



**ICE CREAM FACTS**

**It takes 12 pounds of milk to produce just 1 gallon of ice cream.**

**The average number of licks to finish a scoop of ice cream is 50.**

**The country that consumes the most ice cream is USA, followed by Australia.**

**Information & Referrals**

Macedonia FACE Active for Life Senior Center provides seniors and their families with information about services available in the community.

Call 412-315-0992 extension 5007 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 2023

412-281-2573

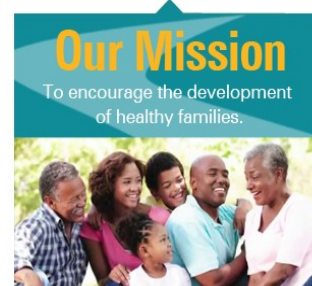
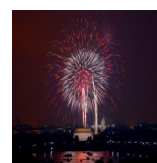
www.MacedoniaFACE.org

**Important Dates:**

**7/4- Closed**

**7/11- The Senior Center will close at 1PM**

**7/25- Senior Center Closed for Farmers Market Voucher Distribution**



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

**A MESSAGE FROM US TO YOU**

Dear Friends,

Happy summer! We are excited to announce that we have hired a new Senior Center Supervisor, Rachael Webster! Rachael has already met many consumers and is excited to be part of the team!

With the warm weather comes the opportunity to be out and about. And we have many chances for you to come out and join us at the Senior Center. On July 12th, at 12:15 pm, we are co-hosting an ice cream social with Representative Aerion Abney. Cool off with your favorite flavor and socialize with your peers. Additional details will be announced soon. Please call 412-636-4903 if you plan to attend.

We are also looking forward to having some developers come to the Senior Center to share their plans for new projects in the neighborhood on July 24th, at 12:15 pm. This is an excellent way to get first hand information regarding proposals for the community and offers you a direct way to share your input.

Save the date, July 25th from 9AM-12PM and 1PM-4PM for the Farmers Market voucher distribution. You must be 60 years of age before the end of 2023. This year the vouchers are \$50 per person.

Finally, on July 27th, we are having a Paint and Sip event at the Nafasi Gallery, from 5 to 8 pm. An artist will lead the painting portion of the evening. The gallery is located at 2145 Centre Avenue. This event is made possible by the generosity of the Hill CDC. The program is for Senior Center members. Call 412-636-4903 to reserve your spot!

Look forward to seeing you there!

# DAILY PROGRAM GUIDE



## MONDAYS

### Cardio H2O- Aqua Aerobics

Mondays @ 10 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.

### Coffee and Paint

Mondays @ 10:30 AM

Join us as we paint on canvas.

### ACE Study

Monday, July 10 @ 10 AM

The researchers from the University of Pittsburgh will discuss a the ACE Study, which focuses on the effects of a soy supplement on slowing memory decline.

### Hill Development Update

Monday, July 17 @ 9:30 AM

Come listen to an update by local developers as they describe their projects in the community.

### Vacant Property Study

Monday, July 17 @ 12:15 PM

Join the staff and community representatives as they discuss the vacant property study in the Hill District.

### Hill Development Update

Monday, July 24 @ 12:15PM

Come listen to an update by local developers as they describe their projects in the community.

### African Dance

Monday, July 31 @ 12:15PM

Come enjoy African Dance with Ebony Castaphany and Baba Yamoussa. It is an interactive and culturally relevant way to get fit.

## TUESDAYS

### Dance and Be Fit with Roland Ford

Tuesdays @ 11 AM, YMCA Fitness Studio

Come exercise and dance with Roland Ford. Exercises are cardio and low impact, alternating between standing and sitting.

### Active@Any Age Strength

Tuesdays @ 12 PM, YMCA Fitness Studio

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

## TUESDAYS (CONT.)

### Steel Smiling Senior Support Group

Tuesday, July 11 and July 25 @ 1 PM

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

### Chess Club

Tuesday, July 18 @ 12 PM

Learn and play against each other. All skill levels welcome.

### Healthy Breakfast Demonstration

Tuesday, July 11 @ 10 AM

Join Melita Terry, Senior Community Engagement Coordinator Alzheimer's Disease Research Center, for a healthy breakfast demonstration

### Men's Discussion Group

Tuesday, July 11 and July 25 @ 1 PM

Join the discussion group to talk about men's issues.

### Restaurant Outing

July 11 @ 10:30 AM

Join other members for lunch at a local eatery. Transportation is provided but seating is limited. Call 412-636-4903 to pre-register.

### Virtual Reality Project

Tuesday, July 18 @ 10 AM

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.

### Casino Trip

Tuesday, July 25 @ 11 AM

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

## WEDNESDAYS

### Cardio H2O- Aqua Aerobics

Wednesdays @ 10 AM

### Fiber Arts Class

Wednesdays @ 10:30 AM

Join Senior Center members, for crocheting and conversation.

## WEDNESDAYS (CONT.)

### Bible Study

Wednesdays @ 11 AM

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

### Karaoke Wednesdays

Wednesdays @ 12:15 PM

Have fun singing and dancing to your favorite tunes.

### Therapeutic Chair Massage

Wednesday, July 5, 12 and 19 @ 10 AM

Join Delores Gavin's, a Certified Massage Therapist, for a relaxing chair massage. Call 412-636-4903 to reserve a space.

### Ice Cream Social

Wednesday, July 12 @ 12:15 PM

Join us for an Ice Cream Social sponsored by Rep. Aerion Abney. Pre-registration is required. Please call 412-636-4903 to reserve your space. Location to be determined.

### Community Forum

Wednesday, July 19 @ 10 AM

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

### Learn to Kayak

Wednesday, July 26, between 2-3:30 PM

Join instructors from Venture Outdoors/Kayak Pittsburgh who will help you learn how to safely enter and maneuver the kayak while in the comfort of the swimming pool. This is all ages. Call 412-636-4903 to reserve a space.

## THURSDAYS

### Tai Chi

Thursdays @ 10 AM

Tai chi is a form of slow motion movements that has numerous benefits such as improving balance, focus, and overall flexibility.

### Wal-Mart Shopping Trip

Thursday, July 6 @ 9:30AM

Transportation provided. Call 412-636-4903 to pre-register.

### Short Stories Session

Thursday, July 6 and July 20 @ 12:30 PM

Join Community Engagement Officer Shifren for a discussion of short stories.

## THURSDAYS (CONT.)

### Farmer's Market

Thursdays starting July 13 @ 9:30AM

Join us for trips to the Market Square Farmers Market. Register for a spot and you will get Food Bucks to use at the market. Space is limited. Call 412-636-4903 to reserve.

### Dance Party

Thursday, July 13 and July 27 @ 12:15 PM

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

### Paint and Sip

Thursday, July 27, from 5pm to 8pm

Join us for a painting party at Nafasi On Centre, located 2145 Centre Avenue. Space is limited and open to Senior Center members only. Call 412-636-4903 to reserve.

## FRIDAYS

### BINGO

Fridays @ 12 PM

Join us for BINGO. You must be a registered member of the Senior Center. Register by the day before in order to play.

### UMPC Blood Pressure Screenings

Friday, July 7 @ 10AM

Join the UPMC Living-at-Home Nurses who will be available to speak with you about any health issues and check your blood pressure.

### PRT Connect Card Presentation

Friday, July 14 @ 10 AM

Join our guest for information on Connect Cards and other transit information.

### Artist Talks

Friday, July 14, July 21 and 28 at 12:15 PM

Join us a guest artists talk about their works.

### Pittsburgh Parks Conservancy

Friday, July 14 and June 28 @ 10 AM

Join the staff from the Pittsburgh Parks Conservancy for making sun prints and exploring the garden.

### Storytelling & the Arts

July 21 and July 28 @ 10 AM

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