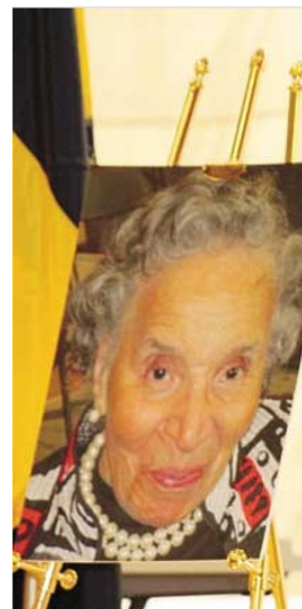




March is Women's History Month. Women shaped communities, countries and the world. The contributions of Black women need to be acknowledged every day. Pictured above are the images of pioneers and everyday citizens who have influenced the trajectory of the Hill District through the arts, economic development, civic engagement and ecology.

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

March 2025 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

Hello, March! This is when the days get longer and the weather gets warmer. Spring sprouts on March 20th and everything gets green and lush.

It's the month when green also signifies St. Patrick's Day. The Irish community has deep roots in Pittsburgh and the Hill District. In the late 18th century, Pittsburgh was nearly 19% Irish. They settled into the Hill District, South Side, Downtown, Hazelwood, Lawrenceville and Homewood.

Recently, visitors from the Emerald Isle have spent time in this neighborhood. Youth from Belfast, Dublin and Newry (hometown of the Rooney Family) have volunteered and met with their counterparts from the Hill. Groups of youth from the Hill have traveled to Northern Ireland too. Our young folks became global Citizens, and as they learned they examined the commonalities and differences with their Irish peers.

We can now think of St. Patrick's Day in more personal terms.

Please note that a number of activities – both inside and outside of the center— are confirmed after the calendar is printed. These activities when confirmed are displayed at the Senior Center.

Special events and trips require that you sign-up in advance. Special programs may have a small fee for participation. The fee will be included in the description.

Activities are subject to change.



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



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.

Virtual Reality

Monday, 3/3 and 3/17 @ 10:00 AM

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

Chair Yoga

Monday, 3/3, 3/10 and 3/17 @ 12:15 PM

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

Mathilda Theiss Presentation

Monday, 3/10 @ 10:00 AM

Join representatives from UPMC Matilda Theiss as they present on a variety of health topics each month.

Garden Meeting

Monday, 3/24 @ 10:00 AM

Join the Garden Committee to plan for the upcoming planting season.

Teenie Harris Building

Monday, 3/31 @ 9:00 AM

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

African Dance

Monday, 3/31 @ 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

Chair Yoga

Tuesdays @ 10:00 AM

This class is tailored for seniors. These classes offer gentle poses, mindful breathing, and Relaxation techniques to promote flexibility, strength, and inner peace.

Active@Any Age Circuit

Tuesdays @ 12:15 PM, YMCA Fitness Studio

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

Beginner Soul Line Dancing

Tuesdays @ 1:00 PM

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

Wal-Mart Shopping Trip

Tuesday, 3/4 @ 9:30 AM

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

Casino Trip

Tuesday, 3/11 @ 10:00 AM

Join us for a visit to the Rivers Casino.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Steel Smiling Senior Support Group

Tuesday, 3/11 and 3/25 @ 1:00 PM

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

Restaurant Trip

Tuesday, 3/18 @ 10:30 AM

Join other members for lunch at a local eatery.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

Shopping Trip

Tuesday, 3/25 @ 10:30 AM

Join other members for a shopping outing.

Transportation is limited and pre-registration is required. Call 412-636-4903 or stop in to sign up.

WEDNESDAYS

Cardio H2O- Aqua Aerobics

Wednesdays @ 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.

Art Activities

Wednesdays- Dates TBA @ 10:00 AM

Women of Vision artists will lead a variety of arts activities at the center.

Bible Study

Wednesdays @ 10:30 AM

Making our way through the Bible week by week.

Community Forum

Wednesday, 3/19 @ 9:00 AM

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

Dance Party

Wednesday, 3/12 and 3/26 @ 12:15 PM

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

Nutrition Presentation

Wednesday, 3/12 @ 10:30 AM

Join us for a nutrition presentation by Tiffany Kinney, from UPMC.

BINGO presented by Oak St. Health

Wednesday, 3/26 @ 10:00 AM

Join the staff from Oak St. Health for a fun game of BINGO!

InterPlay

Wednesday, 3/19 @ 12:15 PM

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

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.

Active@Any Age Stretch/Balance

Thursdays @ 11:00 AM

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

THURSDAYS

Diabetes Prevention Workshop

Thursdays, 3/6, 3/13, 3/20 and 3/27 @ 12:00 PM

Join Duquesne University Nursing School who is offering a series of workshops on diabetes Prevention.

Chicago Style Stepping and Movement

Thursdays @ 12:15 PM, YMCA Fitness Center

Learn the latest line dances with Darryl Daughtry.

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.

Active@Any Age Circuit

Fridays @ 12:15 PM, YMCA Fitness Studio

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

Therapeutic Chair Massage

Fridays, 3/7, 3/14 and 3/21 @ 10:00 AM

Join Delores Gavin's, 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, 3/7, 3/14 and 3/21 @ 10:00 AM

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

Health Presentation

Friday, 3/7 @ 11:00 AM

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

Technology Sessions

Friday, 3/28 @ 10:00 AM

Learn how to use your phone to get text messages, take photos and read emails.

