



Join us on October 21st at 1:00PM when Dr. Edda Fields-Black visits the Senior Center and reads from her Pulitzer Prize winning book, COMBEE: Harriet Tubman, the Combahee River Raid, and Black Freedom.

Dr. Edda L. Fields-Black's groundbreaking book, COMBEE: Harriet Tubman, the Combahee River Raid, and Black Freedom during the Civil War won the 2025 Pulitzer Prize in History and the 2025 Gilder Lehrman Lincoln Prize. A direct descendant of a soldier who fought in the raid, Fields-Black unveils Tubman's command of spies and pilots and intelligence gathered from freedom seekers, which led to a raid that liberated 756 enslaved people from bondage on seven rice plantations. It was the largest slave rebellion in US history. Through unexamined documents, she brings to life the Combahee River Raid and the untold stories of those freed, their resilience, and the lasting impact of Tubman's heroism.

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

October 2025 412-281-2573

www.MacedoniaFACE.org

A MESSAGE FROM US TO YOU

Dear Friends,

October is upon us and it's time to enjoy the beautiful fall foliage and harvest season. This month we will have a bounty of activities at the Macedonia FACE Active for Life Senior Center.

We will be hanging out on The Shore Thing on the North Shore on October 9th. We had to previously reschedule because of weather



related issues. **Please register in advance because we have a limited number of available seats.**

On October 21st, Pulitzer Prize winning author, Dr. Edda Fields-Black will be at the center to talk about her new book.

Details are on the back page.

We will explore the Day of Dead (*Día de (los) Muertos*) with Zena Ruiz on October 27th. We will learn the meaning behind this multi-day holiday which involves family and friends gathering to pay respects and to remember friends and family members who have died.



You must pre-register for this activity.

Finally, we are having a Halloween Party on October 20th, starting at 11:00AM. You can wear a costume, paint your face or come as you are! The party may be on the patio, weather permitting. **You must pre-register for this event.**



Happy Halloween!



Give Meaningfully to



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

Please 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.

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. All activities are subject to change.

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.

Active@Any Age Balance

Mondays @ 10:00AM, YMCA Fitness Studio

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

Virtual Reality

Mondays, 10/6 and 10/20 @ 10:00AM

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

Garden Meeting

Monday, 10/6 @ 12:30PM

Join the Garden Committee to work in the garden and plan for the end of the season.

Coffee with an Artist

Monday, 10/13 @ 10:00AM

Join us for coffee and painting.

Teenie Harris Building/ Day of the Dead

Monday, 10/27 @ 9:00AM

Join us as we learn more about the Day of the Dead, from speaker Zena Ruiz. This event will be held at the Teenie Harris Building (2195 Webster Ave). She will also lead us through a sugar skull making activity. You must register for this event. Call 412-636-4903 or stop in to sign up.

Teenie Harris Building/ Steel Pan Music with Gemma Stedley

Monday, 10/27 @ 12:30PM

Come enjoy and dance to steel pan music with musician and writer, Gemma Stedley. This will be held at the Teenie Harris Building (2195 Webster Ave.)

TUESDAYS

Active@Any Age Tai Chi

11:00AM, YMCA Fitness Studio

Come and learn benefits of slow movements that can help with balance, focus and overall flexibility.

Active@Any Age Circuit

Fridays @ 12:15PM, YMCA Fitness Studio

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

Line Dancing

Tuesdays @ 1:00PM, Fitness Studio

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

TUESDAYS (CONT.)

Wal-Mart Shopping Trip

Tuesday, 10/7 @ 9:30AM

Join other members for a Wal-Mart shopping trip.

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

Casino Trip

Tuesday, 10/14 @ 9:30AM

Join us for an outing to the Rivers Casino.

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

Steel Smiling Senior Support Group

Tuesdays, 10/14 and 10/28 @ 1:00PM

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

Shopping Trip

Tuesday, 9/23 @ 9:30AM

Join other members for shopping at an identified location. **Transportation is limited and pre-registration required. Call 412-636-4903 or stop in to sign up.**

WEDNESDAYS

Active@Any Age Cycling

Wednesdays @ 9:15AM, YMCA Cycling Studio

Come enjoy the benefits of cycling.

Cardio H2O- Aqua Aerobics

Wednesdays @ 10:00AM

Greater mobility and increased muscle strength are just a few of the benefits of regular pool workout.

Art with Rachael

Wednesdays @ 10:00AM

Enjoy doing a variety of crafts with Senior Center Supervisor, Rachael Webster.

Active@Any Age Circuit

Wednesdays @ 10:00AM, YMCA Fitness Studio

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

Bible Study

Wednesdays @ 10:30AM

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

Chair Yoga

Wednesdays @ 11:00AM, Fitness Studio

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

WEDNESDAYS (CONT.)

The Promise Book

Wednesday, 10/1 @ 12:30PM

Learn about capturing the important milestones of your loved ones with Denyne Pollard.

Dance Party

Wednesday, 10/15 and 10/29 @ 12:30PM

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

Community Forum

Wednesday, 10/22 @ 12:30PM

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

InterPlay

Date to be Determined @ 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.

Chair Yoga

Thursdays @ 11:00AM, YMCA Fitness Studio

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

Line Dancing

Thursdays @ 1:00PM, Dance Studio

Learn the latest line dances with Darryl Daughtry.

Detroit Urban Ballroom

Thursdays @ 2:00PM, YMCA Fitness Studio

Learn the smooth moves of ballroom dancing with Darryl Daughtry.

Mobility & Balance Class

Thursdays @ 12:00PM

Offered by the Parkinson Foundation Western PA, this class will be held at the Teenie Harris Center (2195 Webster Avenue) as an outreach program. Hosted by KBK Foundation, the classes are most beneficial for those who have difficulty with balance and/or walking. **Transportation is available. Call 412-636-4903 or stop in to sign up.**

Riverlife

Thursday, 10/9 @ 9:30AM

Come join us as we explore Riverlife's "The Shore Thing" barge along the North Shore.

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

THURSDAYS (CONT.)

Flu/COVID Vaccination clinic

Thursday, 10/16 @ 10:00AM-12:00PM

Get your Flu and COVID Booster shots. You can pre-register but walk-ins are welcome.

Diabetes Prevention Workshop

Thursday, 10/16 @ 12:00PM

Join Duquesne University Nursing School as they offer a series of workshops on diabetes prevention.

Restaurant Trip

Thursday, 10/23 @ 10:30AM

Join other members for lunch at a local eatery. **Only for this month, the restaurant outing is moved to Thursday. Transportation is limited and pre-registration required. Call 412-636-4903 or stop in to sign up.**

Halloween Party

Thursday, 10/30 @ 11:00AM

Join us for a Halloween Party. Wear a costume or come as you are. You must register for this event.

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 Stretch/Balance

Fridays @ 11:00AM, YMCA Fitness Studio

This class will focus on strength while seated and standing.

University of Pittsburgh—Pharmacy Students

Friday, 10/3 @ 10:00AM

Talk with Pitt Pharmacy students for a medicine check.

Therapeutic Chair Massage

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

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

