



On June 13, we will have a luncheon to honor all of the men who shaped, raised, held, comforted, commended, applauded and prayed for us.

These men may not have been our biological fathers. Some were uncles, cousins, teachers, neighbors or family friends who stepped in when our "real" fathers were unable to be present for us.

Space is limited for the Father's Day lunch. To reserve a seat, call 412-636-4903 or stop in and speak to a member of the staff.

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 2024

412-281-2573

www.MacedoniaFACE.org

The Center is closed on the following dates:

- June 18-Juneteenth-Staff Day of Service
- June 19- Juneteenth
- June 25-Farmers Market Voucher Distribution



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,

June is bursting with activities. We will be celebrating Fathers with a lunch on Thursday, June 13th at 11:30 AM. Please sign up in advance because space is limited!

We will be celebrating Juneteenth on June 18th and 19th. The Senior Center will be closed on both days.

Please join us on June 18th at the Ammons Recreation Center, from 3pm to 7pm as we celebrate this important day with food, music and resources.

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to ensure that all enslaved people learned they were free. News of the signing of the Emancipation Proclamation reached Black citizens a full 2 1/2 years after it was signed by President Abraham Lincoln. Join Macedonia FACE at Ammons Recreation Center to celebrate Juneteenth from 3-7PM!



See you soon at the Center!

This summer we will take monthly trips to the Farmer's Market. The date for the month of June is to be determined. Information will be posted when available. We look forward to seeing you!

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.

Chronic Disease Management Course

Mondays, June 3rd — June 17th @ 9:30 AM

Peer-led chronic disease health management course. The class runs for six weeks.

Chair Yoga

Mondays, June 3rd, 10th & 17th @ 12:15 PM

Join us for focused and relaxed chair yoga instruction.

African Dance

Monday, June 24th @ 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, June 11th @ 9:30 AM

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

Steel Smiling Senior Support Group

Tuesday, June 11th @ 1:00 PM

Join us for a facilitated mental wellness conversation that includes topics of self-care and other ways to improve one's mental health.

TUESDAYS (CONT.)

Farmers Market Voucher Distribution

Tuesday, June 25th, 9am-12pm and 1pm-4pm

Come to the Macedonia FACE Active for Life Senior Center for your 2024 Farmers Market Vouchers. You must bring identification confirming age eligibility. One set per person only.



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.

Fiber Arts

Wednesdays @ 10:00 AM

Join a fiber arts class led 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.

WEDNESDAYS (CONT.)

Community Forum

Wednesday, June 5th @ 9:00AM

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

Dance Party

Wednesday, June 5th & 26th @ 12:15 PM

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

Virtual Reality

Wednesday, June 12th @ 12:15 PM

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.

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.

On The Move

Thursdays @ 11:00 AM

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

Short Story Session

Thursdays, June 6th & 20th @ 12:15 PM

Join Dave Shifren, writer and former film critic, for a discussion of short stories.

Father's Day Lunch

Thursday, June 13th @ 11:30 AM

Join us for a special lunch honoring Fathers. This event requires registration and space is limited. Call 412-636-4903 to register.

FRIDAYS

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.

Blood Pressure Screening

Friday, June 7th @ 11:00 AM

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, June 7th and 21st @ 12:15 PM

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

Therapeutic Chair Massage

Fridays, June 14th, 21st & 28th @ 10:00 AM

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

Storytelling & the Arts

Fridays, June 14th, 21st and 28th @ 10:00 AM

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

