



The Senior Farmers Market Nutrition Voucher distribution originally scheduled for June 10 has been postponed due to delays at the state level. Once we have the vouchers in hand, we'll announce the new distribution date and time. A robocall will be sent out to notify participants as soon as details are confirmed.

When distribution occurs, vouchers will be available in person only, on a first-come, first-served basis. You must be 60 years old or older by December 31, 2025 and bring a valid ID. Each eligible person receives one \$25 voucher set.

Join us for our celebration of Father's Day on Wednesday, June 11th at 11:00 AM. This event has a limited capacity and you must pre-register. Call 412-636-4903 or stop in to register.

We will be celebrating Juneteenth on Thursday, June 19, from 1:00–4:00 PM at the Ammons Recreation Center, 2217 Bedford Avenue. Join us for games, crafts, food, information, and more! Please note: The senior center will be closed on both Thursday, June 19, and Friday, June 20, in observance of the holiday. Regular hours will resume on Monday, June 23.

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

June 2025 412-281-2573

www.MacedoniaFACE.org

IMPORTANT NOTES:

Please see the updates regarding the Senior Farmers Market Nutrition voucher distribution

The Center will be closed on Thursday, June 19 for our Juneteenth Celebration at Ammons Recreation Center from 1:00 –4:00 PM.

We will also be closed on Friday, June 20, and will reopen with regular hours on Monday, June 23.

A MESSAGE FROM US TO YOU

Dear Friends,

June will be a very busy at the Macedonia FACE Active for Life Senior Center! We want to make sure that you mark your calendars for all of the important dates.

Unfortunately, the distribution of the Senior Farmers Market Nutrition Program vouchers, originally scheduled for June 10, has been postponed due to delays at the state level. We will announce the new date and time as soon as we receive our voucher allotment from the PA Department of Agriculture. A robocall will be sent out to notify all participants once the new distribution date is confirmed.

Vouchers will be distributed in person and on a first-come, first-served basis. If you are unable to attend on the distribution day, someone may pick up your vouchers with a completed proxy form, available at the center.

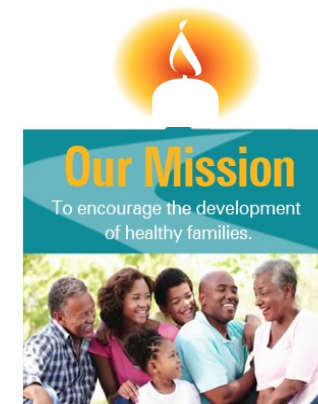
June 2—Join us as we plant our garden. We will be on the patio from 10:00AM through 1:00PM. There are many ways you can help—watering and all hands are welcome.

June 11—We will honor fathers with a special lunch. You have to be a center member and must register in advance.

June 19 - We will celebrate the day when the last enslaved African Americans in Texas learned about the Emancipation Proclamation on January 1, 1863. We will be having food, games, music, crafts and information at the Ammons Recreation Center, from 1PM to 4PM.

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 senior center.

Please note that 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.



Give Meaningfully to



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



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.

Technology and Art Project

Monday, 6/9 @ 10:00AM

Join researcher Jennifer Nwogu, and artist Theresa Monroe as they create a project that combines technology and art.

Chair Yoga

Mondays, 6/9 and 6/16 @ 12:30PM

Join us for a focused and relaxed chair yoga instruction that focuses on slow breathing, gentle movements and intentions.

Virtual Reality

Monday, 6/16 @ 10:00AM

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

Garden Planting Day Meeting

Monday, 6/2 @ 10:00AM

Join the Garden Committee for our planting day.

Teenie Harris Building

Monday, 6/30 @ 9:00AM

Join us as we continue to enjoy off-site programming at the Teenie Harris Building, located at 2195 Webster Avenue.

African Dance

Monday, 6/30 @ 12:15PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. It is an interactive and culturally relevant way to get fit.

TUESDAYS

Chair Yoga

Tuesdays @ 10:00AM

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

Active@Any Age Circuit

Tuesdays @ 12:15PM, YMCA Fitness Studio

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

Beginner Soul Line Dancing

Tuesdays @ 1:00PM

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

TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, 6/3 @ 9:30AM

Join other members for a Wal-Mart shopping trip. **Transportation is limited and pre-registration is required. Please call 412-636-4903 to sign up.**

Farmer's Market Voucher Distribution

Date To Be Announced

Join us for the Senior Farmers Market Voucher Distribution. The distribution has been postponed due to state-level delays. Once we receive the vouchers, we will notify you with the new date and time. A robocall will go out to confirm details.

The voucher amount this year is \$25.00. If you cannot come in person, please pick up a proxy form in advance and have your representative bring it on the day of distribution to collect your voucher.

Normal center operations will be closed on the day of distribution.

Steel Smiling Senior Support Group

Tuesday, 6/10 and 6/24 @ 1:00PM

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

Restaurant Trip

Tuesday, 6/17 @ 10:30AM

Join other members for lunch at a local eatery.

Transportation is limited and pre-registration is required. Please call 412-636-4903.

Shopping Trip

Tuesday, 6/24 @ 10:30AM

Join other members for lunch at a local eatery.

Transportation is limited and pre-registration is required. Please call 412-636-4903.

WEDNESDAYS

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.

Bible Study

Wednesdays @ 10:30AM

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

Technology and Art Project

Wednesday, 6/11 @ 10:00AM

Join researcher Jennifer Nwogu, and artist Theresa Monroe as they create a project that combines technology and art.

WEDNESDAYS (CONT.)

Father's Day Lunch

Wednesday, 6/11 @ 11:00AM

Join us for a special Father's Day meal. **This event has a limited capacity and pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Dance Party

Wednesday, 6/11 and 6/25 @ 12:15PM

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

Community Forum

Wednesday, 6/18 @ 9:00AM

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

InterPlay

Wednesday, 6/18 @ 12:15PM

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

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.

Active @ Any Age Stretch/Balance

Thursdays @ 11:00AM

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

Chicago Style Stepping and Movement

Thursdays @ 12:15PM

Learn the latest line dances with Darryl Daughtry. In the Fitness Center.

Diabetes Prevention Workshop

Thursday, 6/5 @ 12:00PM

Duquesne University Nursing School is offering 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@Any Age Circuit

Fridays @12:15PM, YMCA Fitness Studio

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

Blood Pressure Checks

Friday, 6/6 @ 10:00AM

Have your blood pressure checked by the staff of UPMC Living-At-Home Program.

Health Presentation

Friday, 6/6 @ 11:00AM

Hear a health presentation by Baliegh Butler, from the UPMC Living-at-Home Program.

Technology and Art Project

Friday, 6/13 @ 10:00AM

Join researcher Jennifer Nwogu, and artist Theresa Monroe as they create a project that combines technology and art.

Therapeutic Chair Massage

Fridays, 6/6, 6/20 and 6/27 @ 10:00AM

Join Delores Gavins, a Certified Massage Therapist for a relaxing chair massage. **Pre-registration is required. Call 412-636-4903 or stop in to sign up.**

Storytelling & the Arts

Fridays, 6/6, 6/20 and 6/27 @ 10:00AM

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

Technology Sessions

Friday, 6/27 @ 12:15PM

Learn how to use the technology on your cell-phone.

