



We extend to you our warmest holiday greetings as you celebrate the traditions of your household. May you have peace and joy now and through the New Year.

Our holiday meal is scheduled for Thursday, December 19th at 11:30. In order to participate, YOU MUST REGISTER BY DECEMBER 12th AND PURCHASE YOUR \$5.00 TICKET. NO EXCEPTIONS WILL BE MADE.

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

December 2024

412-281-2573

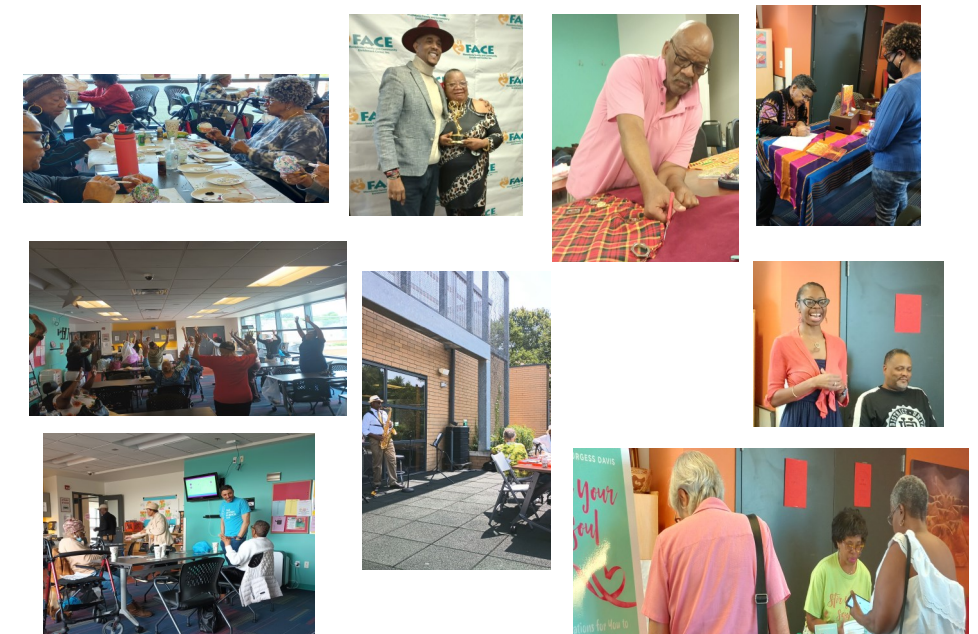
www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Welcome to December! This month often makes us nostalgic and wistful as we look back at the year that was and anticipate what will come in 2025.

Below is a group of photos highlighting activities at the center. Presenters, parties, planting, poetry, and projects. We hope you enjoy the pictures as we reminisce. Please consider joining us, and next year you may see yourself in one of this images! May 2025 bring you joy, good health and peace.



**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.

Chair Yoga

Mondays, December 2nd, 9th, and 16th @ 12:15 PM

Join us for focused and relaxed chair yoga instruction.

Matilda Theiss Health Series

Monday, December 9th @ 10:00 AM

Join a representative from UPMC as they present on health topics each month.

Holiday Time

Monday, December 23rd @ 8:00AM-2:00PM

Come to the center to enjoy a meal and social time together.

CLOSED MONDAY, DECEMBER 30th

TUESDAYS

Active@Any Age Strength

Tuesdays @ 12:15PM, YMCA Fitness Studio

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

A Taste of African Heritage

Tuesdays, December 3rd and 10th @ 10:00 AM

Enjoy a 6 week series that presents a history of a mostly plant-based diet promoting its health benefits. Presented by Penn State Nutrition Links.

Casino Trip

Tuesday, December 3rd @ 11:00 AM

Join us for a visit to the Rivers Casino.

Transportation is provided and seating is limited.

Pre-registration is required. Call 412-636-4903 to register.

Hanukkah Presentation

Tuesday, December 3 @ 12:15PM

Join Amy Wedner, Adult Case Management

Supervisor with Macedonia FACE as she presents the traditions of Hanukkah.

Wal-Mart Shopping Trip

Tuesday, December 10 @ 9:30AM

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.

TUESDAYS (CONT.)

Steel Smiling Senior Support Group

Tuesday, December 10th @ 1:00 PM

Join us for facilitated mental wellness conversations that include topics of self-care and others.

Health Presentation

Tuesday, December 17th @ 11:00 AM

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

Holiday Time

Tuesday, December 24th @ 8:00AM-12:00PM

Come to the center to enjoy a meal and social time together.

WEDNESDAYS

Cardio H2O- 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.

Duquesne University Nursing Students

Wednesday, December 11th @ 10AM -12:00PM

Join the nursing students as they do vascular doppler imaging at the center.

Bible Study

Wednesdays @ 10:30 AM

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

ON WEDNESDAY, DECEMBER 11th, BIBLE STUDY WILL MOVE DOWNSTAIRS TO THE FITNESS CENTER.

Kwanzaa Presentation

Wednesday, December 4th @ 12:15 PM

Join Frankie Harris, from the Ujamaa Collective, as she talks about the principles of Kwanzaa.

Card Making Workshop

Wednesday, December 11th @ 10:00 AM

Join the workshop and make beautiful holiday greeting cards with an artist from Women of Vision.



WEDNESDAY (CONT.)

Community Forum

Wednesday, December 11th @ 9:00 AM

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

Dance Party

Wednesday, December 11th @ 12:15 PM

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

Book Presentation

Wednesday, December 18th @ 12:15 PM

Hear author and fitness trainer, Christopher Howard, talk about his latest book, "Wellness Beyond Weight Loss: Transcending the Scale and Finding Fulfillment, A Memoir and Guidebook."

Virtual Reality

Wednesday, December 18th @ 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

This class, offered by the Thelma Lovette YMCA focuses on strength and mobility with a combination of seated and standing exercises.

Line Dancing

Thursdays @ 1:00 PM

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

Therapeutic Chair Massage

Thursday, December 5th @ 10:00 AM

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

Can We Talk?

Thursday, December 12th @ 12:15 PM

Learn about a support group for Women of Color who are ages 50 and above. The support group is run by a licensed therapist.

THURSDAY (CONT.)

Holiday Celebration

Thursday, December 19th @ 11:30 AM

Join us for a holiday meal as we celebrate the holiday season. Please note that this is a ticketed event. **YOU MUST SIGN-UP FOR THIS SPECIAL EVENT BY DECEMBER 12th. TICKETS ARE \$5.00 AND MUST BE PURCHASED IN ADVANCE.**

FRIDAYS

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.

Therapeutic Chair Massage

Friday, December 13th & 20th @ 10:00 AM

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

Storytelling & the Arts

Friday, December 6th, 13th & 20th @ 10:00 AM

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

Duquesne University Nursing Students

Friday, December 6 @ 10AM -12:00PM

Join the nursing students as they do vascular doppler imaging at the center.

Active@Any Age Strength

Fridays @ 12:15 PM, YMCA Fitness Studio

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

InterPlay

Friday, December 6th and 20th @ 12:15 PM

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

**The Active for Life Senior Center will be closed
December 25th- January 1st**

