



It has been an eventful time at the Senior Center! We traveled to the Warhol Museum, the Frick Pittsburgh, the National Negro Opera House, the Frick Environmental Center, the Heinz History Center, Emerald City, the Pittsburgh Cultural District, Carlow University and the Teenie Harris Building. We made memory capes, hummus, Christmas tree ornaments, greeting cards, smoothies and masks for Mardi Gras. We painted and sipped with artist William Bey. We danced to African drums, boogied through Dance Parties, breathed through chair yoga, listened to stories told by a community elder, shared our personal journeys during InterPlay. We used virtual reality technology to collect stories, in partnership with Dr. Tim Huang, of the University of Pittsburgh and Charlene Foggie-Barnett, of the Carnegie Museum of Art. We explored mental wellness with facilitated conversations led by Steel Smiling. We voiced our opinions on housing, streets conditions, safety and accessibility with local and state officials.

We received visits from Emma Alaquiva, Emmy Award winning filmmaker; Mark Clayton Southers, founder and producing artistic director of the Pittsburgh Playwrights Theatre Company; Dr. Andre Samuel, from the Citizen Science Lab; Nisha Blackwell, the Founder and CEO of Knotzland; and LaKeisha Wolf, of the Ujamaa Collective.

We enjoyed the patio for events such as an Eclipse Party, Memorial Day Picnic and Tai Chi classes. We ate the veggies grown in our garden last fall. We installed raised beds on the patio to make the space more accessible. The raised beds were made possible by a grant from Grow Pittsburgh. Our partners include Pittsburgh Miller K-5 and the UPMC Matilda H. Theiss Health Center.

Come to the Macedonia FACE Active for Life Senior Center and join us for activities and adventures!

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

July 2024

412-281-2573

www.MacedoniaFACE.org

The Senior Center is closed on Thursday, July 4th, 2024



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

A MESSAGE FROM US TO YOU

Dear Friends,

Say hello to summer at the Macedonia FACE Active for Life Senior Center. This month we are welcoming new speakers to the center. On July 9th, Jamil Bey, the Director City Planning will be here to talk about the role of city planning.

On July 15th, Lakeisha Byrd will do a Zoom presentation on her project, Communion Place. Her building is the triangular structure at the intersection of Herron and Wylie Avenues. In addition to discussing the project, Ms. Byrd is interested in hearing about how the space was used by the community.

Our partners at Women of Visions are having a Meet and Greet for our members and their artist members. The event will be held on Friday, July 26, from 6:00 to 8:00 pm at Nafasi, located right across the street on Centre Avenue. This is a private event and YOU MUST REGISTER IN ADVANCE AT THE CENTER. Stay tuned for upcoming announcements about classes being offered in conjunction with Women of Visions.

The Center is closed on July 4th!

Stay safe and have a great holiday. See you soon at the Center!

July Fun Facts:

- In the Northern Hemisphere, July is generally considered to be one of the hottest months of the year.
- The birthstone for July is the ruby. Rubies are a precious gemstone that are typically red in color and are often associated with passion, love, and courage.

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, July 1st, 8th & 15th @ 12:15PM

Join us for focused and relaxed chair yoga instruction.

Matilda Theiss Health Series

Monday, July 8th @ 10:00AM

Join Jessica Magnu, Community Engagement Coordinator, UPMC Matilda Theiss Health Center, for a presentation on food safety.

Communion Place Presentation

Monday, July 15th @ 10:00AM

Join developer Lakeisha Byrd, via a Zoom presentation, to hear about her project—the corner building located at Herron and Wylie Avenues.

African Dance

Monday, July 29th @ 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 @ 12:00PM, YMCA Fitness Studio

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

Casino Trip

Tuesday, July 2nd @10:00 AM

Join us for a visit to the Rivers Casino. Transportation is provided, but seating is limited. Pre-registration is required. Call 412-636-4903 to register.

TUESDAY (CONT.)

Wal-Mart Shopping Trip

Tuesday, July 9th @ 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 sign up.

Steel Smiling Senior Support Group

Tuesday, July 9th & July 23rd @ 1:00 PM

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

Restaurant Outing

Tuesday, July 16th @ 10:00 AM

Join other members for lunch at a local eatery. Transportation is provided. Seating is limited and you must pre-register. Call 412-636-4903 to sign up.

Shopping Trip

Tuesday, July 23 @ 10:00 AM

Join other members for a shopping to a location to be determined. Transportation is provided and seating is limited. Pre-registration required. Call 412-636-4903 to sign up.

WEDNESDAYS

Community Forum

Wednesday, July 3rd @ 9:00 AM

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

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 lead by members of the senior center.

WEDNESDAYS (CONT.)

Bible Study

Wednesdays @ 10:30AM

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

Dance Party

Wednesday, July 10th & 24th @ 12:15 PM

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

Virtual Reality

Wednesday, July 10th @ 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.

Art Workshops presented in collaboration with Women of Visions

Wednesdays, July 17th, 24th & July 31st from 10:00AM to 12:00PM

The new activities include: cardmaking and clay art. Additional classes to be announced.

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 focuses on strength and mobility with a combination of seated and standing exercises.

Lunch and a Movie

Dates to be determined.

11:00AM –1:00PM

Enjoy lunch and a movie on our large screen television.

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.

Active@Any Age Strength

Fridays @ 12:00 PM, YMCA Fitness Studio

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

InterPlay

Friday, July 5th & 19th @ 12:15 PM

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

Storytelling & the Arts

Friday, July 5th, 12th & 19th @ 10:00 AM

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

Therapeutic Chair Massage

Friday, July 12th, 19th and 26th @ 10:00 AM

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

Meet and Greet at Nafasi,

Friday, July 26th @ 6:00 PM–8:00 PM

Join artists at the Nafasi Gallery for an evening of art, light refreshments and conversation. Space is limited and **YOU MUST BE REGISTERED TO ATTEND THIS EVENT. Call 412-636-4903 to sign up.**