



***Pittsburgh and the Great Migration: Black Mobility and the Automobile* is an exhibit in the Car and Carriage Museum at The Frick Pittsburgh.**

The car revolutionized the way Americans moved around. It freed people to explore the world beyond their neighborhoods and cities. For nearly two million black people, cars represented the freedom to leave behind the segregated south and move north for better opportunities.

This exhibition examines this story through automobiles, costumes and memorabilia.

We are going to the Frick on January 31 for a guided tour of the exhibit. **YOU MUST REGISTER BY JANUARY 17 BY CALLING LIZ AT 412-636-4903. SPACE IS LIMITED.**

Members of the Senior Center have attended two other similar exhibits at the Heinz History Center and in the Cultural District which focused on the ways black people learned to travel safely while vacationing and "driving while black."

Information & Referrals

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

Call 724-234-5652 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 2024

412-281-2573

www.MacedoniaFACE.org



The Macedonia FACE Active for Life Senior Center is closed on Monday, January 15, 2024 in observance of Martin Luther King, Jr. Day.



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 New Year! As we move into the new year, we are faced with the challenges and opportunities of making New Year's resolutions.

Resolutions are easy to make and hard to keep. In the spirit of 2024, we have listed some resolutions that may help to improve your life in small ways and how the Senior Center can help!

1. Keep a gratitude journal
2. Make time for family and friends (or make some new ones at the Senior Center!)
3. Try something new (we've got classes and activities!)
4. Build a better budget.
5. Practice mindfulness (Join us for a new series!)
6. Try or eat new foods (Join us for a congregated meal!)
7. Read more.
8. Consider a healthier approach to drinking.
9. Exercise regularly (We have Tai Chi, chair yoga, aqua aerobics and strength training available!)
10. Commit to a healthier sleep routine.

Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Join Dr. Pam Speiglemyer, from Duquesne University as she will lead this class on how to practice this skill. Classes are held the 2nd and 4th Thursdays of the month at 12PM (January 11th and 25th).

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.

Food Safety Talk

Monday, January 8th @ 10:00 AM

Join Jessica Magnu, Community Engagement Coordinator, UPMC Matilda Theiss Health Center, for a presentation on food safety.

Chair Yoga

Monday, January 8th and 22nd @ 12:15 PM

Join us for focused and relaxed chair yoga instruction. Beginners are welcome!

Knotzland Bowties

Monday, January 22 @ 10:00 AM

Entrepreneur Nisha Blackwell will discuss how she created a booming bowtie business. The bowties were stylishly worn by staff at the holiday party.

Handy Household Tips

Monday, January 29 @ 9:00 AM

We will learn easy home repair tips from Tenika Chavis, the Lady Carpenter.

African Dance

Monday, January 29 @ 12:15 PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. This 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, January 9 @ 9:30 AM

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

Chess Club

Tuesday, January 9th & 23rd from 12-3 PM

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

TUESDAYS (CONT.)

Virtual Reality

Tuesday, January 16 @ 10:00 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 using personal memory, community history and technology.

Restaurant Outing

Tuesday, January 16th @ 10:30 AM

Join other members for lunch at a local eatery. Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 to sign up.

Steel Smiling Senior Support Group

Tuesday, January 9th & 23rd @ 1:00 PM

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

Shopping Trip

Tuesday, January 23 @ 10:00 AM

Join other members for a shopping to a location to be determined. Transportation is provided and seating is limited. Pre-registration required. Call 412-636-4903 to sign up.

WEDNESDAYS

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.

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.

Community Forum

Wednesday, January 10th @ 9:00 AM

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

WEDNESDAYS (CONT.)

Therapeutic Chair Massage

Wednesday, January 10th, 17th and 24th @ 10:00 AM

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

Dance Party

Wednesday, January 10th & 24th @ 12:15 PM

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

The Frick Pittsburgh Trip

Wednesday, January 31st @ 9:30 AM

Join us for a visit to The Frick Pittsburgh to view the exhibit: Pittsburgh and the Great Migration: Black Mobility and the Automobile. Transportation is provided and seating is limited. Pre-registration required. Call Liz Hyatt at 412-636-4903 to sign up.

THURSDAYS

Tai Chi

Thursdays @ 10:00 AM

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

Casino Trip

Thursday, January 4 @ 10:00 AM

Join us for an visit to the Rivers Casino. Transportation is provided, but seating is limited. Pre-registration required, call 412-636-4903 to sign up.

Short Story Session

Thursday, January 4th & 18th @ 12:30 PM

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

Elder Law Presentation

Thursday, January 11 @ 10:00 AM

Join our guest speaker to learn about ways to avoid financial exploitation.

THURSDAYS (CONT.)

Mindfulness

Thursday, January 11th & 25th @ 12:00 PM

Want to learn ways to cope with stress? Join Dr. Pam Speiglemyer for sessions on the art of mindfulness.

Senior Newsletter with Duquesne University Writing Center

Thursday, January 18 @ 11:00 AM

Meet the new student who will be working with the writing center that will help to publish a newsletter with the elders at the center.

FRIDAY

Active@Any Age Strength

Fridays @ 12:00 PM, 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.

Healthy Aging, Naturally

Friday, January 5th & 12th @ 10:00AM

Join Reggie Howze for a discussion of healthy ways to age, naturally

Blood Pressure Screening

Friday, January 5 @ 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

Fridays, January 5th & 19th @ 12:15 PM

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

Storytelling & the Arts

Fridays, January 19th & 26th @ 10:00 AM

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