportation provided. Call 412-636-4903 to reserve your spot.

### **Steel Smiling Senior Support Group & Men's Discussion Group**

Tuesday, November 14 and 28 @ 1PM

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

### **Chess Club**

Tuesday, November 14 and 28, 12:00-3:00PM

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

### **Virtual Reality**

Tuesday, November 21 @ 10:00AM

Join us as we create an interactive history of spaces in the Hill using personal memory, community history and technology.

### **Restaurant Outing**

Tuesday, November 21 @ 10:30 AM

Join other members for lunch at a local eatery. Transportation is provided but seating is limited. Call 412-636-4903 to reserve your spot.

### **Shopping Trip**

Tuesday, November 28 @ 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. Call 412-636-4903

## WEDNESDAYS

### **Cardio H20- Aqua Aerobics**

Wednesdays @ 10AM

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

### **Bible Study**

Wednesdays @ 11:00AM

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

### **Karaoke Wednesdays**

Wednesdays @ 12:15PM

Have fun singing and dancing to your favorite tunes.

### **Heinz History Center Outing with Age Friendly**

Wednesday, November 1 @ 11AM-3PM

Join us for an outing to the History Center with our friends from Clariton and Coraopolis. Transportation is provided and registration is required. Call 412-636-4903 to register.

### **Community Forum**

Wednesday, November 8 @ 9:00AM

Join us to share your feedback on programming and what you'd like to see at the center.

### **Therapeutic Chair Massage**

Wednesday, November 8, 15 and 22 @ 10AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Pre-registration required. Call 412-636-4903 to schedule.

## 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.

### **University of Pittsburgh –Osher Lifelong Learning Institute**

Thursday, November 2 @ 11:00AM

Come learn about the courses offered by Pitt's Osher Lifelong Learning Institute. Pitt is one of more than 100 programs across the country that fosters lifelong learning for people "60 years of age and better."

## THURSDAYS (CONT.)

### **Dance Party**

Thursday, November 9 and 30th @ 12:15PM

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

### **Food As Medicine**

Thursday, November 30 @ 12:15PM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

## FRIDAY

### **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@Any Age Strength**

Fridays @ 12:00PM, YMCA Fitness Studio

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

### **Food As Medicine**

Friday, November 3 @ 10:00AM

Join Reggie Howze for a talk and demonstration on foods that promote good health.

### **UMPC Blood Pressure Screenings**

Friday, November 3 @ 11:00AM

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**

Friday, November 3 and 17th @ 12:15

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

### **Storytelling & the Arts**

Friday, November 10 and 17th @ 10:00AM

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

### **Boost Your Brain Workshop**

Friday, November 3, 10 and 17th @ 12:15PM

Bring your family photos and add them to the collection of images for a public art project by artist, Walter Hood.